



# On the Ways of Conducting Developmental Counselling in Colleges and Universities

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**Abstract.** According to the current situation of developmental psychological counselling in colleges and universities, the main ways to carry out developmental psychological counselling include building a well-qualified teaching staff, combining classroom teaching with extracurricular activities, combining individual counselling with group counselling, combining stage guidance with full tracking, and setting up a second-level workstation for mental health education.

**Keywords:** Developmental counselling; Current state of development; Ways of conducting

## 1 Introduction

The comprehensive development of a person can not be separated from a healthy mind, and the sound psychological quality of an individual is the foundation of his success. Under the situation that the whole society pays more and more attention to the mental health of college students, and the background that the psychological education of colleges and universities continues to deepen<sup>1</sup>, psychological counseling has become an important part of the mental health education of college students. Psychological counseling service in colleges and universities is different from psychological counseling of other specialized institutions in the society, and it has educational attributes. According to the current development status and development trend of psychological counseling in colleges and universities in China, it can be seen that the purpose of psychological counseling work in colleges and universities has shifted from solving the psychological problems and obstacles of college students to the developmental psychological counseling, which transforms it into a kind of all-student-centered work to promote the comprehensive development of the students through service work.

However, due to the fact that the psychological development of college students has its own characteristics, coupled with the lack of sufficient human and material resources and other resources, in the actual implementation of the process of developmental psychological counseling in colleges and universities, there are still many problems, which will have a great impact on the mental health education of college students. The purpose of this paper is to explore the characteristics of the developmental psychological

counseling model in colleges and universities, the main tasks, the development of the current situation and the implementation of the path, so as to make clearer the difficulties and ways and means of developmental counseling in colleges and universities, and to lay a certain theoretical foundation for improving the practical effect and relevance of psychological counseling in colleges and universities.

## 2 Properties

### 2.1 The Developmental Counselling Model and its Characteristics

Classified according to the content of counselling, psychological counselling can usually be divided into two modes: disordered counselling and developmental counselling. The former refers to the provision of psychological assistance, support, intervention and treatment to counselling clients with various obstructive psychological problems, with a view to removing their psychological barriers and enabling their psychological conditions to develop in a healthy and normal direction. The latter, on the other hand, is to help every individual of different ages according to the universal laws and characteristics of their physical and psychological development, so that they can maximise the successful completion of their own psychological developmental issues and be able to better resolve their psychological conflicts<sup>2</sup>, better understand themselves, know the society, develop their self-potentials, and promote the development of their personality and the perfection of their character<sup>1</sup>. The main features of developmental counselling, as opposed to barrier counselling, are:

(1) In terms of the purpose of counselling, developmental counselling is centred on promoting personal growth, learning and development. The goal of developmental counselling in higher education is to assist young people to know themselves, to accept themselves, to develop themselves and to seek coordination within themselves. Learning is not just about professional knowledge; it also involves enabling college students to learn to live, to learn, to think, to create, to care, and to self-manage. Development is an all-round development, which includes being well-adjusted, psychologically healthy, and becoming a modern human being with all-round harmonious development.

(2) From the point of view of the counselling object, the object of developmental psychological counselling is mainly those college students who are basically mentally healthy, have no obvious psychological conflicts, and are able to basically adapt to the environment, so as to help these college students to solve the contradictions and perplexities they are facing in the course of their growth as well as in the course of their psychological development. They can be divided into four types: one is students who have encountered realistic difficulties in the process of love, study, life, interpersonal communication and job-seeking, but are not able to regulate themselves well; the second is students who have a greater pursuit of tapping their potentials, changing their personalities, shaping their personalities, cultivating their abilities, and self-improvement; the third is college students who are confused or perplexed about how to plan for the future of their lives, career development, job-seeking and employment, emotional marriages, and sexual problems, and so on. Thirdly, college students who feel lost or confused about how to plan their future life, career development, job search and

employment, emotional marriage, sexual problems and so on. Therefore, developmental psychological counselling in colleges and universities essentially serves the psychological adaptation and development of ordinary college students<sup>3</sup>.

(3) From the point of view of counseling methods, developmental psychological counseling in a variety of forms, in addition to the more commonly used one-on-one individual counseling, it is also often used in group counseling, group counseling, carried out in a variety of forms, such as classroom teaching, lectures, group activities and so on, are also developmental counseling is usually used in a variety of ways.

(4) From the viewpoint of counseling content, developmental psychological counseling in colleges and universities focuses on: firstly, cultivating students' good character habits, so that they can change their bad behaviors and habits and develop a good character; secondly, interpersonal guidance, so that students can better deal with some common problems in interpersonal relationships and improve their interpersonal skills; thirdly, guidance on career planning, which aims to guide students to discover and determine their career interests, character, abilities and values, so that they can plan their career scientifically and rationally; fourthly, self-improvement, which mainly promotes the enhancement of college students' self-awareness, personality and values; fourthly, self-enhancement. The third one is career planning guidance, which aims at guiding students to find out and determine the characteristics of career interest, character, ability and value, so that they can plan their career scientifically and rationally; the fourth one is self-improvement, which mainly promotes the improvement of college students' self-awareness and self-improvement.

## 2.2 Main Tasks of Developmental Counselling

The main tasks of developmental counselling can be summarised in the following areas:

(1) Improve college students' knowledge of themselves and enhance their self-awareness. The most important work of developmental psychological counselling in colleges and universities is to help college students to improve themselves and sound self-consciousness, that is, to know themselves correctly, to enjoy themselves positively, and to control themselves effectively; thus, the psychological quality of college students can be developed healthily.

(2) Improve students' academic performance so that they know how to cope with failure. When encountering setbacks, mental health educators should correctly instruct college students how to correctly deal with setbacks, how to correctly understand setbacks, how to correctly regulate themselves, to avoid wrong actions, and to enhance the "immunity" of college students.

(3) Strengthening the development of a sound personality among university students. Shaping a healthy personality is to be able to better cope with the increasingly fierce social competition in the future, to face more and more difficulties and challenges, and to be able to take up the responsibility of building a socialist, modern and powerful country; it is the need to have a true self and to truly realise personal values.

### 3 Conclusion

#### 3.1 Ways of Conducting the Developmental Counselling Model in Higher Education

Based on the educational goal of "building morality and educating people" and the current situation of psychological counselling in domestic colleges and universities, the current psychological counselling work in colleges and universities should be based on the developmental psychological counselling model<sup>4</sup>, and on this basis, more attention should be paid to the growth of college students, and more attention should be paid to the excavation of their potentials, so as to enable them to recognise their own values and promote the overall development of college students. Developmental psychological counselling in colleges and universities can be carried out in the following ways:

(1) Enhancing quality and strengthening training to create a well-qualified teaching force

As college students have attached more and more importance to their own mental health in recent years, the mental health centres in many schools have seen more and more students making appointments for counselling or even full, and the number of full-time counsellors cannot meet the growing demand for counselling among college students. Building a high-quality and capable psychological counselling team is an important guarantee for the sustainable development of psychological counselling in colleges and universities<sup>5</sup>. Under the new historical conditions, to strengthen the construction of psychological counsellor team in colleges and universities, first of all, we should update the concept, raise awareness and implement it seriously. School leaders responsible for mental health education should pay enough attention to psychological counselling work and improve the conscientiousness and sense of responsibility of the work. Secondly, it is necessary to establish a new concept of talent training and systematic training and education for full-time psychological counselling teachers in order to ensure the sustainable development of psychological counselling work. At present, there is still a big gap between the number of full-time psychological counsellors in colleges and universities and the mental health needs of college students, but there is a big gap between their quality and the mental health needs of college students. Colleges and universities should strengthen the implementation of full-time psychological counsellors "come in" and "go out" combined systematic training, and develop a set of scientific training system and evaluation methods<sup>6</sup>. According to the different needs of different training targets, and in accordance with the principles of classified guidance and teaching according to needs, different classified objectives should be set on the basis of a clear definition of the overall objective of the training.

(2) Maintaining the main channels of classroom teaching and developing new positions for extracurricular education

Under the new situation of college students' mental health education, it is necessary to give full play to the role of the main channel of classroom teaching, and actively build a mental health curriculum system that combines compulsory and elective courses, and combines classroom lectures with psychological training. With the development of society and the gradual improvement of people's understanding of mental

health, more and more people begin to pay attention to mental health problems. In such a background, the mental health problems of college students have also gradually received widespread attention. In order to better pay attention to and solve the mental health problems of college students, all colleges and universities have set up mental health education classes. This is a public elective course for all college students, which covers a wide range of contents, including basic concepts of psychology, diagnosis and treatment of mental health problems, emotion management, personality education and other aspects<sup>7</sup>. Through the study of this course, college students can learn a lot about mental health, understand their own and other people's psychological problems, master some psychological regulation and emotion management skills, and then improve their own psychological quality and health level.

In addition to the establishment of mental health education courses and the guarding of the main position of classroom teaching, we should also take the initiative to open up new positions for psychological education outside the classroom, such as: organising rich and varied lectures or presentations on psychological knowledge. Psychological lectures are more targeted, in-depth, can be for college students of some common psychological problems and some common psychological phenomena for detailed and in-depth elaboration, so that they can better understand and master the relevant knowledge about mental health, so that they can have a more scientific understanding of these issues, enhance the scientific prevention of mental illness. At the same time, the face-to-face communication format of the seminar enables students to deepen their understanding through on-site interaction, laying a good foundation for the prevention of psychological problems.

(3) Improving the relevance of individual counselling and enhancing the effectiveness of group counselling

Individual counselling is one-on-one counselling, during which students will have deeper feelings and more inquiries about the psychological problems they are experiencing. Individual counselling has the characteristics of longer duration and smaller group of beneficiaries. In contrast, group counselling has a wide coverage, and the interpersonal relationships in the group have many similarities with those in reality. Group counselling is short, quick and has a wide range of beneficiaries<sup>8</sup>. At the practical operational level, it is also more convenient to gather students with similar psychological problems together for group counselling, to provide focused interventions on common common problems, and to help students establish correct concepts and take appropriate actions. It has been shown that the help of developmental group counselling helps to increase the level of social support and reduce emotional problems (e.g. anxiety and depression) among group members. Therefore, developmental group counselling is an effective form of mental health intervention in which members can share their experiences and feelings with each other and gain emotional and substantive support. Under the guidance of professional counsellors, members can learn effective communication skills, emotion management skills and problem solving methods, so that they are more capable of coping in the face of difficulties. Besides, participation in group counselling can also improve members' self-awareness and self-esteem, and promote personal growth and development. Therefore, it is also necessary to carry out developmental group counselling activities on university campuses.

(4) Stage-by-stage guidance at different levels, with continuous tracking throughout the whole process

Psychological counseling in colleges and universities should take into account the general laws and characteristics of the psychological development of college students, grasp the characteristics of stage and whole process, and provide targeted psychological counseling and whole process guidance to students from freshmen to seniors. For first-year students, psychological survey and mental health education should be the main content of their new student education. Each faculty should guide and assist first-year students to adapt to the new environment, integrate into the new roles, and start a new life according to their own specific conditions.

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