

Conclusions: As an important part of college curriculum, ideological and political education in colleges and universities needs to pay attention to how to alleviate students' increasing anxiety. Taking the current situation of college students' learning anxiety as the starting point, this paper explores the impact of collaborative education strategy of college ideological and political education on college students' psychological anxiety, and finds that improving college ideological and political education model combined with education strategy can significantly alleviate students' anxiety and improve students' overall learning ability.

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USING POSITIVE PSYCHOLOGY TO INNOVATE THE EDUCATION OF COLLEGE STUDENTS' SOCIALIST CORE VALUE SYSTEM

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Background: The education of socialist core values for college students is to use activities, methods and methods in class or off-class training and other activities to promote college students to establish correct socialist core values. The construction of socialist core values is the foundation for the construction of college students' correct world outlook and values, as well as also the basis for guiding college students to make a healthy development. The socialist core values reflect the rich connotation and practical requirements of the socialist core value system, which contains the assumptions of the country, the expression of a better life, and the basic moral norms are all measures and means of correct guidance for college students. Use psychology, especially positive psychology, can be correctly grasp when the psychological demands and activities of surrogate college students change, and active psychology can tap the internal potential of college students and stimulate students' enthusiasm in life. Under the action of positive psychology, it can provide constructive suggestions for college students' socialist core value system education, and for college students to form the core logic of the socialist core value system, so positive psychology is an important part of the innovative socialist core value system education for college students, and it is also an important path to promote the development of the value system.

Objective: To explore the learning enthusiasm of college students by using the education of students' socialist core value system, construct the positive quality of students' learning, and cultivate the positive and correct life values of college students.

Research objects and methods: Investigate the socialist core value education methods in contemporary colleges and universities, and design a questionnaire based on the socialist core value education methods in Ideological and political classroom. The questionnaire includes two parts: satisfaction and expectation. These two aspects are measured according to Likert's five points scale. Students are required to score the current situation of education, 1 = very poor, 2 = relatively poor, 3 = average, 4 = better and 5 = very good. 500 students in a university were selected as the research object and a questionnaire was issued. According to the content of the first questionnaire, innovate the education mode of College Students' socialist core value system, and guide the correct values from the cultivation of positive psychology.

Research design: There are two surveys in the study. For the first time, a questionnaire survey was conducted under the traditional college students' socialist core value system to analyze students' views on and attitudes toward education. For the second time, after innovating the education of college students' socialist core value system by using the paradigm of positive psychology, the questionnaire was distributed to the same group of students, the students' views on college students' socialist core value education were analyzed again, and the students' positive psychological situation was counted.

Results: The positive psychological activities of students were investigated and the positive psychological changes of students under different education modes were analyzed. The positive psychological changes of students are shown in Table 1.

Table 1 shows that students' positive psychological evaluation scores have increased significantly after innovative college students' socialist core values education and teaching, and the positive psychological

changes are more obvious with the growth of students' grades. Among them, the number of sophomores, junior and senior students with strong positive psychology accounts for more than 80%, which shows that under the education of Innovative college students' socialist core value system, the overall positive psychological level of college students can be improved. In addition, the gender differences of students are also affected differently. The range of positive psychological changes of girls after receiving education is slightly higher than that of boys.

Table 1. Students' positive psychological score

Positive psychological score	1	2	3	4	5
Freshman (%)	2.7	3.2	4.4	10.4	79.3
Sophomore (%)	1.2	2.3	3.4	10.6	82.5
Junior (%)	1.5	1.6	2.0	9.7	85.2
Senior (%)	0.9	1.1	1.7	6.7	89.6

Conclusions: College students themselves have a good positive psychological foundation, and the changes are more obvious after being educated and guided by the correct socialist core value system. Therefore, using positive psychology to innovate the education of college students' socialist core value system is of great significance. The changes of college students' positive psychology in the results can reflect the effectiveness of the innovative education model. Therefore, in college education, in improving students' academic performance and establishing correct values, cultivating positive psychological quality is an important means.

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EXPLORATION AND PRACTICE OF IDEOLOGICAL AND POLITICAL TEACHING IN COLLEGES AND UNIVERSITIES FROM THE PERSPECTIVE OF PSYCHOLOGY

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Background: Ideological and political teaching in colleges and universities is a course to help students improve their self-cognitive ability. At the same time, the smooth start of the course is also the basis to help students establish correct values. However, due to the dryness of Ideological and political teaching, it is difficult for the ideological and political course to meet the psychological needs of students in the teaching process, which leads to the weak positive psychology of students in the ideological and political course. Therefore, how to innovate, explore and practice the existing ideological and political teaching is not only the key to improve the overall teaching quality, but also an important means to improve students' psychological quality. Many educational theoretical studies at home and abroad praise the implementation effect of performance evaluation, but basically stay in the theoretical research stage, and there is a lack of normative empirical research. For the reform and innovation of ideological and political education, using performance evaluation to analyze the path of teaching reform has higher traceability. Because ideological and political education is a kind of psychological guidance, analyzing the psychological changes of students in Ideological and political teaching in colleges and universities is one of the important means to help the innovation of teaching mode. At the same time, from the perspective of psychology, it is easier to establish a crisis prevention mechanism for college students and solve their psychological problems. Therefore, in teaching exploration, we need to start from comprehensive psychological intervention, quickly control the possible psychological crisis of college students, promote the healthy growth of college students and cultivate a sound personality.

Objective: Combined with the background of China's current curriculum reform, taking the implementation of performance evaluation as the independent variable, the discipline of ideological and political science in colleges and universities as the carrier, the teaching reform ability of ideological and political course as the dependent variable, and using the method of tracking research, this paper investigates the impact of performance evaluation on the teaching reform ability and development of Ideological and political course for a long time.

Research objects and methods: The mental health evaluation scale of Ideological and political teaching is used to evaluate the mental health of college students in ideological and political teaching, so as to formulate the reform plan of ideological and political teaching in colleges and universities. In the process of