

Studies on College Student Psychological Crisis Intervention System

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Abstract

The psychological crisis of college students has its own characteristics. The present paper attempted to analyze the constant monitoring mode in the daily management of college student psychological crisis in combination with investigation and evaluation system, through attaching great importance to the events that involved in psychological counseling of students, paying considerable attention to psychological guidance of college students among special groups, actively developing mental health education activities for all students, and extracurricular activities beneficial for improving the psychological health of college students and so on, construct a psychological crisis intervention system of college students, and bring forward the ancillary contents, such as the team and groups, information channels construction of college student mental health, and strengthening the daily safety education and management of students and so on.

Keywords: College students, Psychological crisis, Intervention system

College student psychology development has its unique rules. Some students usually suffered from psychological crisis imposed by objective problems or their own ones during certain stage of development. If the psychological crisis failed to be timely intervened, it would be likely to result in student mental health problems, and even some severe behaviors, such as hurting themselves or others. Colleges play a critical role in the management of student mental health, and schools are the major sites for college students to learn and live everyday. Psychological crisis intervention work in colleges should be systematic, and normalized in the daily work in order to enhance the ability to respond to emergencies.

1. Daily management of college student psychological crisis in combination with investigation and evaluation system

1.1 Establish and perfect mental health archives

Implementing new student mental health screening after admission, establishing a systematic mental archives of students, affording real-time psychological testing services, and updating the correlated data in mental archives, are all of great significance to enhance the effects of psychological crisis intervention.

Establish a regular testing or an immediate investigation work after specific incidents, and in combination with the daily performance of each student, information grasped by student party members and cadres, counselors and class supervisors, and the results of the tests, conduct a comprehensive, careful, systematic investigation work on mental abnormal students. We managed to find out the situation, establish archives, develop programs and help and assist with emphasis.

1.2 Establish active crisis intervention electronic investigation and evaluation system

Active crisis intervention electronic investigation and evaluation system should aim at different stages of development among students, and design the focus of investigation and evaluation. The author found that college students would face different main pressure each year. In the first year, psychological problems resulted from maladjustment after admission, professional learning confusion and interpersonal communication occurred frequently; from the second year to the third year, problems caused by academic stress, emotion and love, interpersonal relationships and self-development topped the list; in the fourth year, problems imposed by employment pressure, career confusion and setbacks mainly appeared. Accordingly, we should undertake a psychological testing on freshman after admission with follow-up; undertake an employment pressure follow-up on senior students; various and comprehensive follow-ups on students in other stages.

1.3 Model design

- (1) Basic school as unit, each school should arrange certain person to organize orderly testing during different stages of students;
- (2) Psychological counseling center should carefully dispose data, screen the situations of mental abnormal students, establish archives and make response plans.
- (3) Special agencies in school, such as psychological counseling centers, should organize the systematic and comprehensive psychological testing for the whole students in school, offer technical support for comprehensive investigation and evaluation work, and seriously organize students to take the tests.

Eventually, through daily management of college student psychological crisis in combination with investigation and evaluation system we perfect psychological crisis intervention mechanism, establish a set of work mechanisms such as problem screening, intervening, tracking and evaluating, focus on the management of emergence cases, pertinently do well in crisis prevention and intervention work among high-risk groups such as psychological barriers, learning and employment stress, emotional frustration and economic pressure, family tragedies and so on, and strive to find out, intervene and therapy psychological crisis early.

2. Psychological crisis intervention system of college students

2.1 Attach great importance to the student psychological counseling imposed by events

If the school has a crisis event, primary school should conduct regular psychological counseling and guidance on the involved and closely related students after inviting psychological experts to implement mental intervention, and guide students to walk out of the shadow of the incidents as soon as possible. Meanwhile, we should purposefully conduct security prevention work well.

2.2 Pay considerable attention to psychological guidance among special groups of students

Basic school should enhance mental health education and guidance on the students with issues such as psychological problem, learning disabilities, emotional confusion, economic poverty, employment difficulty, as well as minority students and students among other special groups, and provide regular, timely and effective education and counseling and consulting services pertinently. As for the students with existed issues, we should communicate with their parents timely, and take specific measures to treat and assist them.

2.3 Develop mental health education activities for the whole students actively

Based on knowledge publicity, school should apply the approaches such as promotion windows, school newspapers, radio stations, magazines, newspapers and so on to enhance popular mental health knowledge work; basic school should develop mental health education activities and promote mental health knowledge for the whole students regularly in the manners such as seminars, training and so on, in combination with the actual situation of the school.

2.4 Develop extracurricular activities beneficial for improving the psychological health of college students actively

Activities as carriers, we should carry out rich and colorful activities, such as psychological melodrama on campus, mental health knowledge contest, and other psychological health education activities; psychological counseling as approaches, we should timely conduct psychological guidance work for students, and by means of teaching penetration among subjects, management service, class teacher work, college student social activities, and sports entertainment, ameliorate school psychological environment, and help them to build social support system; group training as focus, we should promote the personality development for students and improve students response capacity during the growth crisis such as interpersonal communication, job-hunting, job-interview and so on.

Schools should guide students to understand mental health deeply, enhance their awareness of mutual concern and support, help to solve the general psychological problems in their studies and lives, and exert their important role in the mutual aid and self-help of mental health education through lively and colorful activities.

3. Team and information channels construction of college student mental health

Construct dormitories-class-department-school four band preventive and pre-warning work systems. In each dormitory and class, we set up 1-2 "psychology commissioners". They should know their work duties clearly, pay close attention to every student around them, report timely to school leaders, assistant teachers or psychological counseling centers when finding students with mental abnormalities or emergencies, actively help to cope with emergencies, and fully exert their roles such as self-education, self-management and self-service.

Basic schools should train the newly elected "psychology commissioners" on mental health knowledge. Meanwhile, they should have their plans and attempt to carry out the training work for assistant and class teachers and other related staff members. According to the school psychological crisis intervention and implementing schemes for emergency prevention, each school should establish effective implementing schemes and information feedback system, and through the implementation of schemes and information collection and feedback by information members, feed back various information such as abnormal behaviors and unsafe and unstable factors among students timely to assistant teachers and relevant departments in order to effectively avoid the occurrence of hazard events.

At the same time, innovate student management models better, for example, Shenyang Architecture University further promoted the student counselors stationed in student apartments in combination with students on duty. They could understand the situation of students timely and efficaciously, and conduct students' ideological work well. By strengthening students on duty, assistant and class teachers further enhanced their senses of responsibility and service, and went to students frequently in order to understand their thinking and mental situation. The university also required assistant and class teachers to meet, talk and exchange confidences with students once in recent days, grasp the ideological trend of students truly, and make relevant records in detail. By carrying out exchanging confidences activities, they managed to resolve the students' psychological confusion, and pertinently help them to cope with their specific problems such as studying, selecting friends, healthy life and other aspects. They merged investigation and evaluation work with psychological health and security education work in order to effectively promote the implementation of students' "growth plan".

4. Strengthen daily safety management and education of students, and eliminate hidden danger

By strengthening daily safety education and management, strengthen students' security concept and eliminate hidden danger. Strengthen the daily management and inspection of student dormitories, especially for using electricity on violation of regulation, teach students to safely use electricity and stop fire risks. Conduct mass prevention and management work for dormitories well, enhance students' security prevention consciousness, and prevent the occurrence of stealing phenomenon. Enhance network security education, guide students to pay attention to online friends-making safety and online information security, teach students to take good care of personal information, and don't provide personal information casually. Strengthen students' wealth safety education, teach students to pay attention to personal property safety, and remind them to be alert to SMS and bank card fraud. Strengthen them traffic safety education, teach them to conform to traffic rules in order to avoid traffic accidents. Especially, remind them to notice security protection education of street-passing in front of the school in order to ensure the safe travelling of each student. Enhance students' discipline education, teach them to comply with school rules seriously, and prevent the occurrence of disciplinary incidents. Strengthen them civilization education, develop civilization education activities such as no smoking in campus, and guide them civilized behaviors.

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