

Study on Problems and Countermeasures of Counselors' Regular Epidemic Prevention and Control Work

Yujie Jiao

Wenzhou Polytechnic, Wenzhou, 325000, China

Abstract

Since the outbreak of COVID-19, epidemic prevention and control work has become an important part of counselors' daily work. The paper expound problems in the regular epidemic prevention and control work of counselors,causes for problems in counselors' regular epidemic prevention and control work, countermeasures to solve problems in counselors' regular epidemic prevention and control work.

Keywords

Counselors; Prevention and control work; Countermeasures.

1. Introduction

Since the outbreak of COVID-19, epidemic prevention and control work has become an important part of counselors' daily work. After the epidemic prevention and control enters the regular stage, both student management and daily teaching fulfill the basic requirements of epidemic prevention and control. However, due to small-scale and irregular outbreaks of the epidemic, problems still occurs sometimes, affecting the effect of anti-epidemic measures [1-3].

2. Problems in the Regular Epidemic Prevention and Control Work of Counselors

2.1. Some College Students Do Not Actively Cooperate with Prevention and Control

Some college students still do not cooperate with the regular epidemic prevention and control policies, ignoring the importance of policies and disobeying the rules. For example, a student from a higher vocational college in Yunnan province climbed over the wall and traveled to Xishuangbanna without authorization after the outbreak of the epidemic in Kunming, Yunnan province. He was infected with Covid-19 during the trip and then returned to college, causing significant epidemic risk in the whole college.In practice, some students do conceal their itinerary to risk areas for personal purpose.To further conceal the mistake, some students asked their classmates to report false location in daily anti-epidemic questionnaire. Others denied their itinerary to risk areas in itinerary screening.In addition, some college students overlook the importance of prevention and control measures. They do not actively follow the health condition reporting rules. Some would only fulfill the policies after repeated urging from class leaders. They do not understand and do not cooperate with the measures in special periods, such as nucleic acid testing for everyone.

2.2. Ideological and Political Education Is Superficial and Lags Behind

Since the outbreak, foreign anti-China forces continue denigrating China. They propagate China's isolation and vaccine policy as "backward and tyranny" policy. Therefore, carrying out the ideological and political education concerning epidemic prevention and control and helping students get on the right way become an important responsibility of the instructor.In 2020, at the beginning of the outbreak of the epidemic, universities advocated holding ideological and

political classes on epidemic prevention and control across the country. However, after entering the regular epidemic prevention and control stage, ideological and political education began to be superficial. Counselors were busy with epidemic prevention and control, screening, isolation, nucleic acid liaison and arrangement. Measures for students are limited, such as simple care and greetings. Ideological and political education are often limited to the prevention and control policy announcements and prevention and control behavior guidance, without in-depth ideological and political education. Besides, work lacks explaining local live cases with the socialist core values education, and lacks model for heroic deeds to carry out the education. Generally speaking, ideological and political education is superficial and lags behind, being less inspirational.

2.3. Other Work Closely Related to Epidemic Prevention and Control Was Not Followed up in A Timely Manner

The regular epidemic prevention and control work should not only ensure unimpeded information, timely reporting and effective control, but also be warm and in-depth to meet the physical and mental development needs of college students. In the process of the regular prevention and control work, some college students need to be isolated due to the outbreak of the epidemic in some places. In the process of isolation, psychological counseling related to the epidemic should also be timely followed up. Isolated students live a single, lonely, narrow living space for at least a week or three weeks. Some students are prone to generate negative emotions in isolation, affecting their physical and mental health. In addition, due to fever caused by ordinary medical treatment, some students have to spend a large amount of money on nucleic acid test and CT examination. Some others were required to be isolated at local hotel at their own expense due to local policies. Such expense is too high for poor students. Some schools failed to timely follow up the funding related work, which help students to relieve the economic pressure.

3. Causes for Problems in Counselors' Regular Epidemic Prevention and Control Work

3.1. Insufficient Education on Epidemic Prevention and Control

For example, rule awareness education and life health education have not been put into practice and produced actual results. Since the outbreak of the epidemic, counselors have actively carried out daily epidemic prevention and control work, but neglected the education and guidance for students. 1. Life and health education and rule awareness education are often carried out in the form of class meetings. However, the context is less attractive and the form is single and outdated, which cannot attract students' attention, thus the education is not comprehensive and fails to meet the requirement of full coverage. The students causing problems are often the ones lacking education. 2. The frequency of education is low. Thematic education is usually carried out after the outbreak of the epidemic. 3. The education range is limited in class meeting, posters, public propaganda, etc. Thus the effect depends on the student's self-discipline, and whether the students receive relevant information. Students lacking self-discipline are likely to miss the information, causing hidden risks in anti-epidemic controls. Therefore, there should be publicity and education in the campus, covering all students.

3.2. There Is A Deviation Between the Ability of Counselors to Carry Out Ideological and Political Education and the Actual Demand in the Regular Prevention and Control

Counselors are in the front line of ideological and political work, as well as students' daily affairs and prevention and control. The close contact between counselors and students provides prerequisite conditions and favorable factors for developing ideological and political education. Counselors should make efforts to carry out ideological and political education based on the current situation, catch advanced figures and deeds emerging in epidemic prevention and control, and achieve the ideological and political education to moisten things silently. 1. Insufficient awareness of information capture, failure to timely link the latest cases with epidemic prevention and control, failure to convert immediate events into ideological and political materials, and failure to develop the habit of accumulating materials in daily life. Counselors should always use the actual cases around them to carry out effective ideological and political education, so as to change according to the situation, progress according to the time, and innovate due to the situation. 2. Lack of conversion ability. How to turn fresh materials into primary materials for ideological and political education, how to carry out in-depth analysis among students, explore the positive energy in the case, guide students to identify, form thinking, and produce demonstration effect. 3. Lack of comprehensive ability. Different counselors have different education background. and the counselors majoring in ideological and political education and psychology are only good at their professional area. During the regular anti-epidemic work, counselor's ability to carry out ideological and political education and psychological health education targeted for some students is more important. However, counselors lacking experience or professional background and knowledge find it difficult to carry out effective work in time. Thus they miss the proper education timing for students, which could even cause serious consequences.

3.3. The Relevant Systems and Mechanisms for Epidemic Prevention and Control Are Not Yet Perfect

It has been two years since the outbreak of the epidemic. In the past two years, the relevant prevention and control systems are continuously being improved. However, there is still no systematic and standardized process concerning the regulations on daily prevention and control management of students. 1. The contingency mechanism for dealing with emergencies is not clear and specific. Some colleges and universities have tried and explored emergency drills for epidemic prevention and control, but the scope of drills was limited to some teachers, not covering all staff and students. In addition, the emergency plans need to be further clarified and specific to ensure that teachers and students know how to deal with emergencies. 2. The counselor training mechanism is not sound enough. There is no regular training mechanism and no platform for counselor communication to provide them an opportunity to mutually help others and develop their skills. Colleges and universities are often used to fulfill routine health monitoring and schedule reporting. The prevention and control work of college students is mostly limited to the daily management of counselors, while counselors spend most of their time on information collection and submission of various forms, so they do not have enough time and energy to study and think about ideological and political education. Therefore, it is necessary to build a platform for the school to continuously enhance the ability of counselors to deal with the outbreak. Besides, college could carry out special training and effectively combine it with daily training, and timely carry out education and guidance for counselors, and improve the effectiveness of counselors' work.

4. Countermeasures to Solve Problems in Counselors' Regular Epidemic Prevention and Control Work

4.1. Strengthen the Epidemic Prevention Team-building

To strengthen the frontline personnel of regular epidemic prevention. Counselors, class teachers, student party members and student cadres together should become the front-line members of the emergency response team. A gridded student management system for epidemic prevention and control will be formed for front-line team. In vertical management, the instructor is in charge of grade and the class teacher is in charge of class. In the aspect of horizontal management, student party members and student cadres (monitor, dormitory leader, etc.) should lead their peers in ideological and political education, take the lead in cooperation, act as a bridge, assist in completion, and follow the latest information in time. 2. Strengthen the psychological construction of emergency and epidemic prevention teams. We have carried out special counseling and daily psychological training to improve emotional immunity. The special guidance on emotional immunity enhancement is mainly aimed at the burnout and irritability of the emergency staff due to urgent tasks and heavy workload in emergencies. Daily psychological training is mainly for emergency staff's mental state. Regular epidemic prevention should improve the training mechanism, have the basic knowledge of epidemic prevention, and understand the treatment method and the process flow of school, local city.

4.2. Improve Curriculum Education

1. Add emergency management courses. Although the epidemic prevention and control has entered the regular stage, remaining vigilant and responding at any time is still the basic work that schools in all regions need to do well. Due to the fact that epidemic recurrent sometimes, courses should be carried out for all students to learn how to deal with public emergencies, such as epidemic situation, fire, food safety, etc. Therefore students can learn how to effectively prevent, scientifically respond to and effectively solve as individuals. In the meanwhile, students' crisis awareness could be enhanced by the course. 2. We could add health education courses in addition to physical and mental health courses. This course aims to give students the basic medical knowledge and disease prevention skills, helping them to develop a good healthy lifestyle and behavior style, improve life quality, establish health awareness, and reduce or eliminate risk factors affecting health. 3. In ideological and political courses, we could raise students' awareness of responsibility, integrity, rule, and suffering consciousness through practice and theoretical study. Students would actively follow and cooperate with epidemic prevention and control policies and honestly report related information, only when their awareness rose. Inspire students to think what they could do and how to achieve in ideological and political course case study.

4.3. Promoting Institutional Development

1. Formulate an emergency reward and punishment system. In public emergencies such as epidemics, clear rewards and punishments can guide students to actively respond to emergencies at the institutional level and curb the development of the situation to a certain extent. 2. Formulate specific emergency operation plans. We need to set up the monitoring mechanism, early warning mechanism, reporting mechanism, grading operation mechanism for campus public health emergencies. 3. Develop emergency standards of personal conduct. Wear masks, wash hands frequently, avoid gatherings and go out less. The individual behavior standards of college students are formulated on the basis of commanding language, so that college students can imperceptibly bring the behavior standards into their daily life and consciously abide the rules. 4. Improve the training mechanism for counselors, build an exchange platform for counselors, and enable counselors to enhance their ideological and

political education and epidemic prevention and control capabilities in the training, so as to gain recognition and progress in their work through exchanges on the platform.

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