

Research and Practice of Microteaching in Mental Health Education Curriculum

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Abstract: Microteaching, a systematic method for training teaching skills using modern audio-visual equipment, serves as a bridge connecting teaching theory and practice. This paper analyzes the significance of microteaching in mental health education curriculum reform and explores its application in teaching practice, aiming to improve teaching efficiency.

Keywords: Mental Health Education, Microteaching, Theoretical Research, Practical Application.

1. Introduction

Mental health education courses are one of the effective measures to help students adjust their psychological state, which can let students understand mental health knowledge through various forms, teach students how to adjust their psychological state in the face of pressure, so as to maintain an optimistic attitude to cope with the challenges of life and learning. The integration of the concept of positive psychology into the mental health education curriculum can guide students to be hopeful in life, perceive happiness in life, and obtain happiness in life, so that students can improve their learning ability, master more knowledge, and be familiar with various skills in a happy atmosphere, which has a positive effect on promoting the formation of students' healthy personality [5][8].

From the perspective of core literacy, mental health education classrooms should highlight professionalism and scientificity, and it is necessary to pay attention to the theoretical level and practical ability of normal students. While striving to let normal students understand and master the scientific knowledge related to mental health, and fully stimulate the classroom teaching ability of normal students, so that they can not only internalize the knowledge they have learned into their personal cultural cultivation, but also flexibly apply the knowledge they have learned to teaching practice, this paper mainly discusses the theoretical research and practical exploration of microgrid teaching in the mental health education curriculum.

2. Overview of Microgrid Teaching Theory

Micro-grid teaching, also known as "micro-teaching" and "micro-teaching", makes full use of modern technology to cultivate teaching skills for a small number of people. Microgrid teaching has reformed the traditional simulation teaching, used system theory and cybernetics to effectively control the teaching skills training, reduced the complex teaching skills to individual skills, and implemented systematic synthesis after the sub-item standards were reached, so as to form the overall teaching skills. In terms of technology, modern audition technology is used to simulate teaching, so that the teaching subject can become the objective evaluator of teaching at the same time. In terms of method, the comprehensive skills of subject classroom

teaching are decomposed into countless "grids" of individual skills for more solid and specific training. It has the characteristics of advanced teaching methods, few teaching objects, concentrated teaching content, strong student participation, and outstanding characteristics of seminar-based teaching [7].

3. The Importance of Microgrid Teaching in the Curriculum Reform of Mental Health Education

The functional role of microgrid teaching in the curriculum reform of mental health education cannot be ignored. The application of microgrid teaching in the teaching of mental health education courses in normal colleges is conducive to the development and improvement of its theory, the enrichment of its connotation, the exploration of the mode and evaluation method of teaching skills training, and the use of this model to promote the reform and construction of the curriculum and promote the professional development of teachers in the context of the new curriculum reform.

3.1. It is Conducive to the Combination of Teaching Theory and Practice

Microgrid teaching is an open teaching and research method, which organically combines educational theory and teaching practice, provides conditions for the optimization of classroom teaching, and also provides more research materials for teaching research.

On the basis of the reasonable decomposition of teaching skills, microgrid teaching uses advanced audio-visual equipment and information technology to truly record the teaching practice process, objectively analyze the teaching effect, improve the intelligent structure of the trial teachers, and improve the teaching skills. Through the implementation of micro-grid teaching, normal students not only learn to master teaching theories, but also efficiently master teaching skills through teaching practice, intuitive feedback, and objective multi-angle evaluation, which is in line with the teaching principle of integrating theory with practice [6][10].

3.2. It is Conducive to the Scientific Imparting of Teaching Skills

As a teaching and training method, microgrid teaching provides an effective way for the training of teachers' professional skills for normal students. Using the school's

modern teaching technology and equipment, the research and attempt of micro-grid teaching in the mental health education curriculum are carried out, which is conducive to the scientific teaching of teaching skills.

On the basis of modern pedagogy, modern psychology and related theories, microgrid teaching uses sound and video means to selectively simulate various teaching methods and skills that normal students should master, and after recording the classroom teaching of normal students, the instructor and the instructor work together to make an objective evaluation and analysis of the instructor's teaching, so that the instructor can form a clear self-schema, and finally master the whole teaching process, objectively record, the instructor can see their teaching behavior in time, and learn from it [1][2]. By watching their own videos, normal students have played a good role in correcting many of their bad language habits, or overly explicit behaviors such as redundant movements [4].

3.3. It is Conducive to Promoting the Reform and Construction of the Curriculum and Promoting the Professional Development of Teachers

The introduction of micro-grid teaching has brought vitality and vitality to the dull pedagogical classroom, greatly improved students' learning enthusiasm and efficiency, and well realized the good unity of knowledge and action. A series of practical activities in microgrid teaching can make the relevant education and teaching theories and psychological theories be implemented and applied, and the teaching method of combining theory and reality can improve students' interest in learning mental health education courses.

On the whole, micro-grid teaching conforms to the laws of human cognition, the viewpoint of pedagogy, cybernetics and psychology, and it has a great role in promoting teachers to improve teaching methods and update teaching concepts. Using the principles and methods of microgrid teaching, establishing the teaching procedures of microgrid teaching for students' demonstration skills, and starting from the aspects of training objectives, educational concepts, teaching contents, teaching methods and evaluation systems, the teaching reform of mental health education courses can effectively promote the teaching reform of mental health education courses, and change the situation that mental health education graduates have good mastery of professional basic knowledge, technology and skills but relatively poor teaching ability. Train qualified mental health education teachers who meet the needs of basic curriculum reform.

The new round of curriculum reform is a bridge for the professional development of teachers, and at the same time, it puts forward new and higher requirements for teachers' professional level and teaching skills. Through the micro-grid teaching training, the normal students calmly stepped onto the podium, standardized their teaching behavior, shortened their adaptation process from students to teachers, and laid the foundation for their self-development and professional development.

4. The Rational Application of Teaching in the Teaching Practice of Mental Health Education Courses

Universities, especially normal colleges, bear the heavy responsibility of cultivating qualified teachers, and how to use advanced modern teaching methods to reform teaching and

improve the professional teaching skills of normal students has always been a topic for higher normal colleges to explore education reform. In recent years, many normal colleges have established micro-grid classrooms and equipped with corresponding teaching video software, which provides extremely favorable material conditions for the training of students' classroom teaching skills. The teaching reform experiment of micro-grid teaching in the teaching of mental health education course is a new exploration of higher education reform, and the teaching reform of micro-grid teaching in mental health education course can be implemented from the following aspects:

4.1. Use Microgrid Teaching to Guide Students to Overcome the Psychological Problems of Role-playing

Microgrid teaching is a new way and method to explore and cultivate the classroom teaching skills of normal students. However, in the micro-grid teaching training, it was found that normal students had many adverse psychological reactions in the process of role-playing, and because normal students did not understand and properly contact the teaching practice of mental health education before, they suddenly changed from "student role" to "teacher role", and often could not adapt. Through the micro-grid teaching experiment, students can get the initial experience of classroom teaching, and reduce the tension of the first stage psychologically.

Microgrid teaching is a controllable and operable training process, which makes the listener's guidance more convenient and timely, and the instructor can guide and correct the problems at any time. The instructor should create a relaxed and harmonious, exchange, cooperation and learning and discussion atmosphere, and study with the trainee normal students to study together and learn the basic teaching skills, rather than standing on the opposite side of the trainee teacher to find faults. In this way, the trainee teachers can feel the care of the instructors, and summarize the advantages and disadvantages convincingly, and eliminate the psychological pressure [9].

4.2. Use Micro-grid Teaching to Cultivate Students' Solid Teaching Skills

Micro-grid teaching is mainly used in the daily trial lecture and educational practice of students in normal colleges, which decomposes the complete teaching process into many single teaching skills that are easy to master, adopts the form of micro classroom, and uses modern teaching equipment to carry out simulated teaching training to improve the teaching skills of the trial speaker.

4.2.1. According to the Characteristics of the Micro-grid Teaching Method, Guide Normal Students to Flexibly Carry Out Daily Trial Teaching Activities

Micro-grid teaching is a kind of simplified and subdivided teaching, which breaks up a complex and complete teaching process, and decomposes it into many easy-to-grasp individual teaching skills, according to the theory of pedagogy and educational psychology, with the help of modern audio-visual technology, the teaching skills of normal students are specially trained. According to the theory of micro-grid teaching, classroom teaching skills can generally be divided into 12 kinds, each of which has a definition, type, purpose and application principles and methods, etc., and the task of micro-grid teaching is to enable students to initially

master various teaching skills through theoretical learning and practical operation. However, in a lesson, no teaching skill exists in isolation, and there are other skill factors in each teaching skill, such as language skills in explanation skills, and skills such as questioning and reinforcement when writing and demonstrating, and various skills are criss-crossed, and must be used flexibly and closely to complete a teaching task [3]. In view of this situation, firstly, the method of comprehensive training of two or more skills can be adopted to guide normal students to flexibly carry out daily trial teaching activities; second, to have a deeper understanding of the coherence, compatibility and intersectionality of various teaching skills in teaching; Third, through the comprehensive application of several teaching skills, it can lay the foundation for the teaching of a lesson.

4.2.2. Use the Micro-grid Teaching Method to Strengthen the Mental Health Education Teaching Skills Training of Normal Students before the Internship

Educational internship is an important way to train normal students in basic skills, improve their basic quality, and train qualified teachers. By participating in the Educational Practicum, students can quickly transfer their knowledge and skills into teaching ability.

Microgrid teaching provides a better training condition for students' educational practice, and the use of microgrid teaching system to train students in teacher skills before educational practice can achieve better results. In the process of microgrid teaching, the teaching process is recorded through modern audio-visual equipment, so that you can understand the teaching situation in time and get real feedback information in time, so as to achieve the purpose of understanding your own teaching behavior and teaching effect.

5. Adopt Micro-grid Teaching for Lecture Training to Improve Speaking Skills

Lecturing is a form of teaching and research in which the lecturer systematically "speaks" the teaching assumptions and theoretical basis of a certain text on the basis of independent lesson preparation. Lecturing is a kind of rehearsal for normal students to transform the understanding of teaching materials, teaching methods and learning methods into "teaching activities", which is an important basic skill for normal students. The repeated training and reinforcement of lectures can make normal students pay attention to the learning of education and teaching theory and the training of teaching practice, and can improve the quality of classroom teaching. The use of micro-grid teaching in lecture training can significantly improve the speaking skills of normal students.

Combined with the theory of lecture and the theory of micro-grid teaching, the basic links such as determining the topic, writing the lesson plan, writing the case well, carrying out pre-class lectures, micro-grid teaching practice, and carrying out after-class lectures can be used for lecture training. The lecturer will give a special explanation to the evaluators on the teaching objectives, teaching design and its theoretical basis, teaching effect, etc., and the evaluators and lecturers will comment and discuss, and put forward suggestions for revision, so as to achieve the purpose of mutual communication and common improvement.

Using the principles and methods of micro-grid teaching, establishing the micro-grid teaching procedures for mental

health education courses, determining the stages of micro-grid teaching, and formulating evaluation standards for teaching can promote the improvement of teaching monitoring ability, and is effective in cultivating the teaching ability of normal students.

6. Use Microgrid Teaching to Conduct Teaching Evaluation and Teaching Research to Improve Students' Knowledge Structure

In traditional teaching, there is no precise limiting rule for evaluating the overall and sub-item advantages and disadvantages of the lecturer's classroom teaching, and the evaluation is too general and vague [7].

Evaluation and feedback are the most important step in microgrid teaching. At the end of teaching, the trainees should be organized to play the live video of the teaching or the video on demand in a timely manner, which should be watched by the instructor and the trainees. First, the lecturer conducts a self-analysis to check whether the practice process has achieved the goals set by him, whether he has mastered the training teaching skills, and points out the areas for improvement, that is, "self-feedback". The instructor and group members then conduct a collective review of their teaching process to identify deficiencies. After the evaluation and feedback, the trainees need to revise and complete the general lesson plan and practice it again. After the completion of the stage of individual teaching skills training, it is necessary to carry out comprehensive teaching skills training in a planned way to achieve the integration of various teaching skills.

In the micro-grid training, teachers should give evaluations according to the class situation and organize students to evaluate each other, which can effectively mobilize students to devote themselves to teaching, strive to learn educational theories, improve students' knowledge structure, and delve into classroom teaching, so as to create research-oriented and scholar-oriented future teachers.

In short, the introduction of micro-grid teaching in the mental health education curriculum to scientifically train the classroom teaching skills of normal students is a reform in the real sense, which can maximize the advantages of modern teaching methods, and provide a reasonable and effective intermediary for solving the problem of "teaching theory and teaching practice" in higher normal colleges. It will have a significant and far-reaching impact on helping students integrate the professional knowledge they have learned and the professional skills they have formed to become the professional awareness and professional ability required by future mental health education teachers, and to complete the process of teacher specialization.

Author Contributions Statement

PF drafted the manuscript and critically reviewed the draft along with extensive editing.

Competing Interests

The authors declare no competing interests.

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