An Analysis of the Dilemma and Countermeasures of Universities Student Management under the Impact of the COVID-19 Epidemic

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Abstract

After the outbreak of the COVID-19 epidemic, the people of the whole country are determined to resist the risk challenge with firm determination and bold action. Under the influence of the virus, college students' management work is facing new challenges. Colleges and universities should pay attention to students' value guidance, adjust teaching methods, pay attention to employment guidance through psychological guidance, encourage college students to strengthen their ideals and beliefs, and attach importance to ability enhancement.

Keywords

The COVID-19 Epidemic; Universities Student Management; College Students; Countermeasures.

1. Introduction

At the beginning of 2020, the emergence and rapid spread of the COVID-19 epidemic has posed a major threat to the life safety and health of the people of the whole country. In order to prevent and control the epidemic, China Ministry of Education issued a notice to postpone the start of the spring semester in 2020. Students returning home during the Spring Festival do not return to school in advance without the approval of the school [1]. Local education departments have responded to the extension of school term, and urged colleges and universities to do a good job in the prevention and control of the epidemic after school, set up a mobile account between teachers and students, clarify the requirements of prevention and control work, increase environmental sanitation, and do a good job in the prevention and control of the epidemic [2]. Due to the extension of school term, college growth time home isolation, some college students appear pessimistic. Some college students with weak self-control ability have some problems, such as incorrect learning attitude, poor learning effect and so on. In the face of the challenges brought by the virus to the management of college students' thoughts, studies, psychology and employment, this paper puts forward its own solutions, to realize the effective education management of college students and help them out of the predicament.

2. Dilemma of Universities Student Management under the Influence of the COVID-19 Epidemic

2.1. The Virus Gives College Students Thought Shock

Affected by the epidemic situation of COVID-19, college growth time to stay at home cannot communicate face to face with teachers and students, through telephone, WeChat, QQ, Nail and other online platforms for communication, easy to lack emotional resonance, some college students appear ideological maladjustment. Teachers accustomed to traditional teaching, to use network teaching to carry out teaching, there is not enough understanding of college

students' thoughts, teaching effect feedback is not timely, it is easy for students to feel that teachers do not care enough for themselves, resulting in resistance. This will reduce the degree of communication between teachers and students. at the same time, affected by the virus, some false rumors on the network cause confusion in the thinking of college students and increase the ideological burden of students; some students stay at home for a long time, because of the lack of rational analysis habits, it is easy to say irrational remarks. If we cannot rationally understand some new changes brought by the virus and cannot rationally judge the authenticity of information on the network, there may be a crisis of public opinion [2].

2.2. The Virus has Led to Poor Learning among College Students

In order to prevent the epidemic from spreading to the campus and ensure the safety and health of teachers and students, China Ministry of Education has taken important measures to delay the opening of schools. China Ministry of Education has urged all localities and schools to actively use the network platform carry out teaching activities to college students. [3] Due to the limitation of space and network technology and the lack of supervision mechanism under the line, some students with poor self-control have the phenomenon of self-restraint and low efficiency of autonomous learning, which makes the effect of educating people greatly reduced. For the students in the area of poor network, due to the constraints of objective conditions, teachers' academic guidance to students is more difficult. Some students are affected by the home environment and atmosphere, unable to calm down for online learning. Some college students with online game addiction make full use of the opportunity of home, without parental supervision will intensify, ignore their studies, resulting in many courses on the "red light ".

2.3. The Virus brings Challenges to the Mental Health of College Students

According to the guidelines of China Ministry of Education on mental health education for college students, it is necessary to improve the mechanism of psychological crisis prevention and rapid response in colleges and universities, establish a system of "four levels" of early warning prevention and control in schools, departments, classes and dormitories, perfect the teaching material system of mental health education, set up mental health education courses such as "mental health of college students ", organize mental health education month activities, and improve their psychological tolerance by participating in mental health lectures and communicating face to face with psychological counsellors. Affected by the COVID-19 epidemic, college growth expectations at home, through the media to pay attention to the increasing number of viral infections, psychological stability gradually decreased. Some college students are easy to associate their physical condition with the virus, showing anxiety, panic, neuroticism, and constantly appear the behavior of self-temperature testing, over time, there is a loss of appetite, confusion, sleep quality decline, the phenomenon of inattention, if overreaction may lead to psychological problems. In addition, some college growth time through online communication, addicted to online games, make it become a "bow-heads ", seriously affect physical and mental health. College students are used to the traditional face-to-face psychological counseling, because the impact of the epidemic cannot be carried out on time, so it brings challenges to mental health work.

2.4. The Virus Increases the Difficulty of Employment for College Students

The scale of college graduates is increasing year by year, the employment situation is becoming more and more severe, and the employment pressure of college students is increasing. Affected by the COVID-19 epidemic, traffic control, the extension of the opening of colleges and universities, enterprises and institutions delayed recruitment or cancellation of recruitment, as well as graduates "love" civil servants, institutions must delay the examination because of the epidemic, disrupted the original plan to take the public entrance examination this part of the graduates must adjust the pace of planning. At the same time, some enterprises have some

prejudice against graduates in the seriously affected areas, and some graduates must apply for jobs again because of the closure of enterprises. The previous offline employment guidance has lost the real environment, resulting in teachers and students cannot one-to-one, face-to-face communication guidance. Although online "cloud" job search is also a good choice, because the truth and falsehood of online recruitment information still need to be screened, college students need to spend a lot of time searching for recruitment information, and at the same time need to prepare enterprise application materials. Increase the cost of job search time. There is also for the college students who have not heard of after putting out their resume, the psychology inevitably appears the loss mood and dampens the confidence to find a job again, which increases the difficulty of college students' employment.

3. Coping Strategies for the Management of Universities Student Affected by the COVID-19 Epidemic

3.1. Paying Attention to the Value Leading, Firm Ideal Faith

Affected by the virus, Colleges and universities need to vigorously promote knowledge of epidemic prevention and control, to effectively guide college students to form the youthful vitality of epidemic prevention and epidemic prevention, by telephone, QQ , nail, TenCent conference and other media, carry out "key-to-key "," screen-to-screen" college students value orientation theme class meeting ," cloud "class, cloud meeting, we Chat video and other network platforms to encourage college students to actively participate in the prevention and control of the epidemic, By participating in community volunteering, a sense of existence and identity in service practice, and promote social responsibility in selfless dedication, embodies the young university student hard work ability, unremitting struggle tough practical quality. Let us see that young college students can integrate the ego into the great self of the motherland, the great self of the people, with their own practical actions to interpret their lofty aspirations, serve the motherland's firm faith.

3.2. Adjusting Teaching Methods and Strengthening Academic Guidance

In view of the impact of the virus on the normal opening of schools and classroom teaching in colleges and universities, China Ministry of Education issued the "Guidance on the Organization and Management of Online Teaching in Colleges and Universities during the Prevention and Control of the Epidemic ", encouraging colleges and universities to actively carry out online teaching activities such as online teaching and online learning, relying on all kinds of online curriculum platforms and online learning spaces at all levels, so as to ensure the progress and quality of teaching during the prevention and control of the epidemic.[4] College teachers need to change their teaching concepts in time, adapt to the new mode of network teaching from the traditional face-to-face teaching mode as soon as possible, prepare lessons carefully according to the training objectives before class, and do a good job of online teaching patiently and meticulously. Use network platform to communicate and tutoring with college students. Let teachers explore students' acceptable teaching methods in "live online ", which will also promote the improvement of teachers' teaching methods, make teachers become" network anchors "of teaching, enlighten students to explore new ideas and improve learning efficiency. Meanwhile, counselors and academic mentors strengthen communication with parents, let parents set up special study areas, supervise children to study seriously, and improve students' learning effect at home; guide students to education through the Internet, such as high-quality courses and learning resources such as Chinese universities Mooc, superstars, so that they can learn knowledge without leaving home, and achieve self-management, self-restraint and self-improvement during the period of home.

3.3. Promoting the Mental Health of College Students through Psychological Guidance

College teachers should pay attention to the psychological situation of college students, through strengthening online communication with students, telephone chat, questionnaire survey and other ways to figure out the psychological situation of college students, classified to establish psychological files, which are psychological distress caused by long-term negative energy, which are caused by illness or death, which are students with family financial difficulties and which are caused by boredom. In view of the situation, timely follow-up students with psychological problems, to deal with timely. For students with communication difficulties, they can be encouraged to chat with their families and do housework; for students with emotional stress, they are encouraged to improve their physical and mental pleasure by listening to soothing music; for students with serious psychological problems, they can actively seek formal psychological assistance by telephone with professional psychological assistance for help, and adjust their emotional state by means of professional psychological decompression, such as exercise, music, meditation, empty chair therapy, painting therapy, etc., to alleviate anxiety, insomnia, compulsion and so on; Severe symptoms should be referred in time, if necessary to the hospital for drug treatment. [5]

3.4. Attaching Importance to Employment Guidance and Guiding College Students to Actively Obtain Employment

Due to the impact of the COVID-19 epidemic, the state issued corresponding policies to ensure the employment of college graduates. China Ministry of Education launched the "24365 Campus Recruitment Service" to provide online campus recruitment services for college graduates 24 hours a day and 365 days a year, and to encourage college graduates to actively participate in online recruitment activities. Colleges and universities make full use of the employment information network to publicize and implement the national stable employment policy, actively cooperate with the relevant local departments to organize grass-roots projects such as "Tegang Plan "," college students and village officials "," three branches and one support "," Western Plan ", as well as the recruitment of institutions and state-owned enterprises, and timely release of adjusted written interview time and other information[6]. To encourage students to respond positively to the call for enlistment in the army, encourage students to further their studies, enrich their posts as research assistants, guide them to develop their intellectual advantages into new industries, and encourage and guide graduates who have left school to take part in employment apprenticeships [6]. To encourage college students to improve their professional qualities, actively participate in social practice, develop excellent skills, improve their comprehensive qualities and realize their self-worth.

4. Summary

The COVID-19 epidemic has brought new severe test and challenge to the management of college students. Colleges and universities need to guide college students to strengthen their ideals and beliefs, shoulder the responsibility of the times, constantly renew their self-concept, utilize network resources, and strive to complete their studies.

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