

Discussion on the Integrated Teaching of Senior High School Students Career Education

Yan Wang*

Department of Education, Huanggang Normal University, Huanggang 43800, China

* Corresponding author: Yan Wang (Email: 2469527001@qq.com)

Abstract: With the gradual implementation of the new college entrance examination system, career education has been paid more and more attention in the high school education in China. However, due to the limitation of traditional teaching methods, using integrated teaching methods to carry out career education can achieve better results. The application of integrated teaching design to career education has been relatively mature in the west, which can promote the cultivation of students career consciousness and the development of subjects. It is necessary to carry out integrated career education in high school, which can promote the cultivation of students career awareness and accomplishment, promote the further development of teaching of different subjects, and promote the development of students comprehensive quality and various abilities. At the same time, the theoretical research on integrated career education in China is not mature enough, and it needs more practical exploration. The possibility of integrated career education lies in the potential career education content in life situations. Through various disciplines, we can understand relevant occupations, learning from examples is helpful to set up learning goals and find the value of subject learning, and teaching material resources also provide rich career education materials. To carry out integrated career education in high school, it is necessary to choose appropriate career education topics, select relevant teaching subjects and units, develop new career education teaching goals, select career education content into the original teaching materials, design and implement career education integrated teaching activities, evaluate the teaching effectiveness and make corrections. In addition, teachers should strengthen the cultivation of their own education ability, unite all educational forces, coordinate and unify career education and quality cultivation of high school students, and jointly promote the effectiveness of high school career education.

Keywords: Career Education; Integrated Teaching; High School; Career Planning.

1. Introduction

In the 21st century, career education has received more and more attention in China's high school education. Although the germination of career education in China can be traced back to the career speech held by Tsinghua University in 1905, it is only now that more and more experts and scholars really see the importance of career education. Career education emphasizes the cognition of individual career development, improving career skills and cultivating career concept, which is conducive to individual self-pursuit and self-realization.

However, at present, high school career education in China mainly adopts the traditional teaching method, which is led by teachers and imparts knowledge and experience is not suitable for career education. Some scholars propose that integrated teaching methods should be adopted to carry out high school career education. Integrative teaching attaches great importance to the integration of curriculum objectives, and emphasizes the integration of career education into the teaching activities of various subjects in senior high school, making it become another important educational goal besides cognitive development. This kind of education method is not only helpful to realize the goal of multiple education, but also can cultivate students career consciousness in a subtle way.

Under the circumstance that China's education curriculum has approached saturation, it is particularly important to adopt integrated teaching mode to promote career education. This can not only avoid the suffocation and formalism of career education, but also because career education is not the mainstream of education in China, but also needs to be carried out in an integrated way. The stage of basic education is the

key period of career education, and the high school stage is the key stage of career education for individuals. Therefore, using the integrated teaching design to carry out the high school career education, can achieve better teaching results.

2. The necessity of applying integrated teaching design in career education

2.1. Promote the Cultivation of Students Career Awareness and Accomplishment

Career consciousness and the cultivation of literacy is a very important part of students for later development, employment, so on the basis of subject teaching to promote students on the cultivation of career consciousness and accomplishment, can help to help students plan for the future, in the later entrance, employment and other aspects of the development of determine more reasonable direction. The integrated teaching combines students career education with the content of subject teaching, Integrate the experience of curriculum learning with students independent development and exploration, Let the students understand the current study of various disciplines and the future study, employment, future career development, the realization of the dream and other aspects of the connection, And at the same time, independently thinking about their own characteristics and advantageous subjects, And according to this content to plan your possible choices and your future, Can help students in their own interest in each subject learning on the basis of forming their own appropriate development ideal, Enhance students learning motivation, Promote students to actively pursue their own career goals, And can independently

cultivate the corresponding discipline knowledge and skills.

2.2. Promote the Further Development of Teaching in Different Disciplines

Integrate career education into the subject, connecting the subject knowledge with life and the future career, which can expand the depth and breadth of the subject in teaching. First, when students learn the knowledge of various subjects, they no longer simply pay attention to the mastery of knowledge, but let them try to combine with the society and life, which can not only make the knowledge no longer boring, but also cultivate students ability in the sense of responsibility and how to solve the corresponding problems. For example, through the current events of Trumps presidential campaign, students can discuss how to write the election draft and what should be included. At the same time, it can be combined with the election of class cadres. Secondly, after career education is integrated into the knowledge of all subjects, students have a better understanding of the role of knowledge in the future employment, deeply explore the role and value of knowledge and disciplines, and promote the development of students.

2.3. Promote the Development of Students Comprehensive Quality and Various Abilities

In career education into teaching, the career education related ideas and subject education together, not only can make the students cognitive get better development, but also to help the students to better adapt to the society, solve the problem of school education and social labor, make the development of personal potential and future career orientation establish due contact as early as possible, help students to realize the smooth transition from school to the society, and maintain the continuity of individual career development. In addition, it is also conducive to cultivating students practical ability, cooperation ability and self-management consciousness, and improving students comprehensive quality and the development of all aspects of ability.

2.4. The Relevant Theoretical Research on Integrated Career Education is Not Mature Enough

In the west, the development of career education theory has been relatively perfect, and it has also achieved good results in practice. At the same time, there are many relevant experts and scholars in China who are also paying attention to the significance of career education in the process of students development. The summary and induction of western career education experience also give us a lot of inspiration in this aspect, but the theory of this research is still weak. According to the current educational research results, the career education in China does not have a perfect career education curriculum planning, the lack of practical programs and contents such as the realization of career education goals, and the lack of exploring the most important link of career development curriculum design from the core content. Therefore, we still need to carry out more practice and exploration from the implementation points, so as to better guide high school students to effectively implement career education.

3. The Necessity and Possibility of the Integrated Teaching Design Being Applied to Career Education

Career education is an important part of the current high school education, which has a far-reaching impact on the all-round development and future planning of students. However, traditional career education is often independent of the formal curriculum, and students daily learning, it is difficult to play its due role. Therefore, integrating career education into the teaching of all subjects in high school as an effective way to guide students is the inevitable requirement of educational reform in the new period, and an effective way to promote the healthy growth of students.

3.1. The Life Situation Contains the Potential Career Education Content

Career education should start from the real life of students, and skillfully integrate career experience, career planning and other contents into the daily situation. Teachers can design simulation scenes close to students life, such as professional experience activities, role-playing, etc., so that students can feel the workplace atmosphere in the simulation environment, and understand the characteristics and requirements of different professions. Through hands-on practice, students can connect book knowledge with real life, and deepen their cognition and understanding of related professions. At the same time, teachers should guide students to reflect on their own interests, specialties and value orientation, further clarify the direction of life development on the basis of experience, and lay a foundation for future career choice.

3.2. Understand the Relevant Occupations through the Study of Various Disciplines

The knowledge of each subject has a natural connection with the real occupation, and mining the career education elements in the course content can achieve the win-win situation of subject teaching and career guidance. Teachers should make full use of the advantages of disciplines and guide students to explore the professional fields related to the subject. For example, in mathematics class, teachers can introduce statistics, financial analysis and other industries to help students understand the practical application value of mathematics; in geography class, teachers can introduce surveying, urban planning and other related professions to expand students professional vision. In the process of learning subject knowledge, students can receive the influence of career education subtly, deepen their cognition of the professional world, and at the same time, stimulate their interest in learning and experience the charm of knowledge.

3.3. Develop by Learning from the Example

The power of example is infinite. Teachers should be good at making use of the deeds of outstanding figures in various disciplines to guide students to learn from role models and aspire to become talents. In Chinese textbooks, we can see the wonderful lives of many writers; in history textbooks, the deeds of many great people also stand out in history. Teachers can guide students to read the biographies of celebrities, analyze their growth process, and understand their enterprising spirit and noble character. The career development stories of celebrities can set up learning goals for students and encourage them to work hard and pursue excellence. At the same time, teachers should also guide

students to pay attention to the ordinary people around them, such as excellent workers from all walks of life, their down-to-earth, dedication spirit is also worth learning. Learning from excellent representatives in various fields can help students to establish correct professional values and cultivate noble professional ethics.

3.4. Find the Value of Subject Learning

At present, influenced by the exam-oriented education, many students regard learning as a means to cope with exams, and it is difficult to realize the true value of knowledge. Therefore, career education should help students to re-examine the significance of subject learning and inject new impetus into seeking knowledge. On the one hand, teachers should guide students to deeply understand the internal logic and application value of subject knowledge, change passive learning into active inquiry, and promote the improvement of subject core literacy; on the other hand, they should guide students to think about the connection between subject learning and future career, and understand the important role of knowledge and skills in personal career development. Only when students truly feel the fun and meaning of seeking knowledge, can they maintain a lasting motivation to learn, and can finally realize the sublimation of self-value.

3.5. Teaching Material Resources to Provide Career Education Materials

In fact, the teaching materials of various disciplines contain rich career education resources, and the key lies in whether teachers can be good at exploring and developing them reasonably. For example, many articles in the Chinese textbook contain the authors career development process and life perception. Teachers can guide students to understand the authors career wisdom and learn valuable life experience in the process of appreciation. For another example, the history textbooks record the life stories of many historical figures, and their growth trajectory, personality characteristics, philosophy of life, etc., which can provide useful inspiration for students career development. For another example, various natural phenomena and scientific principles introduced in geography, biology and other disciplines are also closely related to many professional fields. Teachers can guide students to think about the application of knowledge in life through case analysis, situation simulation and other ways. In short, the teaching material resources can be described as a rich mine of career education, as long as the teachers dig carefully, clever penetration, will be able to get twice the result with half the effort.

Integrating career education into high school subject teaching is the only way to meet the requirements of The Times and promote the development of students. Teachers should be based on subject characteristics, fully excavate the teaching content of career education resources, create close to the life situation, guide students to learn from good example, guide students to know the value and significance of knowledge, in the silent help students lofty ideal, make career planning, lay a solid foundation to realize life value. It is believed that through the unremitting efforts of the majority of educators, we will be able to create a new situation of high school career education, and escort the bright future of students.

4. Specific Application of Integrated Teaching in the Career Education of Senior High School Students

Career education is an educational concept that runs through the whole process of personal growth. It is of great significance to integrate it into high school education and teaching for students career development. The integrated course design is an effective way to achieve this goal, which can be divided into the following eight steps.

4.1. Select the Appropriate Career Education Theme

Career covers all aspects of personal growth and is very extensive. Therefore, before the implementation of integrated curriculum, teachers must choose appropriate career education themes according to the physical and mental development characteristics of high school students, so as to achieve a targeted goal.

The stage of basic education is the key period of individual career development, which can be divided into five stages according to the grade of students, and the career development tasks of each stage are different. Kindergarten to grade is the career cognition stage, the main task is to make students have a preliminary understanding of self, professional roles, career awareness; the sixth grade to the main task is to develop students knowledge and skills about self and professional world; junior high school to high school is the career orientation stage; senior high school is the career preparation stage, the main task is to enable students to further master the knowledge and professional ethics required to enter a certain industry, clear their own ability tendency, interest and value orientation, to pave the way for future career development; senior high school is the career placement stage.

The career education in high school should closely follow the theme of "career preparation" and guide students to be prepared to enter the professional world. Specifically, the educational content can focus on three aspects: "self-understanding", "career exploration" and "career planning".

First of all, students self-understanding should be strengthened. Through a variety of evaluation tools and activities, help students to understand their own personality characteristics, interests, ability level, etc., clear their own advantages and deficiencies. At the same time, students should be guided to set up correct professional values and think about the combination of personal ideals and social needs. Only by fully understanding ourselves, can we find the right direction in the complex professional world.

Secondly, students should broaden their professional horizons. Practitioners from various industries can be invited to bring students in close contact with different occupations; organize students to visit enterprises and institutions to understand the workplace environment and workflow; and use network resources to collect the latest industry trends and employment information. Through the career exploration of various channels, students can have a more comprehensive and in-depth understanding of the career world, paving the way for their future career choices.

Finally, to guide the students to make a career planning. Career planning is a link between individuals and professions. It requires students to establish career goals and make action plans to achieve their goals according to their own conditions and external environment. Teachers should help students

objectively evaluate their potential and limitations, choose the corresponding career direction, reasonably arrange the schedule, clear stage tasks; actively deal with possible difficulties and setbacks, adjust the mentality, methods and goals. Learning to make career planning can enable students to face the future with a more calm and confident attitude.

In addition to the above three themes, teachers should also combine the other development characteristics of high school students. For example, for the problems of heavy workload and stress, thematic activities such as stress management and emotional regulation can be carried out to help students master the methods of self-management. For the problem of lack of communication ability, interpersonal communication and team cooperation can be carried out to improve students social adaptability. In short, career education should be based on the realistic needs of students development, and strive for the pertinence and effectiveness of theme selection.

In the design of the theme activities, we should pay attention to the different characteristics of the students in the growth period and the exploration period. For growing students, group interviews and keynote reports can be adopted to have close contact with practitioners from all walks of life, understand the characteristics and requirements of different professions, and enhance their understanding of the professional world. For students in the exploratory period, they can take the forms of professional experience and practice, so that they can personally try the career they are interested in, test their career choices in practice, and find out the possible problems.

In general, choosing the right educational theme is the primary task of developing high school career education. Teachers should comprehensively analyze the growth needs of students, draw lessons from the existing theories and experience, teach students in accordance with their aptitude, adjust measures to the times, and give full play to the educational function of career education. Only by choosing the appropriate educational theme and the follow-up curriculum design and teaching implementation can we find the right entry point and focus point and truly achieve the goal of education.

4.2. Select Relevant Teaching Subjects and Units

In high school education, the vast majority of subjects are more or less involving the content related to career education. As a keen and understanding of the curriculum, we should carefully analyze the teaching content of each subject and find out the subjects and units that can be integrated into career education.

First of all, teachers should have a comprehensive understanding of the teaching syllabus and teaching materials of each subject, and sort out the chapters closely related to career education. For example, articles on career choice and life planning in Chinese, data analysis and logical thinking in mathematics, and topics on workplace communication and international perspective in English can all be used as entry points to integrate into career education.

Secondly, teachers should realize the uniformity of high school curriculum and comprehensively consider the possibility of interdisciplinary teaching. For the same career education theme, different disciplines can be discussed from different angles to form complementary. This will not only deepen the students understanding of the topic, but also reduce the reproducibility of the course content. For example,

when discussing the theme of "career choice", Chinese class can guide students to read relevant articles to understand the characteristics of different occupations; mathematics class can guide students to analyze the employment data of various industries; English class can introduce foreign occupation classification system. Multi-disciplinary collaborative teaching can comprehensively enhance students career awareness.

Finally, teachers should grasp the law of cognitive development of high school students and set their career education goals reasonably. With the growth of age, students logical thinking ability and independent learning ability are constantly improved, and the focus of career education should be adjusted accordingly. Lower students can focus on career cognition and attitude cultivation to guide students to understand the society and broaden their horizons; Senior students can focus on career skills and action cultivation to guide students to accumulate relevant experience and explore personal development direction. In short, the teaching goal should match with the level of students cognitive development, and improve it step by step.

4.3. Develop New Career Education and Teaching Objectives

All the senior high school courses have clear teaching objectives and ability indicators, which is the basis to ensure the teaching quality. When integrating into career education on this basis, teachers should reset their teaching objectives according to the characteristics of career education.

On the one hand, we should give consideration to the cognitive goals, emotional goals and skill goals of career education. The cognitive goal is to let students understand the basic knowledge of career development, such as career classification, employment situation, etc.; the emotional goal is to cultivate students positive career attitude, such as career values, outlook on life, etc.; the skill goal is to improve students career management ability, such as career planning and job-hunting skills, etc. Only with both cognition, emotion and skill, can we truly achieve the purpose of career education.

On the other hand, attention should be paid to the practical ability of students career education. Career education should not only stay in the classroom teaching, but also guide students out of the classroom, into the society, and feel the law of career development in practice. For example, organizing students to visit enterprises, interview professionals, and write career planning books are all effective ways to cultivate students career management ability.

It should be emphasized that when developing the goal of integrated career education, we should try to extend the goal on the basis of the original subject objectives, rather than completely leave the subject teaching, otherwise it will increase students learning burden. Career education is the supplement and extension of subject teaching, and the two should be organically combined and promote each other. Teachers should study the teaching materials carefully, thoroughly understand the outline thoroughly, dig out the elements of career education contained in it, and cultivate students career awareness and ability in a subtle way.

Choosing relevant teaching subjects and formulating new teaching goals are an important link to carry out integrated career education. Teachers should comprehensively consider the characteristics of subjects and students, teach students in accordance with their aptitude and take measures to the Times, and truly implement career education into the whole process

of teaching. Only by establishing a scientific curriculum system can we give full play to the educational function of career education and help students to realize the unity of personal value and social value.

4.4. Choose the Career Education Content and Integrate it into the Original Textbooks

In the design of integrated career education courses, teachers need to compile appropriate teaching activities or choose appropriate teaching materials according to the goals of career education. In this process, teachers can make full use of the school, community, parents and other resources, try to choose the life experience that students are familiar with as the teaching materials, and enhance the closeness and acceptability of the teaching content. At the same time, special attention should be paid to the integration of career education content should not affect the normal teaching of the original subject unit, and the two should be organically combined and complement each other.

Many foreign countries have accumulated valuable experience in promoting career education, which is worth learning from. For example, American middle schools generally offer career planning courses to help students establish career ideals early and prepare for future development; British primary and secondary schools have a one-year career guidance period where professional teachers guide students in career exploration. These practices are greatly enlightening for the innovation of the career education model in China.

China's education authorities should conform to the trend of the new curriculum reform and earnestly establish the concept of "career education starts from high school". It can be considered to incorporate career education as an independent course into the high school teaching system, or its content can be permeated into the teaching of various subjects. No matter what form is taken, students should realize the importance of career planning, and encourage them to choose different course combinations according to their own characteristics and interests, so as to meet the diverse needs of higher education and employment. Schools should provide students with more space for independent choice, so that career education is really close to the needs of students personalized development.

4.5. Optimization of the Teaching Process

The optimization of the teaching process is a teaching methodology and strategic thought, which emphasizes the continuous improvement and the pursuit of the best effect in the teaching implementation. In the integrated curriculum of career education, because the teaching objectives and contents have been integrated into the original disciplines, teachers should not make major adjustments to the original curriculum organization, but they still need to innovate and optimize in the teaching process to achieve the expected goals of career education.

The author believes that the optimization of the teaching process can be promoted from the following aspects: (1) to deepen the understanding of the optimization of the teaching process. Teachers should fully realize the importance of optimizing the teaching process, which is the ideological basis and action guide to carry out the follow-up work. (2) Play to the leading role of teachers. Career education courses have higher requirements for teachers, which require teachers to have a deep understanding of students, carry out teaching

based on students existing experience, and guide students to internalize what they have learned into their own abilities. (3) Highlight the subject position of students. Students are the object of education, but also the master of learning. Teachers should fully mobilize the initiative of students to learn career knowledge, rather than simply instill, and should pay attention to cultivating students career awareness and ability. (4) Pay attention to the construction of recessive curriculum. In addition to the explicit teaching content, teachers should also pay attention to creating a good career education environment, and guide students to receive the influence of career education imperceptibly. (5) Expand the channels of extracurricular education. Schools should strengthen the construction of places for extracurricular career practice activities, create conditions for students to experience the professional world, so that career learning inside and outside the classroom can promote each other. (6) Strengthen teaching management. Schools should change the practice of evaluating teaching solely by examination results, establish a teaching management mechanism to promote students all-round development, and make career education effective. To provide institutional guarantee. The optimization of teaching process is a complex and lasting systematic engineering, which requires every teacher to start from his own reality and work for a long time. Only by continuous reflection and improvement and excellence, can we truly realize the teaching optimization of career education courses and achieve the ultimate goal of career education

4.6. Carry Out Diversified Educational Practice Activities

Educational practice is an important part of the current high school career education. Compared with traditional subject teaching, integrated career education pays more attention to students practical experience, and needs to carry out rich and colorful activity courses. First, schools can carry out simulation activities such as role playing and group debate, so that students can experience different professional roles and feel the career life, so as to enhance their career awareness and learn self-management and career planning. Secondly, students are encouraged to participate in innovative practices such as small inventions and small creation, and embody the abstract content of career education to facilitate students to understand and absorb. Hands-on practice can stimulate students potential and help them find their own strengths and strengths. Third, make full use of off-campus educational resources to carry out various forms of practical activities such as interest groups, games and entertainment. Out of the campus, let students contact with a broader social life, understand the characteristics and requirements of different industries, and feel the diversity of the professional world. Teachers can also cooperate with students to pool their wisdom and develop and design more novel and interesting career practice activities. In the activities, we will integrate local characteristic resources, keep up with the development needs of The Times, and provide students with immersive and interactive career education experience. Only by constantly searching in practice, career education can glow with vigorous vitality and help students to achieve the most excellent hair

4.7. Expand New Teaching Resources

The rapid development of information technology provides a new path and means for career education. Teachers should

take the initiative to integrate modern technology into teaching, use multimedia technology to enrich the content of career education, and enhance the attraction and appeal of teaching. First of all, we should make full use of network resources, collect and sort out career information, industry trends, employment guidance, etc., and update and improve the teaching content in time, so that they can keep up with the pace of the development of The Times. Big data analysis can accurately grasp the needs of students, and provide a basis for individualized teaching and personalized teaching. Secondly, teachers can use virtual reality, augmented reality and other technologies to build an immersive career experience environment for students. The immersive simulation practice can mobilize the students multi-sensory participation, visualize and reembody the abstract career knowledge, and greatly improve the teaching effect. In addition, we will record micro-class videos and develop an online learning platform to gather and share the high-quality resources of career education, so that students can start the journey of career exploration without leaving home. The fragmented and mobile learning style is more in line with the cognitive and behavioral characteristics of contemporary high school students. Expanding teaching resources is a long-term and dynamic process, which requires teachers to actively make progress and innovate on the basis of inheriting the existing resources. Based on the actual situation of the school, we should give full play to the resource endowment and teachers expertise, and develop the resources according to local conditions. Only when the new and old resources complement each other and the online and offline channels complement each other, can we insert the wings of science and technology for career education and meet the needs of educational reform and development in the new era. The integrated teaching of senior high school career education has great potential. The key is to actively explore the educational concept, curriculum setting, teaching organization and other aspects, and strive to build an educational ecology that conforms to the physical and mental characteristics of students and reflects the requirements of the development of The Times. This requires schools, teachers, students, parents, and all sectors of society to work together to promote the strength of career education

4.8. Carry Out Relevant Activities and Suggest New Activity Themes

Because it is an integrated teaching curriculum design, Teachers may not be able to complete all career education plans with limited teaching time. Therefore, it is necessary to integrate the career education of high school students step by step. Whenever the unit course ends, Teachers can assign relevant homework to allow students to use their extracurricular time for extended learning. For example, students views on a certain career or students understanding of a certain occupation, This tests the effectiveness of career education; At the end of the school year, Teachers can organize themed class meetings, With the "career" education as the theme, Provide students with a variety of forms of learning activities, Moral education infiltration to the students, Give full play to the main role of students, Improve their initiative and enthusiasm, Cultivate students good moral sentiment, Make the students make clear the path of their own career development in the process of experience and perception, Help students to establish a correct outlook on life and values. For the activities that students are interested in or interested in the course, teachers can use flexible learning

time or other activity time to conduct in-depth study in a thematic way. After students have formed a preliminary understanding of the word "career", they can carry out new activity themes created by the cooperation of teachers and students to carry out further learning in a thematic way.

5. Several Problems That Should Be Paid Attention to in Implementing the Integrated Teaching of Student Career Education in Senior High Schools

5.1. Requirements for Teachers Role in Integrated Career Education Teaching

Integrative teaching emphasizes practice and integration, so that students can actively participate in the process of learning, and make students truly become the main body involved in teaching by carrying out various practical activities. This requires teachers to create a specific situation that is adapted to the integrated teaching content of career education according to the teaching purpose, and allows students to arouse the resonance of students by experiencing the situation. To carry out integrated teaching of career education, teachers should make use of various visible, audible and sensible teaching media, use specific case analysis, group games, discussion and interaction and other ways, so as to make students fully participate in experiential teaching methods, and teach and evaluate students career planning awareness and other contents. This not only requires teachers to help students to explore their career in classroom teaching, but also requires teachers to provide targeted guidance according to students individual needs after class, which requires high requirements on teachers professional ability. If teachers do not have enough professional knowledge and understand how to integrate career education teaching, the results of random teaching may not only be difficult to teach students the important core concepts of career education, but also lead to the repeated teaching of career education course content, which will affect the learning efficiency of high school students.

High school students career consciousness and ability cultivation is a continuous, systematic and comprehensive process, in order not to affect the original subject unit learning, which requires teachers to blend in career education course must be established on the basis of the original subject, in order to avoid excessive exclusion to the original progress and curriculum, and lead to students cognitive goal is difficult to complete. Therefore, teachers should actively develop more efficient teaching methods, and at the same time, pay attention to excavate the potential career education content in the original teaching materials, and pay attention to the integration of the career education teaching content. On the basis of the existing course objectives, we should avoid adding too many additional teaching objectives, which will affect the learning progress and content of the original subject unit and increase the learning pressure of students. If the school cannot provide sufficient career education teaching resources, the course resources are limited, parents have a wrong perception of career education (such as that it affects students academic performance) and other problems, may lead to the development of career education curriculum. Teachers are required to have good curriculum resource development ability, good communication ability with

students parents, bring parents into the career education operation system, and actively call on high school management and education administrative departments to attach importance to career education courses, strengthen the administrative support of career education, and carry out career teaching. In the process of integrated teaching, it is complementary with other ways to achieve better educational results. So as to better the system of high school students career education in all stages of a consistent

5.2. Coordination and Unity between Students Career Education and the Quality Cultivation of Senior High School Students

Student career education and the quality cultivation of high school students complement each other, which are both different and related. On the one hand, career education and students quality training are closely related to students future life planning, employment and performance. Career education can help students establish life development goals and make development plans; quality training for students is to realize their life goals and provide them with ability reserve. On the other hand, career education for students can be used as an important starting point to comprehensively cultivate students quality. In the process of career education, all aspects of exploring students interest trend, awakening career consciousness, establishing career goals and making career development planning are conducive to the cultivation of career quality for high school students. Finally, the career planning education and quality training of high school students not only run through the whole high school period, but also run through the whole process of students learning career. Therefore, we call for the establishment of special functional departments to management and integration, in order to orderly for high school students, coordination, integrated career education, to both into the school teaching, scientific research, management, service and so on various aspects and link, set up a full set of security system, together to improve high school career education and accomplishment.

6. Conclusion

High school career education is a complex and systematic engineering, which requires continuous exploration and optimization by educators. Integrating career education into high school teaching is an inevitable choice to adapt to the development of The Times and meet the growth needs of students. In the process of integration, we should base on the rules of education and teaching, follow the characteristics of students physical and mental development, on the basis of inheriting excellent teaching experience, actively absorb advanced educational concepts, innovate teaching mode, optimize curriculum, enrich teaching resources and expand

practical channels. At the same time, it is necessary to strengthen the coordination between inside and outside the school, integrate all resources, and create a good ecological environment for career education.

In the background of the new era, high school career education has a long way to go. With a high sense of mission and responsibility, educators should constantly enhance their professional ability, improve their teaching level, and provide high-quality career guidance services for every student. With an open and innovative mind, we should learn from the strengths of others, break through ourselves, move forward in exploration, and improve in practice. Only in this way can we truly realize the deep integration of career education and high school teaching, help students establish a correct outlook on life and values, improve their career planning ability, and lay a solid foundation for their future development.

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