



# Analysis of the Countermeasures for Curriculum Ideology and Politics in Infiltration form of "Gathering Sand into a Tower"

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**Abstract.** This article analyzes the background of curriculum ideology and politics and the current ideological status of contemporary college students, as well as the necessity and urgency of curriculum ideology and politics. In course teaching, taking triviality, things around us, and national affairs as opportunities, using natural infiltration method, we carry out psychological health education for survival education, emotional intelligence education for success rules education, professional ethics education for craftsmanship spirit education, gratitude education for moral cultivation education, political cultivation education for patriotism education, and aesthetic education for perfect personality education, guiding students to form correct values and consciousness, cultivating students to become upright, kind, and responsible young people in the new era, and carry out the basic task of fostering virtue through education.

**Keywords:** College Students, Curriculum Ideology and Politics, Building a Tower From Sand, Infiltration.

## 1 Introduction

June 2020, in the "Guidelines for curriculum Construction of Ideological and Political in Colleges and Universities," the Ministry of Education proposed to comprehensively promote the construction of curriculum ideology and politics in all universities and disciplines across the country<sup>[1]</sup>. Each university takes moral education as its fundamental task and thoroughly implements ideological and political education throughout the curriculum. With the continuous exploration and reform of methods and teaching models for curriculum ideology and politics, the education of curriculum ideology and politics has gradually penetrated into various courses in major universities, and there are hundreds of teaching models available.

## **2 Background and Significance of Curriculum Ideology and Politics**

Teenagers in their growth stage, who have not yet established a stable three outlooks, and beliefs and positions is unstable, lack the ability to distinguish right or wrong in the face of surging online information and various social trends. Considering this, ideological and political education in schools is particularly important. Curriculum is the main battlefield for talent cultivation and the main channel for achieving educational goals and values [2]. In the teaching process, the correct three outlooks consciousness method can be integrated into various courses based on the characteristics of the curriculum, combined with current events and network events, to eliminate students' various erroneous thoughts, resist and analyze erroneous network comments, and strengthen students' ideals and beliefs.

## **3 The Current Ideological Status of Contemporary College Students**

The mainstream ideology of contemporary college students is active, thinking is active and pursuing upward. However, with the popularization of network resources and the deepening process of economic globalization, various cultural trends and values have swept in. The essence and dross coexist. Some hedonism, negative and decadent lifestyles on the network, and distorted three outlooks erode and impact the ideology of college students and seriously affect their psychology. Some college students have problems such as a lack of ideals and beliefs, distorted outlook on life and values, materialistic comparison, lying flat and indifferent, selfish, weak collectivist spirit, lack of responsibility and accountability, and poor psychological quality [3].

## **4 Analysis of the Method of "Building a Tower From Sand" Curriculum Ideology and Politics**

When General Secretary Xi Jinping talked about the concept of cultivating morality and talents in universities, he emphasized that morality means educating and guiding college students to cultivate noble moral character, improving moral cultivation, and demonstrating it in specific moral practices. In other words, contemporary college students are required to establish firm ideals and beliefs, cultivate a national spirit centered on patriotism, and put in great effort to enhance their ideological and moral cultivation and practical training. To cultivate talents for socialist construction is to cultivate well-rounded socialist builders and successors who practice socialist core values and promote excellent traditional Chinese culture in terms of morality, intelligence, physical fitness, and aesthetics [4].

The ancients used allusions such as "accumulate little by little", "the sage sees the smallest to know that how things will develop", and "do not act with small evil, and do not refrain from doing with small good", to tell us the truth of "gathering small arms

to form a coat, gathering sand to form a tower". This article will explore how to integrate ideological and political education into "small" events in our daily life, subtly and silently nourishing things. Psychological

## 5 Psychological Health Education for Survival Education

With the diversification of living environments and the increasing pressure of competition, the mental health problems of college students are also becoming more and more common. The issues of mental health of college students are not only related to their personal future and life and death, but also to the integrity of their families and the stability of society. They are also related to the effective reserve of talents for national construction. It is the responsibility and obligation of every teacher to care about the mental health of college students. So It is urgent to care about the mental health and spiritual needs of college students, explore interventions for college students' psychological problems, and build healthy psychological ways!

Throughout history, music has been the dwelling and refuge of the human soul. Music can transcend language, mediate emotions, and enter the flow of emotions deep within the heart. According to the "Book of Jin - Lezhi", it is recorded that "hearing the sound of the palace music makes people gentle and generous....."It's proved that the "five tones" in music can capture a person's personality and behavior. The World Federation of Music Therapy defines music therapy as the professional use of music and its elements to intervene in individuals, groups, and families, optimize their quality of life, and improve their physical, emotional, intellectual, mental health, and happiness [5]. In recent years, a meta-analysis has also shown that music therapy has an improvement effect on depression and anxiety symptoms in patients with mental disorders [6]. During the tense teaching process, add light music appropriately, also during breaks, play some light and cheerful music or songs to relieve stress, release tense emotions, and adjust the body and mind to the best state. Meanwhile, during the course teaching period, improve sensitivity, and pay attention to the students' state, to adjust the classroom at any time. Collect cases related to music therapy, choose appropriate music, and insert it into the teaching process at the appropriate time to guide students to form a positive, sunny, and healthy attitude.

### 5.1 Emotional Intelligence Education in the Rule of Success Education

Harvard University professor Daniel Goleman once said, "Emotional intelligence is an important factor in determining for a person's success." According to the relevant research, a person's success factors are EQ accounts for 80%, while IQ only 20%. It can be seen that the importance of emotional intelligence for success is self-evident, and emotional intelligence education cannot be ignored. The People's Daily records that true high emotional intelligence is all about kindness, putting others in one's heart, knowing how to sincerely stand in their perspective, and making people feel comfortable in speaking and doing things. It can be seen that empathy is the foundation of emotional intelligence. Additionally, according to the emotional intelligence theory of

Reuven Bar-On' and the investigation and cultivation mechanism of emotional intelligence among engineering students in universities [7] (see table 1), it reached that engineering students have good emotional awareness and evaluation abilities, but poor expressive abilities.

Research has shown that engineering students mainly lacking expression of emotional intelligence. In the teaching process, combining with the actual situation of students and carrying out on-site emotional intelligence education can better touch students and resonate with them. For example, an old teacher from a university with a golden pointer gave a class to engineering students, but no one wiped the blackboard. The old teacher reminded them several times, but the students remained indifferent, which inevitably made people feel cold. Faced with this situation, it is a great opportunity for emotional intelligence education. We can conduct empathy training, such as standing from the student's perspective, understanding them, and providing emotional responses and support. In addition we can carry out penetrating emotional expression education for engineering students, increasing emotional expression training, consciously exercising and improving students' emotional intelligence thinking.

**Table 1.** Intelligence Status of Engineering Students [7]

Serial number	<i>The Five Elements of Emotional intelligence</i>	<i>Min</i>	<i>Max</i>	<i>M</i>	<i>SD</i>
1	Emotional awareness ability	1.87	5.00	3.59	0.56
2	Emotional evaluation ability	1.77	5.00	3.57	0.59
3	Emotional adaptability	1.69	4.88	3.44	0.49

## 5.2 Professionalism Education of Craftsmanship Spirit Education

The basic connotation of craftsmanship spirit includes dedication, Lean, focus, innovation, and other aspects [8]. The book "Mencius: Devotion to the Heart" states that the master craftsman will not change the rope ink for the clumsy worker. The original meaning was that skilled craftsmen will not change or abandon rules because that clumsy workers cannot achieve them, and now it means that great craftsmen will not lower or give up their professional standards because of their lofty goals. To promote the spirit of craftsmanship, first of all, it should establish a craftsman consciousness in students' hearts, so that they can have a strong sense of identification with the spirit of craftsmanship, to become industry role models, and also take off Kong Yiji's long robe, don't aim too high, and don't underestimate themselves. Students should absorb in their respective fields, be Practical and hardworking, strive for excellence, and search of excellence. In the process of teaching, the teachers gradually guide students' attitude towards the spirit of craftsmanship from "doubting Craftsmen" to "understanding craftsmen", and ultimately to striving to become craftsmen. Teachers firstly make oneself an example, using carefully prepared teaching content, professional teaching qualities, rigorous academic methods, and diligent and meticulous teaching attitudes to inspire students with their own personality charm, to cultivate their spirit of craftsmanship. Secondly, teachers should correct students' learning attitudes, strictly demand and standardize their homework, practice, course design, graduation project, etc. with

professional rules, constantly constrain and regulate their professional operations and skills, to enhance their professional literacy, and cultivate their spirit of craftsmanship.

### 5.3 Gratitude Education in Moral Cultivation Education

Dr. Martin E.P. Seligman, the father of positive psychology, said that people who understand gratitude have the highest sense of happiness<sup>[9]</sup>. Children in the "421" family model often take for granted the contributions and enjoyment of their family or others, accustom to receiving but neglecting responsibility and accountability. If they are slightly dissatisfied, they will blame the heavens and others, and become decadent and listless, which is related to the lack of gratitude among many college students, and is closely related to their gratitude education<sup>[10]</sup>. Gratitude education is not achieved through a movie or a class meeting, not through serious recitation of famous sayings and phrases, and not through entertaining methods such as sound, light, and electricity. Capturing real events to touch students' hearts happening around classmates, classmates and parents, classmates and teachers, and recent news events, which make gratitude education be more direct and in-depth. Grateful for the care and assistance provided by classmates in daily life and academic pursuits; Grateful for a phone call and a text message from parents, who often keep in touch to inquire about their well-being, and to give back to parents' love on Father's Day and Mother's Day; and also as the international friendship between China and Pakistan, as well as China and Serbia, adversity reveals true feelings, mutual promotion, and common development, all of these guide students to learn gratitude and feel the beauty of life.

### 5.4 Political Cultivation and Patriotic Education

Loving one's family is a fundamental emotional demand of people, loving one's country is a simple emotion that exists universally of people, and it is also a basic principle of socialist core values. Through education on patriotism, students are cultivated to Caring for the world and a sense of patriotism as the whole world as one community. Education on patriotism, in addition to red classic education and vivid case education around us, in course teaching, it is even more important to consciously guide students in their ideological cognition and concepts from the details and small things of life, stimulate them to think in the right direction, and form a sense of patriotism and family autonomy, rather than forcibly instilling them.

For example, during the COVID-19 epidemic, the whole country, the strong governance measures and the anti-epidemic deeds of the people around, fully demonstrate our strong will and determination and high national cohesion. The events horse face skirt successfully applied for the World Heritage, has not only publicized the traditional culture of the Chinese nation to the world, but also made countrymen people deeply aware of the brilliance and splendor of the traditional culture of the Chinese nation, which has further proved the importance and necessity of historical and cultural inheritance and development, further enhanced the cultural confidence and national pride of the Chinese nation, and stimulated the patriotic feelings of students. For example, Chinese manufacturing has entered various parts of the world and become a global industrial

chain. China's speed has repeatedly amazed the world, earning it the title of "infrastructure maniac". These major emergencies provide an opportunity for ideological and political education for college students, profoundly influencing their thinking and inspiring them to think and appreciate the deeply rooted patriotism in their bones. The ideological and political education in the curriculum is to be good at capturing major and minor events, national affairs, and local affairs, and to provide timely guidance and education to stimulate students' patriotism.

### 5.5 Perfect Personality Education in Aesthetic Education

In September 2018, General Secretary Xi Jinping emphasized at the National Education Conference the need to comprehensively strengthen and improve school aesthetic education, adhere to the principles of using aesthetic education and cultural education to enhance students' aesthetic and humanistic literacy<sup>[11]</sup>. Aesthetic education cultivates and shapes people's aesthetics and sentiments, enriches their imagination, and cultivates their innovative consciousness through the principles of formal beauty, natural beauty, artistic beauty, social beauty, labor beauty, and life beauty. Among them, the principle of formal beauty contains the experience and summary of human beings on the formal laws of beauty. It is a judgment and measurement principle of beauty, which condenses the cognition and wisdom of predecessors on beauty. Through the formal laws of beauty, students can measure and judge the beauty of things from abstract, vague, or unable to appreciate them in a concrete way, gradually master the methods of appreciating beauty, and improve their aesthetic ability.

Zhuangzi once said, "There is great beauty in heaven and earth that cannot be spoken of." The beauty of nature is like a colorful kaleidoscope. To see, listen, feel, discover, and appreciate the beauty hidden in nature can enhance students' keen observation and perception of beauty. Secondly, the beauty of art enable students understand aesthetic knowledge to develop basic aesthetic abilities, improve their level of artistic appreciation, and possess correct aesthetic views and pursuits, through various fields such as painting, calligraphy, music, dance, opera, drama, and film and television. In addition, various major historical and social events that promote human progress in the beauty of society, numerous characters with noble character, harmonious relationships between people such as friendship, family, labor, as well as the external and internal beauty of characters emerge, enable students to form a correct understanding of social beauty, a sense of human dignity and noble sentiments, and cultivate students' correct outlook on life and the world. Furthermore, to appreciate the beauty of labor, labor has created the world and human civilization, continuously advancing the development of human civilization, and creating a magnificent and brilliant culture. Different professions and positions, whether big or small, are all constituent units of the social structure, making their own contributions to the development of humanity and society. The beauty of labor can make students respect and love labor, view their careers correctly, and cultivate their values of being down-to-earth, hardworking, and actively striving. Finally, in the beauty of life, students are encouraged to start from the details of life and experience the beauty of life through clothing, food, housing, and transportation. Feel the temperature in clothing, discover faith in snacks, feel the warmth at home, enjoy

the freedom of the wind while traveling, discover and perceive beauty in ordinary simplicity, establish interpersonal relationships of self-esteem, self-confidence, and self-love in traditional etiquette..... The emotions of stress, tension, and anxiety will be transformed into comfort and calmness, to feel the beauty of life, let life follow your own pace, and obtain spiritual release, tranquility, and joy from the beauty of life, thereby enhancing the ability to create a better life and establishing a positive and optimistic attitude towards life.

In short, aesthetic education can cultivate sentiment, hone character, nourish the soul, enhance aesthetic cultivation, help students establish correct values, and ultimately achieve continuous improvement of their own personality.

## 6 Conclusion

In summary, Curriculum ideology and politics needs to be combined with good timing, geographical convenience and good human relations. During the class, we should be good at capturing small things, things around us, national affairs, and other events, and take these as opportunities to carry out education around students' mental health, emotional intelligence, gratitude, craftsmanship spirit, patriotism, and upright personality. By gathering sand and forming towers, we can gradually guide students to form a physically and mentally healthy, upright, and responsible new generation of the times, and achieve the basic task of fostering virtue through education.

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