

Research on the Current Situation and Improvement Path of College Counselors' Ability from the Perspective of Time Concept

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Abstract

Time is not only the scale of human life, but also the space for human development. From the perspective of time, focusing on the present construction situation, and proposing the path of improving the ability of counselors is the goal. At present, the lack of dual identity in counselors' explicit working hours, the fatigue to cope in invisible working hours, the low quality and the shortage of quantity of free time, the confusion in career planning time, and the cross-integration of time boundaries all affect the construction of counselors' ability. Therefore, efforts should be made on the adaptability of working time, free time, career development time and the intersection of time boundaries, and form a synergistic efforts from inside and outside to help improve the quality and ability of counselors.

Keywords

College counselors; Time; Ability; Path.

1. Introduction

Time is a measure of the existence of life, and has been repeatedly questioned by philosophers since ancient times. As active existence of man, time becomes the measure and space for human development. [1] In modern society, the accumulation of material wealth brought by the increase in productivity does not create enough free time for each social member however. On the contrary, the original time boundary is blurred, which profoundly affects the work experience of professionals. This paper takes college counselors as the research object, discusses the actual situation of counselors' quality from the perspective of time concept, and puts forward the path of improving the ability of counselors.

2. The Theoretical Basis and Content Composition of College Counselors' Quality Ability from the Perspective of Time Concept

2.1. The theoretical basis of college counselors' quality and ability from the perspective of time concept

2.1.1. Time is the existence form of ideological and political education

Engels pointed out that the basic form of all existence is space and time, and it is very absurd to recognize there is an existence outside time or outside space. [2] Man, as the sum of all social relations, exists in a certain time and space. Temporality, provides the space for education. [3] The ideological and political activities carried out by counselors are also carried out in a certain social time and space background. Counselors, students, and ideological and political education activities all exist in and are bonded by a certain period of time, in which they play their special role and show their social attributes. The improvement of counselors' quality and ability is also carried out in the process of ideological and political education activities, following a certain time rhythm, and time sequence, and slowly advancing in their own life time.

2.1.2. The counselor's time is subject to the time of industrialized society

Human beings are always driven by the time rhythm formed by industrialized society. The outstanding characteristic of time in industrialized society is the catch-up of efficiency and speed. As a part of social members, counselors are in a certain background of the times, driven by the effect of education, and sunk into the chain of unidirectional and linearized large-scale industrial production. And educational activities with humanistic meaning and full of value significance have also become cold and blunt mechanical processing procedures. The time of counselor is embedded in the rhythm of social Industrial production, and is cut into days, weeks, months, and semesters, and runs at high speed to match with the industrialized production chain. Saving time at the largest has become a necessary quality for counselors.

2.2. The Content of College Counselors' Ability under the Concept of Time

First, the humanistic implication and efficiency coexist in working time. The work of the counselor is the same frequency resonance of the human object, which contains strong humanistic care. At the same time, the work of the counselor is endless, and it needs to pay physical, mental and emotional labor in the endless work. This requires that the human significance of working time and work efficiency go hand in hand. Second, the potential exploitation of free time is unified with entertainment and leisure. Marxist theory points out that apart from the labor time that must be consumed to satisfy one's material living conditions, one also needs free time to satisfy one's freedom and creativity. In free time, one can freely use time for "receiving education, developing intelligence, performing social functions, engaging in social activities, and freely using physical and intellectual energy" [4]. In free time, counselors focus on exploring their own potential in all aspects according to their own interests, and have time to create and improve their own value, as well as time to expand the meaning of life and enjoy life. Third, the cross integration of time boundaries can be handled with ease. The fact that labor time and free time of counselors are intermingled, and free time permeates the labor time has become universal. Marx once pointed out that the time used for recreation and rest, which is not absorbed by productive labor and thus opens up a broad field for the free activity and development of the laborer, is the free time of man. Labor time is the time people spend to satisfy their own basic needs, which has historical necessity and external compulsion. As a result, free time is completely different from working time. With the popularization of the Internet, both online and offline have become the work field where counselors need to spend their time. The work space has been expanded, the boundary between free time and labor time has been blurred, and free time has been squeezed and even transformed into working time. Fourth, the career development time is clear. Counselors have different professional qualities at different stages of career development. Junior counselors focus on the accumulation of experience and the training of daily handling ability; Middle-level counselors create its own professional identity cards, and senior counselors pay attention to the improvement of research and guidance ability.

3. The Current Situation of Ability of College Counselors from the Perspective of Time Concept

3.1. Occupational Anxiety and Burnout during Working Hours

3.1.1. Identity Loss during Explicit Work Hours

College counselors have dual identities of ideological and political teachers and administrators. However, under the current concept of time, the dual identity of counselors has a tendency of weakening and missing, and the boundary of responsibilities is not clear, and the role positioning is blurry. First, the counselors' discourse influence of ideological and political has lost power. First of all, the pervasiveness of network virtual time has intensified the difficulty

of ideological and political guidance for counselors. The ever-changing network tools are sought after by the young generations, and the new and constantly changing information tsunami brings a huge adsorption and convergence force on the new generation. As a result, the emotional interaction between the educated and the ideological and political educators (that is counselors) in the classroom space is indifferent, and they respond negatively to the classroom teaching activities, which results in the low professional achievement of the counselors and the low effect of classroom education. Secondly, the overtime of daily affairs processing weakens the educational identity of ideological value guidance. At present, the general working state of counselors is that they are unable to extricate themselves from daily affairs, the role of teachers in ideological and political education is annihilated, and the administrative role of management and service is unbalanced with the role of teachers in ideological and political education. Second, the identity of the service provider is inadequate. Counselors fight in the front line of students' work, in addition to the basic work of ideological and political education, but also need to deal with trivial and complicated affairs, such as employment guidance, psychological counseling, armed conscription, awards and loans, security and popularization, etc.. These multiple roles make counselors overwhelmed in limited working time.

3.1.2. Burnout during Invisible Working Hours

The work of counselors has uncertainty, which sets the time perception of counselors in an uncertain self-time state. They can only comprehensively grasp and make full use of the current time in a small amount. Besides, there is an illusion they are always in a definite working state, even it is a rest-time. This time perception will produce a huge sense of time pressure at every moment of work, making the counselor in a state that seems to be off work, but is actually in an invisible working time. Under the mental pressure of the upcoming work and time panic, the counselors' concentration on their own present time decreases and their sense of experience deteriorates, resulting in unnecessary loss of their own time at present. This aggravates the panic brought by time, undoubtedly makes part of time lose its due meaning, and brings about a bad cycle of the current self time experience.

3.2. Low quality and quantity of free time

3.2.1. The time of self-value creation consciousness is not strong

Absorbed in daily affairs, and the enhancement of core competitiveness awareness is not strong. They are satisfied with the management of daily affairs and lack the experience and exploration of work modules with a high sense of accomplishment, such as guiding student apply for project topics, participating in professional ability competitions, etc. Due to the unreasonable proportion of time resources allocated, it is easy to gain the improvement of short-term assessment indicators. However, it is lack of long-term and continuous work planning, and short of creativity, initiative and enthusiasm to actively develop education space and education methods. The time resources are fragmented on various assessment indicators, which will wear down the innovation and initiative of counselors in work. It intensifies the mobility of the counselor team, reduces the counselor's professional sense of accomplishment and belonging, and hinders the self-improvement of the counselor.

3.2.2. Fragmentation of Time for Individual Focus

The development of science and technology makes private time break through the limitations of place, environment and space, which can be connected and entering into working state at any time. Access to private time has greatly improved. [5] The scholar Habermas pointed out that when the developed capitalist society comes, 'alienation' is no longer represented by the economically obvious form of poverty, but appears in the shortage of free time"[6]. "In this mode of production... Instead of a general reduction in labor time, it was unevenly distributed and, for many workers, increased." [7] Counselors become readily accessible regardless of time

and space constraints. News pop-ups, work notifications, and interactive communication will fragment time for personal focus, distract attention, and hinder the occurrence of deep learning. Unbroken extension of time is needed to ensure the smooth flow of consciousness and deep thinking, which is crucial to counselors' reflection on students' work, and transforming themselves into expert. While fragmented time and cracked fluidity of consciousness affect the using quality of counselors' time.

3.2.3. Massive Information Replaces Time Space for Spirit

Information on the Internet flows like water and silver everywhere. The media has changed our concept of time and space. According to Marx, capitalists pursue the infinite expansion of surplus labor time in order to maximize the value of capital. The application of new technology has redefined the concept of time and space. Media technology has successfully promoted people's social communication, but it has also replaced people's time with space. Massive information consumption replaces the time of the counselor's spirit area. Countless news pop-ups and intermittent work notifications occupy the spiritual time area in a silent and quiet way, and the free time of counselors is further reduced in quantity.

3.3. Confusion in different stage of career development

Counselors at different stages face different professional problems. For counselors at the early stage of entry, the confusion and discomfort brought by the new positions occupy a major position. Due to the lack of experience, complicated work content, long working hours, and the gap between effort and harvest, the new counselors have weak career belief, low professional identity, and low sense of achievement in work. For counselors worked already over 3 years, they more resort to career development anxiety about the preparation before the profession transfer, the achievement of established career goals, and the catching up of the new generation of counselors. Compared with above two kinds of counselors, experienced counselors are also faced with career bottlenecks, such as changing work methods, the dynamic update of work standards, the iterative challenges of learning and the creation of personal professional cards. The confusion in the career development time highlights the urgency and enthusiasm of counselors to seek growth and development.

3.4. Fatigue in dealing with the cross-fusion of time boundaries

First of all, the boundary between class time of ideological and political education and leisure time on internet is blurred, which weakens the teaching effect of the classroom. Ideological and political educators try to seize the education time through physical coercive means, such as handing in mobile phones, which leads the relation between educators and students to a state of possession and anti-possession. The relationship between teachers and students also tends to an abnormal state of alienation and confrontation. Second, the intersection of working time and free time. The temporality and burstiness of work causes the counselor to work at any time, resulting in the reduction of personal free time. Their life is replaced by work and humanistic attribute of life is weakened. They become working machine. Marx regarded free time as wealth, and pointed out that if a man spends his whole life in making a living, and has no free time except for the time of satisfying purely physiological needs, then he is only a machine for producing wealth. When the body is ill, they become like a beast. The professional happiness of counselors is also worn away in the fragmentation of free time and the silent encroachment, which affects the professional belief of counselors and is not conducive to the construction of counselor team.

4. The Ways to Improve the Quality and Ability of College Counselors from the Perspective of Time Concept

4.1. Optimize working hours and complement the pulse power of building dual roles

Counselors have the dual roles of managers and teachers. Under the background of excessively long working hours of college counselors, more efforts should be made to improve their sense of experience and efficacy during working hours. From the subjective level, counselors should actively explore and improve the quality of time use in their work: on the one hand, strengthen the awareness of time management, integrate the concept of time into daily work, make overall arrangements for various tasks, review the proportion of time distribution between educators and managers, and improve the awareness of time management through practice. On the other hand, develop time management skills. The ability of time management is very important to improve the ability of counselors. Time management is essentially self-management. Counselors do the tasks through its urgency at its own rhythm and penetrate Ideological and political guidance throughout daily affair so as to improve time management ability in practice and study. From the objective level, first, complicated system time should be abandoned the and input the catalyst for personalized and professional development. Institutionalized time management refers to the organization according to its operational objectives and specific circumstances, develop a set of standards system to regulate the use and arrangement of working time, while members of organization act in accordance with the corresponding time arrangement. [8] Institutionalized time ensures the normal operation of colleges and universities, but it will also bring negative effects in excessive ways. Unnecessary meeting agendas and formalized rituals lead to waste of time, which is not conducive to the quality of counselors' work time utilization. Colleges and universities should appropriately discard part of the system time, support and guarantee the individualized time needs, help counselors recover their inner sense of subject, and devote themselves to work in a more active and creative state. [9] Second, formulate a perfect time evaluation system. As a manager, on the premise of ensuring the flexible space in the working time of counselors, they should grasp both the time for daily affairs handling and the time for ideological and political guidance, guide the counselors to balance the time allocation of daily affairs handling and ideological and political guidance, and encourage the counselors to give full play to their roles of service, management and education.

4.2. Explore free time and expand the internal burst of self-growth

First of all, counselors should improve work efficiency, increase free time, that is, increase time for self-improvement, establish the awareness and become practitioners of lifelong learning, act as a role model for students. Secondly, in terms of time layout, counselors should reasonably allocate the proportion of time to create self-value and promote the improvement of their own ability. The representation of counselors' ability is greatly link to its scientific research ability and skill competition level. Counselors should read, write often and practice more according to the actual work, actively participate in scientific research and academic exchanges inside and outside the school, constantly broaden horizons, keep up with the academic frontier, condense practical experience into theoretical achievements, and internalize theoretical research into the endogenous driving force for improving ability. At the same time, increase the time input in ability improvement projects, skill competitions, so that they can promote learning and consolidate skills and finally become versatile talents.

4.3. Dredging career development time and consolidating the adherence of professional beliefs

The Ministry of Education has made it clear that there should be a two-tier promotion for counselors. However, in practice, many universities set restrictions, set obstacles in counselors' personal career development path. Colleges and universities should create a friendly growth atmosphere, open up the time for career development, enrich the energy supply for development, strengthen the professional belief of counselors, enhance the identity of counselors, so that counselors who can work and want to work have conditions and platforms. First, Dredge the career development time of counselors. Grasp the career guidance, stimulate the vitality of the team. Colleges should build personalized career promotion channels for counselors, provide humanized career development guidance, build a strong incentive mechanism, and enhance the impetus of counselors' professional development. The personnel department of the school should invite senior career guidance teachers to conduct career planning training for counselors. Based on its professional background, growth background, family situation, personal expertise, interest and intention. The counselor studio should be used as a growth platform to help the counselors clear the obstacles on the path of career development and remove the puzzles in career planning. Secondly, ensure the training time continuity to ensure the energy supply of professional belief adherence. Colleges should incorporate counselor teams into their teacher training plans, establish a system of multi-channel and multi-level training, daily and special training, offline and online training, take the initiative to build a platform for mutual learning and exchange, carry out targeted vocational skills training, and conduct corresponding vocational ability qualification recognition. Build a virtuous energy cycle system for improving the ability of counselors, obtain continuous and systematic theoretical knowledge and practical experience through training, and enhance the pulse power of counselors' career development.

4.4. Cultivate the resilience of coping with cross-fusion time

The development of economy and the popularization of technology brings about the blurring of time boundary. Different types of time also show the trend of cross-merging. Flexible response to the contradictions and conflicts brought about by the cross and integration of time boundaries is a necessary ability. First of all, do a good job of counselors group psychological counseling. Due to the change of free time and working time at all times, it calls for the strong psychological construction ability of counselors. In this regard, schools should pay attention to the psychological problems of counselors and build a strong psychological defense line of counselors. Secondly, build a solid online and offline education positions of ideological and political education on internet. In the face of the infiltration and intrusion of virtual time into class time, counselors should combine the advantages of traditional ideological and political education with modern media technology, realize the timely and comprehensive spread and transmission of ideological and political education resources, build the fortress of class time, and achieve the maximum effect of cultivating morality of people. Third, build a harmonious interpersonal circle. Counselors need to build a harmonious family relationship, parent-child relationship, for the harmonious relationship becomes a strong backing for dealing with the cross-integration of time. Finally, the administrators should have strict time boundary consciousness. Administrators are ought to respect the boundary between counselors' working time and free time, strive to create flexible working time for counselors, and improve the quality and happiness of counselors' time use.

5. Conclusion

Ideological and political education activities take place under a certain background of time. Ideological and political teachers are an important component of ideological and political

education. Due to the influence of internal and external factors, teachers are in a certain time dilemma. If they want to get out of the time dilemma, they need to wake up their own time consciousness and get the resources from external support. Help ideological and political theory teachers in colleges enhance the quality of time and the gain happiness of time perception, and improve the effectiveness of ideological and political education.

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