



Reflections on Educational Management by College Counselors from a Psychological Perspective

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Abstract: As the national emphasis on education continues to grow, higher education has garnered increased attention. College counselors, as an essential part of educational management, have seen their roles become more prominent. Counselors are required to delve deeply into various aspects of their work, adapting to the specific characteristics of the country's educational system and the development of universities, providing strong support for the holistic development of students. From a psychological perspective, the work of college counselors involves not only focusing on students' academic achievements but also paying attention to their mental health and psychological development. This paper analyzes the importance of educational management work by college counselors from a psychological perspective and proposes effective strategies to offer helpful references for college counselors.

Keywords: psychological perspective, college counselors, educational management, reflections

1. Introduction

College counselors are among the most frequently encountered staff in students' campus lives, guiding them along their path of growth and pointing them in the right direction. However, college counselors currently face significant work pressure and often lack sufficient psychological knowledge, making it difficult for them to fulfill their responsibilities and provide effective psychological guidance to students. When students experience emotional fluctuations or psychological issues, the role of the counselor becomes especially critical. Therefore, college counselors must make proper use of psychological knowledge and innovate their working methods to better manage the educational and administrative needs of students. They need to master certain psychological counseling skills, understand students' inner worlds deeply, and promptly identify and resolve psychological issues, thereby fully leveraging the role of college counselors in supporting students' growth and success.

2. The Necessity of Educational Management Work by College Counselors from a Psychological Perspective

2.1 Emphasizing the Central Role of Students

College counselors are not only responsible for managing students but also serve as crucial educators on their journey of growth. Today's university students are independent in thought and distinct in personality. If counselors continually place students in passive roles in management, it may hinder their creativity and imagination. Hence, there is a need to change this traditional educational model. By strengthening the application of psychological theories, respecting students' central roles, and guiding them actively, college counselors can effectively engage students' initiative. This fosters creative thinking, promotes their holistic development, and significantly improves the relationship between students and educators. A more harmonious student-teacher relationship leads to better cooperation from students, ultimately enhancing the efficiency and quality of counselors' management work.

2.2 Cultivating Healthy Psychological Qualities

In today's diverse and information-rich educational environment, the primary focus of college counselors' educational management work is often ideological and political education, aimed at promoting students' healthy growth and development. The use of psychology in this process is crucial, as it helps counselors more clearly grasp the core aspects of student management and effectively improve student-teacher relations, further highlighting the central role of students in management. Additionally, applying psychology can transform traditional student management methods, significantly improving the quality and efficiency of the work. For counselors, managing students is a complex task that profoundly influences the formation of students' personality traits. Supported by psychological theories, counselors can better inspire

students' learning potential and strengthen the development of positive psychological qualities.

2.3 Innovating Management Methods

In traditional college management, the approach to student education and services often involves reactive management, where remedial measures are taken after an issue has occurred. However, this approach can lead to irreversible damage, especially to students' mental and physical health. In contrast, psychological theories emphasize preventive control, advocating for proactive measures to be taken before problems arise, thus avoiding more severe consequences. College counselors should adopt this preventive management approach by predicting potential risks and implementing preventive measures. By optimizing and innovating management methods under the guidance of these theories, counselors can not only improve their management capabilities but also reduce the negative impact on students. Implementing preventive management strategies helps colleges safeguard students' mental and physical well-being while improving the overall effectiveness of management.

3. Measures for Educational Management Work by College Counselors from a Psychological Perspective

3.1 Creating a Positive and Healthy Campus Environment

Students' subjective psychology significantly influences their objective campus life during their growth process. The quality of the campus environment plays a vital role in students' psychological health development. In reality, incidents such as campus bullying can cause psychological trauma, which not only harms students' mental health but may also affect their academic performance and daily life. Therefore, colleges must prioritize the improvement and creation of a positive campus environment. College counselors bear the responsibility of fostering a friendly, harmonious, and clean campus environment, helping students develop a healthy psychological state that enhances their confidence and adaptability. Schools should also promote a positive atmosphere through campaigns, using motivational slogans to encourage students to face challenges. Furthermore, holding recreational activities, such as talent shows and sports competitions, can provide students with enjoyment while subtly enhancing their resilience to stress. Additionally, setting up psychological counseling offices and mental health associations offers professional psychological services, helping students address their psychological issues and contributing to campus management improvements.

3.2 Timely Identification and Resolution of Student Issues

The relationship between counselors and students plays an essential role in students' growth and development. Encouraging teachers to engage closely with students and fostering equal communication helps bridge gaps, promoting proactive help-seeking behavior when students face problems. Teachers need to deeply understand students' backgrounds, thoughts, and emotional needs, which can be gradually accumulated through daily interactions and observations. When teachers empathize with students' feelings, students will feel cared for and understood, establishing trust in their educators. For economically disadvantaged students, financial difficulties can lead to a sense of inferiority. When counselors build a good relationship with students, this reduces resistance and encourages them to open up about their struggles.

3.3 Guiding Students to Think Rationally

In daily teaching and campus activities, actively guiding students to think rationally is crucial for enhancing their psychological resilience. When facing problems, particularly exam failures, students often become discouraged. At this point, the role of college counselors becomes especially important. Counselors need to skillfully engage students in rational dialectical analysis, not only by sharing inspiring real-life stories to motivate them to move forward but also by exploring the root causes of their failures. This helps students identify the underlying factors affecting their academic performance and collaborate with counselors to devise practical solutions. Such a process aids students in approaching problems rationally and fosters their ability to think independently and solve problems. Through this kind of guidance and education, students learn to adopt an objective and positive perspective when facing challenges, developing the capacity to seek solutions proactively instead of succumbing to negative emotions. This plays a long-lasting role in improving students' psychological resilience and supporting their holistic development.

3.4 Preventive Measures During Key Periods

In the higher education system, counselors bear the responsibility of promoting students' overall development. To better serve students, counselors must deepen their understanding of university students and provide carefully planned psychological counseling at critical stages. During the initial stages of university, students face the new challenge of navigating romantic relationships. College counselors can use psychological counseling courses to educate students on gender relations and

impart healthy views on relationships, helping them handle romantic relationships with maturity and rationality when issues arise. As students progress through their studies and transition into society, counselors should offer career counseling courses that present students with potential challenges they may encounter, such as difficulties in job hunting, discrepancies in salary expectations, and potential workplace criticism. These counseling courses aim to familiarize students with the realities of post-graduate life and help them better understand societal norms. By offering periodic psychological counseling, students gain theoretical knowledge that helps them navigate real-life challenges with greater confidence and reduced anxiety. College counselors should continue to monitor students' developmental needs and support their comprehensive growth through psychological counseling courses.

3.5 Enhancing Students' Confidence

Several common psychological issues prevail among university students. First, many students are anxious about future employment. As they prepare to enter the workforce and face the pressures of independent living, students often question their abilities, doubting whether they can meet the demands of society. This anxiety about employment may negatively impact their studies and well-being, increasing stress levels. In response, college counselors must understand students' employment concerns clearly and help them build their confidence through career planning, internships, and practical training. Additionally, some students become overly immersed in gaming and extracurricular activities, neglecting their studies and feeling lost as graduation approaches. This escapist attitude not only affects academic performance but also has long-term consequences on their future. Counselors must guide these students to develop a correct value system, instilling in them a sense of responsibility and purpose. Moreover, some students suffer from anxiety due to a weak academic foundation, which can affect their mental health. In these cases, counselors need to help students create effective study plans and methods, offering academic support and mental health education to gradually build their confidence and overcome learning challenges. Therefore, college counselors must be fully aware of the various psychological states of students, helping them overcome negative emotions, enhance their self-confidence, and achieve educational management objectives.

4. Conclusion

Improving educational quality and enhancing students' overall competence are closely tied to the educational management work of counselors. To better serve students, counselors can adopt various strategies, such as creating a positive and healthy campus environment, promptly identifying and resolving student issues, guiding students toward rational thinking, providing preventive measures during key periods, and boosting students' confidence. These measures contribute to the holistic development of students, fostering healthier, more optimistic, and responsible young people who will support the continuous development of higher education institutions.

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