

The Integration of Career Planning and College Students' Mental Health Education



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Abstract: Career planning and mental health education for college students have always been important topics in university education. In order to better assist college students in career planning and promote mental health development, the integration of career planning and college students' mental health education has become an important innovative initiative in university education. In this paper, we will discuss how to realize the integration of career planning and college students' mental health education and propose specific measures to realize the integration in terms of establishing a curriculum system, integrating education and practice programs, strengthening the construction of teachers and enhancing assessment and management, and propose improvement measures by evaluating the effect of the integration. The purpose of this paper is to provide reference and guidance for the integration of career planning and mental health education for college students and to promote the overall development of college students.

Keywords: career planning; mental health education; ways of integration

Introduction:

Career planning is an important part of university education, which aims to help college students clarify their career goals and make corresponding career development plans. Mental health education, on the other hand, is a compulsory course set up to promote the psychological health development of college students. In today's competitive society, the career planning and mental health of college students are both crucial, so the integration of career planning and college students' mental health education can better promote the overall development of college students.

1. Introducing the significance of integrating career planning and college students' mental health education.

As a special group, college students face various pressures and challenges, including academic pressure, social pressure, employment pressure, and

so on. Therefore, it is very important to improve the mental health of college students. At the same time, career planning, as an important tool for personal growth and development, can also have a positive impact on college students' psychological health. Therefore, integrating career planning and college students' mental health education can help college students better plan their careers and face the future with more confidence, stability, and faith. Specifically, career planning can help college students better understand themselves, including their personality, interests, strengths, and weaknesses, so that they can better choose their future career direction (Meng et al., 2022). In addition, mental health education for college students can help them understand their psychological conditions, including emotional management, coping with stress, and self-awareness, so that they can better cope with various challenges in college life. At the same time, mental health education can also provide college students with some specific mental health promotion measures, such as positive emotional regulation and

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good sleeping habits, to improve their mental health.

2. Problems in the process of integrating career planning and college students' mental health education

2.1 Students' lack of attention to career planning and mental health education.

Students' lack of attention to career planning and mental health education is a common problem. Many students tend to focus on their studies and examinations during their college years and do not pay enough attention to and understand their future career planning and mental health issues. On the one hand, students' lack of attention to career planning and mental health education may be due to the lack of relevant knowledge and awareness. Many college students do not have enough knowledge and awareness about their future career development and mental health issues, and they do not have enough knowledge about the importance of career planning and mental health education. On the other hand, students' lack of attention to career planning and mental health education may also be due to certain limitations in school education (Li & Guo, 2022). In addition, there may be problems in the education process such as too much emphasis on theoretical knowledge and neglect of practical operations, and lack of student's individual needs, which may lead to students' lack of attention to career planning and mental health education. Schools need to strengthen the publicity and education of career planning and mental health education to increase students' awareness and attention. At the same time, the practical aspects of career planning and mental health education can be strengthened so that students can better experience and feel the importance of career planning and mental health, thus increasing their attention to it.

2.2 Lack of cross-disciplinary cooperation mechanism.

The lack of interdisciplinary cooperation mechanism refers to the lack of effective collaboration and communication among different fields and institutions in the implementation of career

planning and mental health education, which leads to the waste of resources and the reduction of educational effects. In career planning and mental health education, the synergy of multiple professional fields and institutions is needed to achieve better results. For example, career planning requires close ties with the recruitment market, career counseling agencies, and companies; mental health education requires collaboration with professionals such as psychologists, social workers, and family education agencies. However, cross-disciplinary cooperation is not easy to achieve due to issues such as the allocation of interests and resources among various parties.

2.3 Inadequacy of teacher workforce and educational resources.

The shortage of teacher teams and educational resources refers to the lack of sufficient professional talents and educational resources in the implementation of career planning and mental health education, which leads to unstable education quality and difficulty in guaranteeing educational effects. In career planning and mental health education, teachers and professionals with relevant professional knowledge and experience are needed to provide education and guidance. However, at present, in many schools, there is a lack of teachers and professionals with relevant professional knowledge and experience, and the quality of career planning and mental health education varies (Li et al., 2022). In addition, the lack of educational resources is also an important issue. For example, the lack of advanced educational equipment, teaching materials, and teaching aids, and the lack of relevant practice bases affect the effectiveness of the implementation of career planning and mental health education.

2.4 Insufficient professionalism in career planning and mental health education in the integration

In the integration of career planning and mental health education, it is very important to maintain professionalism in career planning and mental health education. If the professionalism of career planning and mental health education is not enough in the implementation of integration, it may lead to a

decrease in the effect of career planning and mental health education, thus failing to achieve the expected educational goals. Career planning and mental health education are two separate fields, and although they are somewhat related, they need to maintain their respective professionalism in the implementation process. For example, in career planning, attention needs to be paid to students' career development direction and the cultivation of career quality; in mental health education, attention needs to be paid to students' mental health status and methods of solving psychological problems (Shao, 2022). In the integration, it is necessary to make corresponding educational programs according to the actual situation and keep the professionalism of career planning and mental health education.

3. Ways of integration of career planning and mental health education of college students.

3.1 Establishing the curriculum system of mental health education and career planning.

Establishing a curriculum system of mental health education and career planning is an important means to integrate the two, such a curriculum system can let college students understand and master the relevant mental health knowledge and skills while learning career planning. The course content should include basic knowledge, practical skills, and case studies of mental health education and career planning (Yang, 2022). Teachers in colleges and universities need to integrate various educational resources, including teachers, teaching materials, and online teaching, to ensure the effectiveness and feasibility of the curriculum, and develop reasonable teaching plans and teaching methods, including classroom teaching, practical activities, and assessment methods, according to the objectives and contents of the curriculum. After that, the course is implemented according to the teaching plan and teaching methods, focusing on interaction and practical sessions to improve students' participation and learning effects, and the assessment methods are designed according to the course objectives and contents to evaluate and give feedback on students'

learning effects and make improvements and adjustments to the course.

3.2 Integrating each other in counseling and career counseling

In career counseling, students are guided to understand their personal characteristics, hobbies and interests, career aspirations, and other aspects, and they can also be helped to better understand their inner world, such as emotional management and coping with stress, through psychological counseling methods. In psychological counseling, students are guided to understand their psychological condition and also can be helped to understand their career aspirations and strengths and weaknesses through career counseling methods, which can lead to better career planning (Huang & Chen, 2022). Psychological tests and career assessments are important tools for both, and the results of both can be integrated to help students better understand their psychological characteristics and career suitability and thus better plan their careers.

3.3 Improving the psychological quality of college students through career planning practice programs.

College students can be involved in actual career planning through on-campus or off-campus programs. For example, mock interviews and career experiences can be used to let college students better understand their career willingness and adaptability, and also enhance their psychological quality in practice (Huang & Chen, 2022). College students may encounter various challenges and difficulties in the career planning practice program, such as interview nerves and career adaptation stress. Therefore, the practice program can be used to improve the psychological quality of college students. In the practice program, students can be provided with personalized feedback and guidance to help them better understand their strengths and weaknesses, and they can also be provided with appropriate psychological support and assistance using psychological counseling.

3.4 Strengthen the assessment and management of universities for education work.

Establish scientific assessment indexes and evaluation systems, including the assessment of students' career planning practice, career planning ability improvement, and psychological health level, to ensure the effective development of education work. By including teachers' ability to master psychology knowledge in the assessment management work, to promote the improvement of teachers' mental health teaching ability. At the same time, more training and self-competence enhancement resources can be provided for the teaching force to improve their career planning guidance ability and mental health education level (Guan, 2022). Psychology experts can be invited to schools to conduct symposiums to improve teachers' and students' career planning guidance and mental health education competencies. This can promote the educational work to achieve improvement and development and increase the importance of teachers and students in carrying out career planning education and learning process for students' mental health education issues.

3.5 Strengthening the construction of professional teachers.

Increase the integration of talents of teachers specialized in psychological education and establish a professional teaching team, which can provide more professional career planning guidance and mental health education. This can fully combine the current situation of students' psychological development, growth characteristics, and actual needs to carry out targeted guidance education and improve the quality of education work. In career planning education and mental health education, more specialized contents and methods, such as psychological assessment, emotion regulation, stress management, etc., are added to better help students master career planning and mental health knowledge and skills. In education work, college teachers need to pay attention to students' individual needs and problems and provide them with professional answers and guidelines in time to help them solve problems, relieve psychological pressure, and improve their mental health.

3.6 Establishing multidisciplinary and multi-institutional cooperation mechanism.

An interdisciplinary and inter-institutional career planning and mental health education team can be established to gather professional talents and institutional resources from all sides. In career planning and mental health education, experts from various fields can collaborate, exchange, and jointly study problems to promote innovation and development of career planning and mental health education. At the same time, the government and schools need to strengthen the construction and promotion of cross-disciplinary cooperation mechanisms to provide more comprehensive and professional resource support for career planning and mental health education (Cai, 2022). In addition, the government can also introduce policies to encourage cross-disciplinary cooperation at the policy level and funding level and build an exchange platform for career planning and mental health education in colleges and universities to promote the reasonable allocation and optimization of resources from all parties.

Conclusion:

The integration of career planning and college students' mental health education is an important innovative initiative in university education. The significance of this integration is that it can help college students better understand themselves, discover their strengths and weaknesses, and then make correct career choices and plans while promoting their mental health and overall development. In the integration, good educational effects can be achieved by establishing a curriculum system, integrating education and practice programs, strengthening the teacher team, and enhancing assessment and management. At the same time, integration has some challenges, such as students' lack of attention to career planning and mental health education, lack of cross-disciplinary cooperation mechanisms, insufficient faculty and educational resources, and insufficient professionalism. In order to overcome these challenges, measures such as

strengthening students' publicity and education, establishing cross-field cooperation mechanisms, strengthening the teacher team, and maintaining professionalism are needed. In the future, the integration of career planning and college students' mental health education will be more widely used and promoted, which will help college students grow and develop more comprehensively and also improve the quality and level of education work. In the future, career planning and mental health education will be more integrated, and the forms and means of integration will be more diversified and flexible to meet the needs of different students. At the same time, educational institutions and educators will continue to explore and innovate in continuous practice to improve the professionalism and educational effects of career planning and mental health education, to better serve the growth and development of college students.

Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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