

Exploration and Practice of Aesthetic Education for Postgraduates in Colleges and Universities

-- Taking Northwest A&F University as an Example

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Abstract

School aesthetic education is Bacon's soul-building work, which plays an important role in training socialist builders and successors with all-round development of morality, intelligence, beauty and labor. At present, there are some problems in the aesthetic education of postgraduates in colleges and universities, such as insufficient understanding, insufficient attention, weak foundation, and single teaching path of aesthetic education. This paper puts forward some measures, such as deepening the teaching reform of aesthetic education, giving full play to the advantages of red resources, giving full play to the advantages of characteristic disciplines, perfecting the evaluation mechanism, and establishing a cooperative education mechanism, so as to explore new ways to cultivate aesthetic education. The purpose is to call for aesthetic education to return to its essence, to cultivate postgraduates' ability to appreciate and create beauty, and to educate their minds. It calls for aesthetic education to keep pace with the times, innovate ways and means, and open up new horizons for aesthetic education practice.

Keywords

Ordinary colleges and universities, Graduate students, Aesthetic education, Explore, Practice.

1. Aesthetic Education Value

① Cultivate one's morality, sublimate one's life realm with beauty.

The Analects of Confucius puts forward that people's self-cultivation begins with learning poetry, self-reliance on ceremony and completion of learning music. It points out that giving full play to the aesthetic education function of guiding, enlightening, combing and integrating poetry, music and dance, strengthening the ideological and moral cultivation of aesthetic subjects, establishing a healthy aesthetic attitude, improving the aesthetic appreciation and sensibility of aesthetic subjects, enriching the aesthetic experience of aesthetic subjects, and enhancing the humanistic cultivation of aesthetic subjects, thus completing the shaping of complete personality. Fundamentally speaking, the connotation of Chinese aesthetic education spirit lies in the cultivation of human beings and the cultivation of complete personality. Chinese aesthetic education implements the comprehensive thinking concept of harmony between man and nature into the process of tempering and sublimation of individual life, and combines life perception with the pursuit of ultimate meaning of life, enriching and enhancing the philosophical connotation of life in aesthetic education [1]1, that is, aesthetic education plays an indispensable role in the process of tempering and sublimation of individual life.

② Perfect, melt the correct values.

"The aesthetics of Chinese traditional culture is not limited to formal beauty, but emphasizes the unity of beauty, goodness and perfection. Only with the meaning of 'goodness' can beauty have higher value" [1]2. In his later years, Qian Xuesen also emphasized that in order to create a world-class university and cultivate outstanding talents, our university must combine science with art. "To cultivate new people of the times, we should not limit ourselves to professional knowledge and skills, but also have noble personality cultivation, broad and peaceful mind, rich learning and cultivation of literature, art, philosophy and history, and a deep sense of life and history. Therefore, the education of the new generation of the times calls for aesthetic education to return to its essence, and strive to guide and explore the ability of the educated to appreciate and create beauty, from beauty to goodness, and the unity of beauty and goodness, so as to establish correct values, outlook on life and world outlook, and establish lofty ideals and beliefs [1] 3.

2. Question Raised

① National requirements

As early as the beginning of the 20th century, the value of aesthetic education in Chinese education, the position of aesthetic education in education and the ways and means of implementing aesthetic education were put on the educational agenda [2]. Despite exploration and practice, there is still a lack of organic teaching model system. In order to strengthen aesthetic education, in 1999, the Central Committee of the Communist Party of China and the State Council formally put aesthetic education into the national educational policy for the first time in the Decision on Deepening Education Reform and Promoting Quality Education in an All-round Way, pointing out that "moral education, intellectual education, physical education and aesthetic education must be organically integrated in all aspects of educational activities" to promote students' all-round development and healthy growth. "In September 2015, the General Office of the State Council issued the Opinions on Comprehensively Strengthening and Improving Aesthetic Education in Schools (Guo Ban Fa [2015] No.71), which clearly stated that aesthetic education, moral education, intellectual education and physical education complement and promote each other, and "train socialist builders and successors who develop morally, intellectually, physically and aesthetically ". In 2018, General Secretary Xi Jinping wrote back to eight old professors of the Central Academy of Fine Arts, fully affirming the importance of aesthetic education, and put forward two propositions of the times: "strengthening aesthetic education" and "carrying forward the spirit of Chinese aesthetic education", once again pointing out the direction for Chinese aesthetic education. Standing at the strategic height of China's educational modernization and building a strong country in education, General Secretary Xi put forward the requirement of strengthening aesthetic education from the perspective of cultivating successors and new forces as the great rejuvenation of the Chinese nation. It is necessary to form a whole of morality, intelligence, physique, beauty and labor in educational concept, educational content and talent training mode, and to carry out aesthetic education throughout the whole process of people's all-round development. Colleges and universities should think deeply and strengthen aesthetic education in the new era.

② Lack of aesthetic education

Nowadays, there is a serious lack of aesthetic education for postgraduates. First, aesthetic education is seriously out of touch with teaching work during the period of primary and secondary education. Because the educational philosophy at that time paid more attention to academic achievements and the rate of enrollment, art and music classes in middle schools were replaced by other courses, which weakened the position and role of aesthetic education in education and teaching, resulting in the lack of aesthetic education for graduate students in

primary and secondary schools, and the "malnutrition" of students' aesthetic consciousness and ability. Second, after entering the University, due to the limitation of the training mode of the school's ability and quality, and the pressure of entering university and employment, the lack of cultivation of art appreciation ability, coupled with the weakening of aesthetic education thought and the lack of contact with natural beauty, the students' aesthetic ability is "unbalanced". Third, after entering the graduate stage, due to the particularity of the characteristics of training, graduate students have no time to consider aesthetic education. The progress of aesthetic education for postgraduates is slow, and most of them do not have the ability to appreciate and create beauty.

③ New thoughts on Aesthetic Education

Aesthetic education plays an important role in the growth and all-round development of postgraduates. The unique group characteristics and cultivation characteristics of graduate students make the aesthetic education of Postgraduates face unique objects and foundation. From the perspective of group characteristics, postgraduates are older, their world outlook, outlook on life and values have basically formed, their ideas are more diverse and their independence is strong. From the perspective of training characteristics, graduate students have higher requirements for learning and scientific research, strong mobility and weak clustering, which makes it more difficult to carry out aesthetic education [3].

In view of the weak foundation of aesthetic education and the single teaching path of aesthetic education, combined with the group characteristics and training characteristics of graduate students, the knowledge system is established by deepening the reform of aesthetic education and teaching from the height of cultivating new people in the times; Make use of scattered time and give full play to the advantages of red resources; Combining with scientific research, giving full play to the advantages of characteristic disciplines and improving the evaluation mechanism, we should explore new ways to cultivate aesthetic education. On the one hand, its significance lies in calling aesthetic education to return to its essence, cultivating the ability to appreciate and create beauty, and educating people's minds; On the other hand, it calls for aesthetic education to keep pace with the times, innovate ways and means, and open up a new world of practice [1]4.

3. Exploration and Practice

"Create images to fulfill their meaning", aesthetic education needs to be conveyed through vivid images, and enlighten the mind and nourish the soul with the aesthetic image that integrates the power of goodness and truth, so as to cultivate morality, cultivate spirit, and play an important role in cultivating newcomers of the times [1]5. Under the guidance of general secretary Xi Jinping's speech, we should actively explore and promote the work of aesthetic education, build a new aesthetic education system in the new era, highlight aesthetic education in the discipline characteristics, integrate aesthetic education into campus cultural activities, carry forward aesthetic education in cultural heritage, and perceive aesthetic education in Arts and culture, and implement measures to strengthen aesthetic education throughout the whole process. So as to educate people with aesthetics, to cultivate people with culture, and to cultivate socialist builders and successors who develop morally, intellectually, physically and aesthetically.

(1) Focusing on the goal of talent training in the new era, deepen the reform of aesthetic education and teaching, and enhance the ability of education and teaching.

① Improve the professional training program

According to the requirements of the "Opinions", aesthetic education with "aesthetic and humanistic quality training" as the core is carried out for all students, so as to enhance the aesthetic ability and humanistic quality of graduate students. To implement aesthetic education

credits and incorporate them into professional training programs, general elective courses can be set up according to modules such as public art, humanistic quality and life value, traditional culture and world civilization; Graduate students will participate in art lectures, campus cultural activities, art associations, art exhibitions, art practice based on majors, and visit history, culture, art venues and exhibitions into aesthetic education practice. Graduate students are required to complete aesthetic education courses with required credits before they can graduate.

② Construction of aesthetic education curriculum system

Open public art courses such as "Introduction to Art", "Poetry Appreciation", "Art Appreciation", "Calligraphy Appreciation", "Drama Appreciation" and "Dance Works Appreciation", strengthen the construction of aesthetic philosophy and elegant art cultivation courses, and expand the benefits of artistic literacy cultivation; Promote the deep integration of aesthetic education and professional education, tap the aesthetic education resources of various disciplines, realize the organic integration of science, humanities, art and classroom teaching according to the interdisciplinary characteristics [5], and design more professional aesthetic training courses with professional pertinence; Combining with the regional characteristics of agricultural and forestry colleges and aiming at the school characteristic culture, design corresponding literacy and knowledge development courses to promote the development of school history culture and school history courses; Experience projects such as painting and calligraphy appreciation and film and television appreciation are set up, and activities such as painting and calligraphy competitions, concerts and speech contests are carried out to continuously expand the content and form of aesthetic education projects.

③ Building and strengthening the teaching staff of aesthetic education

Increase the introduction of teachers, fully absorb and utilize the resources of aesthetic education teachers from all walks of life, and increase the number of full-time teachers; At the same time, encourage and guide people with good ideological and political quality, good professional ethics and high artistic level inside and outside the school to serve as part-time teachers and enrich the teaching force of aesthetic education; We should strengthen the construction of teaching ability, integrate the improvement of teachers' overall aesthetic quality and aesthetic education teachers' training into the master plan of teacher training, build a training system combining on-campus training with off-campus training, short-term training and long-term training, and encourage young and middle-aged art teachers to visit abroad and learn from foreign advanced art education concepts and experiences, so as to enhance the theoretical level and teaching ability of aesthetic education teachers.

④ Promoting the reform and research of teaching methods

Make full use of modern information technology, combine with professional teaching of various disciplines, social practice and innovation and entrepreneurship education, explore the construction of a network, digital, intelligent, online and offline combination of curriculum teaching mode, build a batch of high-quality aesthetic education massive open online course, and expand the coverage of high-quality courses [4]2. At the same time, through the creation of environment, a number of intelligent classrooms and seminar classrooms supporting the integration of physical classrooms and online classrooms will be built to create a comfortable, elegant and aesthetic teaching ecology for teachers and students. In school-level education and teaching reform and research projects, we will include related topics of aesthetic education, "encourage teams and teachers to focus on the research of aesthetic education curriculum and textbook system, teaching mode, assessment and evaluation standards, and teacher team construction" [4] 3.

(2) Taking the advantage of red culture resources in Shaanxi Province as an opportunity, we should cultivate students' beauty of ideal, spirit and will.

Red resources are the precious spiritual wealth and political advantage of the Chinese nation, which contain the beauty of Chinese sons and daughters' ideal of defying difficulties and obstacles, the beauty of indomitable will to defend the enemy, the beauty of winning national liberation and the beauty of taking responsibility for building their homeland, and have a unique effect of educating and educating people. Give full play to the advantages of Shaanxi's red resources, and take the opportunity of carrying out the educational practice of the theme of "inheriting the red genes and keeping in mind the mission" for the backbone of graduate party members, so as to build up the cultural confidence of the Chinese nation and cultivate students' ideal beauty, spiritual beauty and will beauty.

Organize research backbones and representatives in the red holy places such as Yan 'an Revolutionary Memorial Hall, Zhang Side Square and Liangjiahe to achieve the purpose of cultural edification, inspiration, awakening and sublimation of ideological realm through ceremony shaping, special lectures, on-site teaching and special seminars, so that graduate students can further understand "firm and correct political direction; Ideological line of emancipating the mind and seeking truth from facts; The fundamental purpose of serving the people wholeheartedly; The Yan 'an spirit connotation of "self-reliance and hard-working entrepreneurial spirit" [6], always remind yourself that as a youth in the new era, we should uphold the Yan 'an spirit, keep the style of hard work, keep pace with the times, develop and innovate, and be down-to-earth and seek truth from facts in work, study and life. Red culture theme education practice activities, students back to that hard time, and can not help but be deeply impressed by Yan'an spirit. The times are changing, and the spirit of seeking truth from facts, working hard and serving the people wholeheartedly will never fade, which is the ideal beauty that students can understand.

Taking the practice content of red culture theme education as an opportunity, relying on the rich aesthetic education resources such as school Expo Park, School History Museum, college students' entrepreneurship Park, social practice base, experimental demonstration station (demonstration base) and Huoditang Experimental Forest Farm, a series of practical activities of ecological civilization education and theme education of loving and glorifying the school are carried out. Highlight the display and dissemination of regional culture, discipline culture and professional culture, enhance students' sense of identity, sense of belonging and sense of honor, stimulate innovation and entrepreneurship enthusiasm, and lead students into art, experience classics, cultivate sentiment, and improve the realm.

(3) Relying on horticulture, we should explore the elements of professional aesthetics, and enlighten students to perceive, understand and appreciate beauty.

With the theme of "horticulture and life", the College of Horticulture has carefully designed a series of experiential teaching activities with great knowledge, appreciation, thought and interest around the four disciplines of "fruit, vegetable, flower and tea", bringing a vivid professional aesthetic education to all students in the form of the second classroom, so that students can appreciate the professional beauty and realize the beauty of life in the professional learning process.

① Enlighten the beauty of life by appreciating the beauty of Horticulture

Based on the horticultural club, the teachers of the Department of horticulture led the students to produce the flower arrangement exhibition with the theme of "24 solar terms". According to the characteristics of different seasons, the appropriate flower materials and plants are selected and combined with the ingenious conception of traditional ancient poetry, which can convey the beauty of ornamental horticulture and life, enhance the aesthetic ability of Guangzhou master students and comprehend the essence of ornamental culture. Relying on the Tea Culture Research Society, the teachers of the Tea Department explained the tea culture in Chinese traditional culture, expounded the life of tea, showed the beauty of tea rhyme to everyone, led

everyone to make tea cakes and brew new tea with their own hands, cultivated and improved their temperament with fragrant tea, and advocated teachers and students to practice inner beauty with "fragrant tea and poetry books", adding a touch of bright color to their study life.

Relying on the "discipline competition", the flower cultivation expert contest was launched. By building a simple greenhouse for flowers on the balcony of the dormitory, spraying soapy water for flowers suffering from powdery mildew, cutting broken Rieger Begonia, etc., the problems were solved continuously, and the horticulture discipline was fully felt to be the profound connotation of "the combination of science and art, the beautification of life and environment". This not only trains students' flower cultivation skills, but also cultivates students' awareness of loving gardening, life and life, and plays a role in aesthetic education. In addition, through micro-landscape making, creative carving, grafting technology experience, leisure farm landscape design competition, horticultural processed products creative competition and other activities, the charm of professional aesthetics is displayed, so that everyone can feel the beauty of gardening, life and life, stimulate learning motivation in the beautiful swimming, and renew life vitality in the enjoyment of beauty.

② Form aesthetic education synergy with trinity education mode

First, explore gardening therapy and shape sunshine mentality. Discover the beauty of plants through vision, enlighten the beauty of life, listen to the sounds of nature through hearing, relieve inner restlessness, perceive the texture of life through touch, feel the power of life, sniff the fragrance of life through smell, moisten the dry heart, taste the fruits of labor through taste and enjoy the sweetness of the fruits, so as to achieve self-education of cherishing oneself, cherishing life, experiencing happiness and feeling happiness. The second is to carry out various forms of "micro-courses" such as "heart talk and heart tea" psychological micro salon, individual consultation and group counseling; Create a "sunshine mentality" shaping team composed of psychological teachers, related teachers and academic workers, guide the development of "gardening therapy", and strengthen professional education. Third, tell gardening stories well and spread gardening culture. Promote horticultural culture through news reports, new media and other platforms, let more students join in, and realize subtle life education in the process of plant maintenance.

Give full play to the advantages of disciplines, expand the new carrier of aesthetic education and cultural education, and perfectly combine disciplines with campus culture. And carry out colorful interactive experience of beauty exhibition, highlight the characteristics of aesthetic education in agriculture and forestry, stimulate aesthetic interest, awaken the heart of beauty, and improve students' ability of beauty exhibition.

(4) Give full play to the characteristics and advantages of landscape architecture, broaden the channels of aesthetic education, and stimulate students to discover, experience and pursue beauty.

Relying on professional disciplines to build aesthetic education base, through "aesthetic education", students can be inspired to observe, feel and express beauty from the aesthetic point of view in life, so as to improve their taste and create interest. Through "art education", cultivate students' appreciation and creativity in music, literature, art, calligraphy, photography, film and other art categories.

① Aesthetic education activities based on participation

Take the annual exhibition of students' art works and graduate graduation design as an opportunity to carry out participatory aesthetic education activities; Practice "environmental education" and "infiltration aesthetic education" through art exhibitions, hiring aesthetic education instructors and base construction activities; Create the carrier of "academy system", build the aesthetic education platform of academy, build a new operation system of excellent culture and aesthetic education inheritance base, form "humanistic nourishment", continuously

deepen the reform of art education and aesthetic education, enhance artistic accomplishment, vigorously strengthen the construction of campus culture, and strive to push campus art education and aesthetic education to a new level [7].

Relying on the agricultural technology industry demonstration base combining production, education and research and the new rural construction base, we should dig out agricultural aesthetic elements and carry out agricultural aesthetic education, so that students can walk into the front line of agriculture, rural areas and ecological environment construction, experience the beauty of agriculture and countryside, and enhance students' literacy and feelings of knowing and loving agriculture.

② Art education activities based on practice

The design competition of plant art works was held. The students took the fallen leaves on campus as raw materials, collected artistic inspiration from the aspects of landscape ecology, famous celebrities and cultural heritage, and created art through various methods. The works presented were unique in conception, beautifully produced and rich in meaning, showing humanistic quality and artistic talent; Relying on the academic advantages of the college, the student team creatively designed packaging for some agricultural special products in zhenba county, Shaanxi Province. Through many visits to farmers and in-depth field research of enterprises, the student team gave full play to their creativity and designed and planned packaging for agricultural products. The packaging adopted dark bronzing technology, and the main image was the refinement and abstraction of agricultural products. At the same time, the geographical features such as Hei Hu Liangta and Dabashan Mountain, which are local landmarks, are integrated into it, and then decorated with green leaves, insects, birds and other natural elements and cloud lines, which greatly highlights the concept of "resonating with nature", enhances the product image and opens up the product market. These measures further enrich the forms of aesthetic education, effectively promote the interaction and integration of aesthetic education in the first class and the second class, and stimulate students' artistic imagination and innovative consciousness.

The "use" of aesthetic education is a great use. Personally, it is to shape people's beautiful mind, improve people's comprehensive quality and promote people's all-round free development; As far as the society is concerned, it is to cultivate new people who are responsible for national rejuvenation, and contribute to building a well-off society in an all-round way and building a socialist modernization power.

(5) Improve the evaluation mechanism and stimulate the creativity of aesthetic education.

The "Opinions" pointed out that it is necessary to increase the incentives for teachers' teaching posts, encourage colleges and universities to establish the evaluation system and evaluation mechanism of teachers' professional titles in line with the characteristics of aesthetic education, and provide support for the promotion of professional titles, professional development and evaluation of teaching and scientific research achievements of aesthetic education teachers. [3] To improve the evaluation index system of aesthetic education in colleges and universities, it is necessary to meet the requirements of all-round development of talent training in the new era, the requirements of training builders and successors of socialism with Chinese characteristics, and the fundamental task of cultivating people by virtue.

From the school point of view, the first is the number and structure of aesthetic education teachers, their professional level and teaching ability, and the number of times of teaching skills training for aesthetic education teachers; The second is the investment and guarantee mechanism of aesthetic education funds, the distribution mode, proportion and use benefit of aesthetic education funds; Aesthetic education facilities meet the teaching needs, aesthetic education informationization conditions and resource construction; The quantity and structure of aesthetic education courses and the construction of high-quality curriculum resources, and

the development of MOOC resources of aesthetic education courses; Third, aesthetic education network resources, platform construction, art association construction and campus cultural environment construction. From the point of view of the tutor, the teacher's ethics, academic ethics, scientific research ability, humanistic quality and other aspects of the subtle influence, as well as the correct cultural values of Postgraduates popularization. From the teacher's point of view, aesthetic education curriculum and standards, aesthetic education teaching plan, examination methods and methods, aesthetic education characteristic curriculum. From the perspective of students, aesthetic ability, aesthetic taste, aesthetic personality, aesthetic knowledge, artistic expression and so on.

Colleges and universities can improve the evaluation mechanism from the four dimensions of school, tutor, teacher and student to guide and stimulate the creativity of aesthetic education consciously.

(6) Collaborative education mechanism, sharing and building aesthetic education resources.

Promote the collaborative innovation of aesthetic education, make the aesthetic education push forward towards a far-reaching, three-dimensional and open pattern, cultivate the soul through natural environment, living environment and artistic environment, and play an irreplaceable important role in promoting students' all-round development, cultivating and practicing socialist core values.

① Beautiful environment nurtures the soul

Colleges and universities can beautify the campus environment, expand the aesthetic education function of campus culture, and make students feel the influence of beauty in the beautiful campus environment. Taking Northwest A&F University as an example, there are ecological parks, wetland parks, Xiaonan Mountain, etc. The campus layout is harmonious and unified, the greening, beautification and lighting have achieved remarkable results, and nature and humanity are in harmony, enjoying the reputation of "ecological garden university town".

② Innovate the training mode of collaborative education

Explore the innovative training mode of collaborative education between colleges and universities, the Academy of Fine Arts, the Conservatory of Music and other professional colleges and universities, give full play to the role of aesthetic education and professional colleges and universities in promoting students to form a correct world outlook, outlook on life and values, and carry out co-construction and cooperation. Through art appreciation, special lectures and other activities, classic works of art are presented to students, and knowledge, artistry and interest are organically combined, so that students can recognize and perceive beauty, thus improving humanistic quality and aesthetic taste. Third, the local government and relevant departments can build a number of aesthetic education demonstration bases by establishing artists' studios, art experience workshops and art creation exchange centers, so as to enhance the attractiveness and appeal of aesthetic education [8]2. Through a series of activities, we can promote the integration, co construction and sharing of resources between school education and all walks of life, form a sound operation mechanism of sustainable development, create a good atmosphere and healthy environment for the whole society to care about and support aesthetic education, and promote the overall development of students.

Mr. Cai Yuanpei said: "aesthetic education lies in cultivating people's feelings, understanding beauty and ugliness, cultivating noble interest and positive attitude towards life." Although the aesthetic education work started late, the foundation is weak, ordinary colleges and universities are still in the initial stage and exploration stage, and the accumulated practical experience is not much, but the Ministry of education has strengthened the construction of aesthetic education in Colleges and universities, put forward aesthetic education objectives and important measures that meet the needs of the new era, guiding and promoting the development of aesthetic education in Colleges and universities. Therefore, as long as the

investment is increased, the policy treatment is implemented, and the mechanism system is improved, it is believed that the goal of aesthetic education can be realized in the way of "one branch, one leaf always cares for the emotion" and "the spring breeze changes the rain and moistens the silence".

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