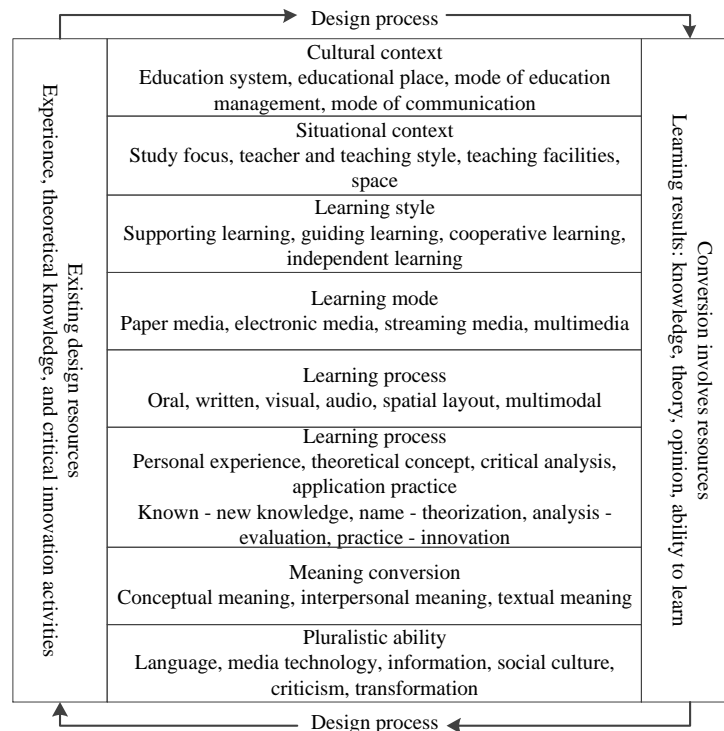


expand their horizons. English teaching can carry out multimodal teaching methods in the aspects of modern language laboratory utilization, multiple literacy training, classroom type and teaching process setting. The multimode teaching model can be realized to cultivate higher vocational talents with better and more practical English ability.



**Figure 1.** Integrated framework for design learning

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## ANALYSIS ON THE APPLICATION OF EDUCATIONAL PSYCHOLOGY IN TEACHING ACTIVITIES OF COLLEGES AND UNIVERSITIES

Jiaoxia Chen & Xiansheng Jin

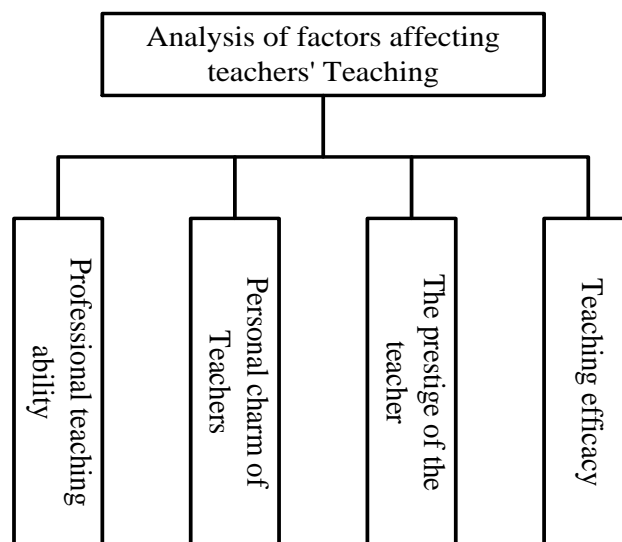
*Jiaozuo Normal College, Jiaozuo 454000, China*

**Background:** With the rapid development of society and the improvement of the national economy level, the teaching in colleges and universities is progressing day by day, and the thought and values of college students are showing positive attitude. The teaching activities in colleges and universities have achieved certain results. But with the development of Internet technology, the popularity of network information and the teaching of higher vocational colleges are facing a great challenge. The research of educational psychology plays an indispensable role in setting up the correct outlook on life and values of college students in teaching activities. It can effectively follow the law of psychological development of college students in modern society. Based on the perspective of educational psychology, Ling Zhanyi analyzed the function of physical education in shaping personality, and put forward effective system and mechanism of educational psychology under the background of personality shaping in physical education, which is of great value for people to understand and grasp the function of sports education in the new period. Lv Yonghong thought that the application of emotional education psychology is very necessary for ideological and political education teaching. She also expounded the connotation of Ideological and political education and the problems and corresponding countermeasures in the ideological and political education in colleges and universities. She Shuanghao analyzed the course of development of psychology of Ideological and political education. She believes that there still exist some problems such as disciplinary location, knowledge structure and sources, research methods and so on. Therefore, we need to pay attention to the practice experience summary and localization theory construction, and strengthen the scientific research of Ideological and political education psychology.

**Study design:** This paper probes into the application of educational psychology in the teaching

activities of colleges and universities, and puts forward some suggestions on the application of educational psychology in the teaching activities of colleges and universities. It provides some measures for the application of educational psychology in relevant universities and enriches the content of teaching activities in universities.

**Subjects and methods:** In daily teaching activities, teachers in colleges and universities first need to understand their psychological characteristics and rules. By constantly enriching themselves, they will better transfer knowledge to students, and achieve the purpose of teaching in colleges and universities. Teachers in Institutions of higher learning are not only concerned with the teaching ability of specialized courses, but also the teachers' personal charisma, teachers' prestige and teaching efficacy will affect the teaching effect of colleges and universities. Not only does the ability of professional professors be paid attention to by the students, but teachers' personal charm, teachers' prestige and teaching efficacy will all affect the teaching effect of colleges and universities, as shown in Figure 1.



**Figure 1.** The analysis of influence factors in teacher's teaching activities

Teachers' professional teaching ability is the basis of teaching activities in colleges and universities. This paper mainly discusses the influence of teacher's personal charm, prestige and teaching efficacy on students. Teacher's personal charm is a recessive form of education. The teacher's dress style, naturally, speech and department level of knowledge will have a subtle influence on the students. No matter the pupils or the middle school students, and the college students, they all have a natural sense of trust in the words of the teacher. The students will take the teacher as an example. In particular, college students will imitate teachers. The dignified teachers are more welcome by students. Teachers' prestige is reflected in teaching activities in colleges and universities, mainly in terms of professional knowledge and extensive knowledge. Teachers with deep theoretical accumulation are more likely to have common topics with students, and their authority and popularity in academic circles will be sought after by students. The main description of the teaching efficacy of teachers is that in the limited time, the idea that teachers teach students can make students understand and use them. Teachers show a positive and optimistic attitude, and effectively choose a variety of teaching methods and ways, so as to create a relaxed and democratic classroom atmosphere, which will increase teaching efficacy.

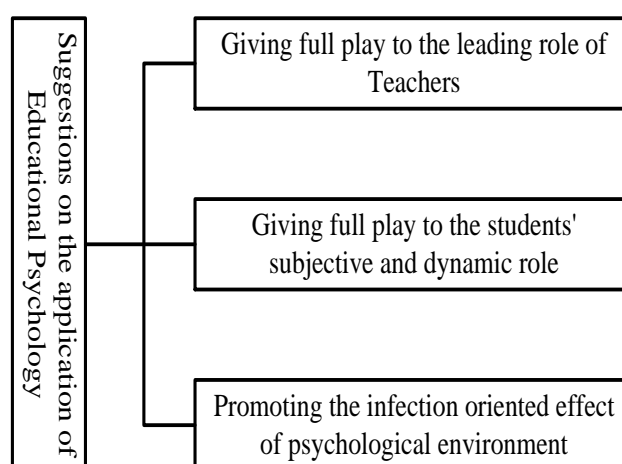
**Methods of statistical analysis:** In order to further understand the actual situation of colleges and universities in teaching activities, effective reform strategies for existing teaching activities are put forward. A college student questionnaire survey is conducted, and SPSS19.0 is applied to deal with the questionnaire data. The content of the questionnaire includes the psychology of teachers, the psychology of students and the interaction psychology of teachers and students in the teaching activities of colleges and universities. 400 questionnaires were issued, 398 were recovered, 16 were invalid, 382 were valid, and the efficiency of the questionnaire was 95.5%. The questionnaire was distributed by random method. During the break time, the questionnaires were distributed randomly in the activity square. The scope of the investigation involves freshmen to graduate student, with a total of six grades and different majors in liberal arts and engineering. The questionnaire survey accords with the principle of comprehensiveness and rationality, which provides reliable data support for the analysis of institutions of higher learning.

**Results:** It is not only the teacher's work to apply educational psychology to teaching activities in colleges and universities, but it is necessary for students to cooperate actively to increase the interaction

between teachers and students. Based on the results of the previous analysis and questionnaire survey, the suggestions for the application of educational psychology to teaching activities in colleges and universities are proposed, as shown in Figure 2.

In the teaching activities of colleges and universities, the psychological effect of educational psychology should be given full play. On the one hand, the first impression should be brought into play, and the first impression of a person is important to a person's own image. In the first time to see the students, teachers should pay attention to their appearance, speech and deportment, so as to give the students the first good impression. On the other hand, it should be appropriate to play the effect of teachers' expectation. In teaching activities, students should be encouraged appropriately. Or through some ways, such as eyes and actions, teachers let students feel their expectations, so as to improve their enthusiasm and promote their development. Teachers play an important role in teaching activities in colleges and universities.

Teachers should make full use of the relevant knowledge and methods of educational psychology, transform teaching methods, give full play to the guiding role of teachers, and promote the all-round development of students through related teaching activities. On the one hand, we should use the practice teaching method to apply the knowledge that college students learn in school to life practice, and do psychological tracking investigation on students in real time, so that we can know more about students' learning psychology. On the other hand, the theory of affective teaching is applied in teaching methods, which educates people with "emotion". Adding emotional elements to the teaching activities can not only gain the students' trust, but also enrich the students' emotional consciousness and cultivate the students' noble moral character.



**Figure 2.** Schematic diagram of the application of educational psychology

In the teaching activities of colleges and universities, we should pay more attention to the psychological guidance to students, so as to solve the psychological problems of students and to better adapt to the life of the school. School teachers should carry out lectures on mental health of college students. Through lectures, students can fully understand some psychological knowledge and learn to dredge their own psychological problems. Besides, school teachers should talk to some students who are in need. It is helpful for them to establish friendly relations and guide students to get out of their mental dilemmas.

In the teaching activities of colleges and universities, the teachers' active education is inseparable from the active initiative of the students. Only teachers and students interact with each other, it can play the role of educational psychology. The purpose of colleges and universities to carry out various teaching activities is to promote the full development of students and promote the development of students in all aspects. First of all, we should let students know themselves correctly, identify their strengths and weaknesses, learn from each other's strengths, accept new things, change their old concepts, and strive to develop and improve themselves. Secondly, in our teaching activities, we should strengthen the shaping of self-personality, and strengthen our body, mental health and emotional coordination, so that we can shape our personality. Finally, college students should strengthen emotional communication and communication with students through relevant teaching activities, and establish good interpersonal relationship.

In teaching activities, students should first establish a good individual inner world. According to Maslow's hierarchy of needs theory, we need to constantly realize self needs from seven levels, so that we can improve our enthusiasm for learning and make ourselves able to work hard and devote ourselves to learning. Secondly, when you put yourself into the study, students should have strategic learning to improve their learning efficiency and realize their own needs. Finally, it is necessary to amend the self - learning behavior and develop good learning habits so as to improve the level of self - personal ability.

In colleges and universities, we should create a harmonious teaching atmosphere in teaching activities. On the one hand, teachers should focus on strengthening relations with students, strengthen communication with students and understand students' needs. The teacher will genuinely care for students. They will not only become the "mentor" of student, but also do the student's "good friends", and good at discovering the advantages of students. On the other hand, we should pay more attention to the building of the atmosphere in the classroom. The classroom teaching should be vivid and visualized, so as to improve students' participation and enable students to get involved in class and get relevant knowledge they want to acquire.

In teaching activities, students tend to talk to friends. Therefore, schools should be attached to the psychological associations of college students and carry out psychological associations, so that students can participate in the activities of related psychological associations. Through the related community activities, the concept of mental health is disseminated, and the psychological assistance of college students is given. Besides, schools should cultivate class psychological committee members in teaching activities, who can concentrate on the psychological status of students in the class, and make relevant feedback to schools in time. The barriers to communication between the peers will be reduced, and the prevention of each other will be reduced. Therefore, the optimization of peer psychological environment cultivates students' healthy personality.

**Conclusions:** The educational activities of colleges and universities are not only related to the development of students and schools, but also to the development of the society as a whole. The increasing pressure on life at this stage increases the psychological pressure of teachers and students. In order to effectively apply educational psychology to teaching activities, this paper analyzes the factors that affect the teaching activities of colleges and Universities. This paper analyzes the application status of educational psychology in teaching activities through questionnaires, and puts forward suggestions for improving the application of educational psychology, so as to provide improvement measures for teaching activities in related universities.

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## OPTIMIZATION STRATEGY OF CURRICULUM CONSTRUCTION OF PRESCHOOL EDUCATIONAL PSYCHOLOGY

Xunhua Wu

*Department of Preschool Education and Special Education, Ganzhou Teachers College, Ganzhou 341000, China*

**Background:** Curriculum education reform puts forward higher requirements for the teaching quality of preschool education curriculum. As for the key factors to improve the teaching quality, it is inseparable from the optimization of effective teaching strategies. Teaching strategy is an important part of the whole curriculum teaching design. Effective teaching strategy can not only effectively improve the teaching quality of corresponding courses, but also stimulate students' learning enthusiasm and learning enthusiasm to the greatest extent. So, in the process of preschool psychology teaching, what aspects should we start from to optimize the teaching strategy, which can not only comprehensively consider from the perspective of students, but also ensure the quality of curriculum teaching to the greatest extent?

**Subjects and methods:** With the economic development of the times and the continuous promotion of curriculum reform, the teaching of preschool psychology has attracted extensive attention from all walks of life. To effectively optimize the classroom teaching of preschool psychology, first of all, it is inseparable from the careful design of lesson preparation and the rational use of teaching methods in the specific teaching process. In short, only by combining the specific characteristics of preschool teachers' major with the characteristics of preschool psychology, can we really optimize the teaching strategy.

**Study design:** In the current teaching of preschool education, psychology course is a very important content, which has an important impact on the improvement of students' psychological quality level. Therefore, it is necessary to carry out psychology course teaching effectively. In the current psychology course teaching, in order to achieve satisfactory results, it is necessary to carry out the course construction effectively, so as to provide a better foundation and guarantee for the development of psychology course teaching. This paper analyzes the optimization path of preschool education psychology curriculum construction, so as to make the psychology curriculum construction get a satisfactory effect, and then make the preschool education psychology curriculum teaching get a satisfactory effect.

**Methods of statistical analysis:** In the current curriculum teaching of preschool education, psychology curriculum has become a very important content and component. Therefore, it is necessary to effectively carry out the construction of psychology curriculum in order to achieve better psychology curriculum