

**Conclusions:** The reform of college foreign language teaching and management mode should take student-centered as the core of college foreign language teaching concept, and always adhere to the student demand-oriented college foreign language teaching and management mode. In foreign language teaching and management in colleges and universities, we should increase the investment of teaching funds, improve the informatization level of foreign language teaching, promote foreign language teaching in colleges and universities to keep pace with the times, improve relevant modern equipment and personnel, and ensure the improvement of foreign language teaching quality in colleges and universities. The development of network teaching in the new era requires colleges and universities to improve the level of foreign language online teaching, enrich the network teaching resource database, provide information resource reserves for online foreign language teaching under the new situation, and promote the overall quality of foreign language teaching in colleges and universities.

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## STUDY ON THE COMBINATION MECHANISM OF IDEOLOGICAL AND POLITICAL EDUCATION AND MENTAL HEALTH EDUCATION IN COLLEGES

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**Background:** Under the background of the current era, quality education in colleges and universities has entered a period of rapid development. Ideological and political education and mental health education have received extensive attention. Many teachers are studying and exploring the way of education combination, hoping to bring students a better learning experience, get other aspects of education while learning theoretical and cultural courses, and achieve all-round growth. The combination of ideological and political education and mental health education can help students to establish correct values, outlook on life and emotional outlook, and can help students to solve various psychological problems, realize comprehensive education, give full play to the role of higher education, and promote the reform of higher education system and the development of education.

In recent years, with the deepening of the national college education reform, the mental health education of college students in our country has been obviously improved. As an important part of ideological and political education in colleges and universities, mental health education still lags far behind the basic task of building moral character and cultivating socialist builders and successors. The course of mental health education is an effective way to carry out mental health education in colleges and universities, and it is also an important course reflecting the characteristics of ideological and political education. According to the current situation of mental health education curriculum for college students, there are still some problems, such as the lack of awareness of the importance of ideological and political education, the inadequacy of teaching contents and the need to improve classroom teaching effect. In a word, the synergistic effect of the course of mental health education and ideological and political education needs to be strengthened, and effective strategies should be explored.

**Objective:** Ideological and political education and psychological health are the important contents of quality education in colleges and universities, which are helpful for students to form good moral quality and values. Therefore, it is very necessary to combine ideological and political education with mental health education in the process of education. It is urgent for college educators to recognize the necessity of the combination of ideological and political education and mental health education, to find an effective way to solve the problems, to improve the efficiency and quality of education, and to promote the comprehensive development of students.

**Subjects and methods:** Mental health curriculum is aimed at college students, and its main aim is to educate and promote students to become talents, which is consistent with the goal of ideological and political education. In the process of carrying out the basic goal of moral education, the traditional ideological and political education overemphasized the political direction and moral character of college students, ignored the psychological problems of college students, separated the psychological health education from the ideological and political education, did not pay attention to the psychological health problems of college students, affected the growth of college students, and was not conducive to the realization of the goal of ideological and political education. Students are a special group, full of contradictions is the typical psychological characteristics of this group, easy to appear environmental maladjustment, self-cognitive deviation, interpersonal barriers, emotional distress, psychological crisis and other psychological problems. Therefore, this paper studies the effect of the combination mechanism of ideological and political education and mental health education.

**Study design:** Randomly select 100 college students, randomly divided into experimental group and control group, 50 people in each group. The experimental group was taught by combining ideological and political education with mental health education, while the control group was given traditional ideological and political education and mental health education. Experiment time 1 month. Two groups of students' mental health were tested before and after the experiment.

**Methods:** Use SPSS 20.0 software and Excel statistics results.

**Results:** Statistics before and after the two groups of experimental mental health status, the specific results as shown in Table 1.

**Table 1.** Comparison of mental health status between two groups before and after the experiment

Group	Before and after the experiment	Seriously ill	Disordered person	Ordinary person
Experimental group	Before the experiment	6	19	25
	After the experiment	1	18	31
Control group	Before the experiment	7	17	26
	After the experiment	6	16	28

**Conclusions:** The combination of ideological and political education and mental health education in colleges and universities is an inexorable trend in the development of quality-oriented education. In the process of combination of education, the teachers of ideological and political education and mental health in colleges and universities need to find out the problems of combination of ideological and political education and mental health education from the aspects of current education problems and development rules, take pertinent measures to solve them, make full efforts to build professional teachers, define the goal and content of combination of education, create a good campus cultural atmosphere, enrich and innovate educational methods, strengthen educational evaluation and reflection, so as to accelerate the combination of ideological and political education and mental health education, improve educational effectiveness and promote students' all-round development.

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## VALUE ORIENTATION AND CHOICE OF LEGISLATION ON DATA CROSS-BORDER FLOW FROM THE PERSPECTIVE OF COGNITIVE PSYCHOLOGY

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**Background:** Cognitive psychology, a trend of thought and research that arose in the West in the mid-1950s. In a broad sense, it refers to the study of human higher mental processes, such as attention, perception, representation, memory, creativity, problem-solving, speech and thinking. The narrow sense is the contemporary psychology of information processing. That is, using information processing perspective to study cognitive process. Its historical background can be traced back to the ancient Greek era two thousand years ago. Some outstanding philosophers and thinkers such as Plato, Aristotle and so on at that time have made the ponder to memory and the thought such cognition process. Besides the influence of philosophy, we can also examine it from the development of psychology itself and the influence of the interpenetration with some neighboring disciplines.

Cross-border data flow laws and regulations must make value choices between business interests and network privacy, network security and network liquidity, strict standards and loose standards, and national characteristics and international customs. From a global perspective, there are four kinds of value choices under the concept of priority of American business interests, strict legislation under the concept of priority of individual rights in the EU, local access legislation under the concept of priority of Russian data sovereignty, and eclectic legislation under the principle of balanced interests in Australia. Our country needs to establish the legal principle of data sovereignty priority, personal information protection and economic development. The right of network privacy needs to be defined broadly and inclusively in domestic law, and the cross-border data should be supervised by classification. In terms of international law, China should rely on cross-border trade and countries along the Belt and Road Initiative to actively participate in the formulation of international rules from the interregional rules.

**Objective:** Due to the differences in legal culture and value perception among countries on cross-border