

# Research on the Formation of Behavior Habit of Contemporary College Students

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## Abstract

College students' behavior habits has always been the key and difficult point for education work in colleges and universities, and form good habits can improve college students' academic performance and good life style, improve personal quality, and improve the efficiency of student management work, and good behavior habit is beneficial to the development of the ideological and political work in college and universities. In regard to the good behavior habit, currently most of the research is aimed at primary and middle school students, the college students' good behavior habits of this study is less, especially in recent years in our country developing fast, mobile phones, network generalization, the popularization of higher education, the influence of such factors as the behavior of college students also have very big change, ideological concept, value orientation and the pursuit of life is also tested, therefore, contemporary college students study of behavior habit is of great significance.

## Keywords

College students; Behavioral habits; Nurturance education content of habit formation of college students.

## 1. Introduction

Jinping Xi said at the national conference on ideological and political work of colleges and universities that "China's higher education shoulders the important task of training builders and successors of the socialist cause who develop morally, intellectually, physically, physically and aesthetically". This makes college students develop a wide range of behavioral habits, content, it should include the legal level, moral level, academic level, psychological level.

### 1.1. Legal Aspects

China is a socialist country under the rule of law, college students should have a strong sense of socialist legal system, take the initiative to study law, abide by the law, understand the law. At present, the thought of college students in China tends to mature, but there are still some college students do not know the law, do not understand the law, some even have a fluke psychology beyond the bottom line of the law. In recent years, there have been a series of major criminal cases of college students across the country, such as Jiajue Ma murder case", "Jiaxin yao murder case", "fudan university poisoning case", etc. These cases directly show that college students' legal consciousness is weak, college legal education has certain defects, the legal education should be further strengthened.

#### Moral Level

The moral cultivation of college students education is a very important part of education in colleges and universities, which is conducive to the cultivation of talents with both morality and ability. China is a socialist country, and colleges and universities are an important place for the cultivation of socialist successors. Moral education work in colleges and universities should have a distinct political nature and combine socialist core values. The content of college students' moral education covers a wide range. It is necessary to deal with the relationship

between traditional Chinese culture and foreign culture as well as the relationship between cultural inheritance and change caused by the progress of The Times.

### **1.2. Academic Level**

"Advocating academics" has always been a requirement for teachers and students in colleges and universities. Academic research is also a very important task for colleges and universities, which is related to the progress of science and technology and society in China. At present, there are some students who are not strict and rigorous in academic research, and there are some big disclosure and mistakes, and even some bad behaviors such as fluke psychology, fabricating data, plagiarism and so on. All these are disrespect to science and the manifestation of their own moral corruption. Strengthening the education of students' academic behavior plays an important role in the development of science and technology.

### **1.3. Psychological Level**

At present, the majority of college students are the post-90s generation. They have a strong personality and open mind, but their willpower and resilience are still weak [1]. According to the survey, most college students have different degrees of psychological problems, including depression, anxiety, world-weariness, pessimism and so on. The country each year, some students commit suicide, homicide caused by psychological problems such as criminal cases, although the colleges and universities have a special psychological studio or work center, but the mental work covers the face is too narrow, is not comprehensive to find and solve problems in time, it needs to be in the process of education, actively guide, to make the students into healthy psychological [2].

## **2. Methods for Forming College Students' Behavioral Habits**

### **2.1. Strengthen the Construction of the Contingent of Counselors**

Counselors are the backbone of the ideological and political education in colleges and universities, as well as front-line workers of the ideological and political education. They spend the most time with students and have the closest relationship with them. They are the guides and life mentors for students during their college years. The words and deeds of counselors influence students' values. Instructor is a "versatile" occupation, which has high standards and requirements. Colleges and universities should strengthen the communication and learning of counselors, schools should pay attention to the professional quality of counselors, focus on the training of counselors, clarify the work content and responsibilities of counselors, optimize the evaluation standards of counselors, and build the counselors into a "strong teacher" who always talks politics, understands education, is responsible and has ideals.

### **2.2. Guidance in the Form of Themed Class Meetings**

Thematic class meeting is the most commonly used and effective means to carry out ideological and political education for college students. When adopting education guidance for students through themed class meetings, instructors should determine the theme according to the actual situation. Themed class meetings should cover a wide range, be rich in content, have a variety of forms, and teach through lively activities [3]. Theme class meeting should include the content of the political, legal, moral, mental health, etc. The content should be combined with the development of The Times and change, in view of the different disciplines, different professional, different grade, content also can differ, to carry out the theme class meeting is very important, in the form of lectures, watch video, can be used form such as sketch shows, simulation scenarios, competition, lets the student experience, deepen the impression, forming self understanding, firmly establish a political consciousness, legal consciousness and moral consciousness, mental health awareness. In a word, the development of the class meeting should be political, targeted, contemporary, timely and interesting.

### 2.3. Establish Rules and Regulations

In addition to inculcation and guidance of thoughts, there should also be corresponding rules and regulations to develop good habits of behavior. As the saying goes, "no rules, no compass", in the actual education work, if there is no sound rules and regulations, it may cause students' aversion and rebellious psychology, establish a sound rules and regulations, in dealing with practical problems can be done according to the basis, there is a "law" to follow. The establishment of the system should be based on the school rules. Students who do good deeds and perform well should be praised, and those who do not comply with the rules and regulations should be criticized and guided [4]. In dealing with practical problems, teachers should deal with them flexibly according to the individual differences and tolerance of students. They should grasp the "degree" of dealing with them and cooperate with the psychological teachers of the school to deal with them together.

### 2.4. Play the Role of Family Education

Family is an important place of education, and family education is also an important part of the education process, which is very important for the cultivation of students' behaviors. However, in the ideological and political education of colleges and universities, family education is often ignored and weakened. Schools and parents should establish an effective linkage mechanism to strengthen the communication between teachers and parents. In addition to the previous telephone contact, schools can also make full use of modern new media tools -- WeChat and weibo. Through professional teachers, the school helps parents set up the correct concept of family education and master the scientific education method. In addition, parents of students can discuss with each other through modern media to improve their education level and closely link schools, families and students.

### Acknowledgements

[Subject source]: The 2016 university-level educational reform project of sichuan university of science and Engineering: "exploration and practice of behavior cultivation of freshmen education" (project number: jg-1666).

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