

example teaching method in finance and taxation teaching. That is to encourage students with advanced figures as an example and carry out positive education for students. From the perspective of education and mental health, it is also in line with their cognitive characteristics and has received good results. Selecting advanced figures as examples should be selected from those familiar to students or graduated from our school, so that the distance between advanced figures and students is closer and more powerful for students to accept learning. When students imitate, they will be shocked to form positive thoughts and emotions, and turn these internal emotions into actions. At the same time, teachers should also pay attention to the influence of excellent students in their class on other students, and timely affirm and praise the students' good ideas and habits in different forms, so as to form a good atmosphere of learning and catching up with and surpassing the advanced for a class. Of course, teachers should also note that the class can not set an example, because it is too unlikely for backward students to catch up. After a long time, they will lose confidence and enthusiasm for progress and can not get the expected effect. Therefore, they can set different examples according to the actual situation of class students. It should also be noted that the example is not invariable. Whoever catches up with or exceeds the self-set example will naturally become the example of other students. Only in this way can we encourage students to make continuous progress.

Conclusions: In the modern education and teaching system, how to effectively use education and personality training in teaching is a very systematic education and teaching topic. All colleagues need to constantly strengthen their psychological knowledge, constantly improve their psychological teaching thinking, and constantly actively explore and practice in specific teaching. The correct application of the guiding role of education and personality mental health can bring a very effective and positive role to the teaching work and greatly improve the teaching level.

Key words: mental - finance and taxation - teaching

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THE INFLUENCE OF SPORTS ON COLLEGE STUDENTS' PHYSICAL AND MENTAL TEMPERAMENT AND PERSONALITY

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Background: At present, people live in the rapidly developing information age, and society changes with each passing day. In such an environment, people's pace of life is faster and faster, and they are facing more and more pressure, especially for college students. In recent years, the physical and mental health of many college students in China is not optimistic. Students' physical fitness is declining and their psychological quality is getting worse and worse. Therefore, it is urgent to improve the physical and mental health level of college students. Sports plays an important role in promoting the development of students' physical and mental health. This paper also hopes to make people, especially college students, better understand the role of sports in promoting their own development, actively participate in various sports activities, so as to improve their physical and mental temperament and better develop themselves. Therefore, the research on the role of physical education in promoting college students' physical and mental health is of great significance.

Goal: college students are the future of the country and the hope of the nation. They shoulder the great task of socialist construction and national rejuvenation in the future. Therefore, whether for the country or the nation, it is very important to promote the healthy development of College Students' physical and mental temperament, and sports plays a great role in this regard. In today's world, with the improvement of people's living standards, the development of modern society and the prosperity of culture, sports have also developed rapidly, showing a good momentum of development. At present, sports has become an important part of people's daily life, especially college students. It can not only regulate the physical state of college students and promote the improvement of their physical quality, but also is of great significance to promote the development of their personality and temperament.

Research objects and methods: 1. Promote healthy development. Scientific research shows that sports have a good effect in promoting people's physical development and shaping body shape. For college students, the university stage is an important stage of their growth and development. The development here not only refers to the growth of knowledge and their own maturity, but also includes the development of the body. Although the physical development of college students has entered a later stage, physical education still plays an important role in promoting physical development through systematic physical exercise. For example, adhering to physical exercise can stimulate the regeneration and growth of bones and make people grow healthily.

2. Promote the improvement of various functions of the body. Human functions include the efficiency of various organs and the metabolism of the body. The so-called metabolism refers to the material and energy exchange between the human body and the external environment, as well as the self-renewal process of material and energy in the body. It includes eight systems, including digestive system, circulatory system and motor system, which are important components of human health. Only by maintaining the normal operation and good metabolism of various organs of the body can a person be regarded as the real health of the body and work and study better. For example, through various exercises, we can effectively exercise the functions of various organs of the body, accelerate the metabolism of the body and promote the improvement of physical quality.

3. Teachers should pay attention to the subtle influence on students and establish a good image, civilization and elegance. To create a pleasant, harmonious, civilized and equal teaching atmosphere, we must cultivate students' good moral quality. Only when you have morality and care about the quality of others will you give up your seat to the elderly on the bus. To show humility, honor, courtesy and respect for the elderly. Similarly, only when students show good morality, such as music groups and cooperation, can they show their bad temper of being lonely and independent. Therefore, in daily life, teachers should set an example and cultivate students' moral emotion. Cultivate moral behavior, make children become noble people, and make children naturally have good external temperament.

Results: 1. The impact of sports on mental health. (1) Eliminate mental fatigue and effectively relieve pressure. With the development of society, higher requirements are put forward for the comprehensive quality of college students. In order to meet the needs of social development, college students can only improve and enrich their knowledge field through continuous learning. Therefore, the learning pressure is extremely heavy, which has a serious impact on the mental of students. At the same time, Due to the increasingly fierce social competition, students must face the cruel reality of competition during their study in school, resulting in the exhaustion of students, Sports have become the most effective means for students to relieve stress and relax. Sports can transform mental fatigue caused by various pressures into physical fatigue. Generally, physical fatigue is easy to recover after rest, while mental fatigue is not easy to adjust. After mental fatigue is transformed into physical fatigue, it will recover with the recovery of physical fatigue. Moreover, in sports, People's spirit focuses on sports, can temporarily put aside all kinds of pressure problems, make them feel happy, and their mental can be effectively relaxed and adjusted.

(2) Promote interpersonal communication and enhance the spirit of cooperation and team consciousness. Good interpersonal relationship plays an important role in promoting the development of College Students' mental health. Sports, as a medium of interpersonal communication, effectively maintains students' communication, communication and coexistence, so as to form a good interpersonal relationship of equality, mutual assistance and mutual respect, Most sports belong to collective projects. In the process of activities, students need to unite with each other and work together to achieve their goals. Therefore, it helps students form a good spirit of cooperation and a high sense of collective honor. It can be seen that regular participation in sports activities can improve students' individual social communication ability and adaptability, At the same time, the team consciousness and cooperative spirit formed in the process of physical exercise play an important role in promoting college students to enter the society, adapt to the society and realize their healthy development in the society.

(3) Cultivate perseverance. In sports, people need to constantly surpass themselves in order to achieve changing goals. In this process, they need indomitable, indomitable spirit and perseverance as support. Therefore, regular participation in sports can promote the formation of good will quality of exercise individuals. Compared with college students, good will quality formed in sports can effectively alleviate or eliminate the adverse effects caused by mental problems such as cowardice, fear and escape, It is a solid mental foundation for overcoming all kinds of difficulties in study and life.

(4) Improve the ability of comprehensive quality and highlight the development of personality. From the perspective of mental, sports belong to the category of skills. Skills are the behavior mode consolidated through practice, and skill training is conducive to the cultivation of comprehensive quality. Sports need agile action, rapid response, accurate judgment, wit and flexibility of the mind, At

the same time, the improvement of comprehensive quality and ability is the basis for training individual personality. Therefore, compared with college students, regular participation in sports can not only promote the effective improvement of their comprehensive quality, but also make them cheerful and lively Good personality characteristics, such as unity and fraternity, caring for others, boldness and calmness, enable students to form and have strong tolerance and affinity.

2. Application strategies of sports in college students' mental health education. (1) The sports center is equipped with an auxiliary classroom for mental adjustment. Sports play an important role in pressure release. In order to help college students relieve mental pressure and mental problems, a mental counseling and counseling classroom can be set up in the sports center to facilitate students' mental talk. College students choose sports to vent their pressure and dissatisfaction, mostly due to dissatisfaction in life and study or problems in interpersonal communication. Through mental counseling and guidance, it is helpful for counselors to understand students' real inner thoughts, clarify the root causes of students' mental problems, help students solve their own mental problems, open students' hearts and make students quickly get out of the mental shadow. At the same time, we can also recommend corresponding sports methods for students according to the degree of students' mental problems, so that students can maintain a good mental level through sports. For example, although running is conducive to releasing pressure, we can't run uncontrollably in the process of running, but have a certain breathing rhythm, so as to make both body and mind in a more comfortable state. Gradually guide students to face life and solve problems with an optimistic mood.

(2) Carry out diversified forms of sports. There are many forms of College Students' sports, and each form of sports can alleviate students' mental pressure. Therefore, in physical education teaching, teachers should not only guide students to exercise, but also assist students to relieve their mental negative emotions, and organize diversified sports forms in combination with the actual situation. We can attract students to join sports through rich forms of sports, maintain a healthy mental and alleviate the pressure of learning. For example, teachers can organize sports clubs, and different sports lovers can choose corresponding clubs according to their own preferences, so as to enhance students' interest in sports participation, meet students' sports needs, and create a good sports environment for students. After a period of sports training, sports competitions can also be organized, which is not only conducive to the test of students' sports situation, but also conducive to enhancing the friendship between students and helping students establish good interpersonal relationships. In addition, in sports, teachers need to pay attention to students' emotional fluctuations. If students are found to have bad emotions such as depression, they must carry out timely mental counseling for students, and promote the development of students' physical and mental health through the integration of sports and mental health education.

(3) Carry out group sports and strengthen students' interpersonal communication. Sports include many group events. In group sports, team members need to cooperate and communicate with each other. Therefore, in the process of participating in these sports, it is conducive to shorten the distance between students and improve students' interpersonal skills. Especially for freshmen, it is conducive to communicate more friends and quickly integrate into the new environment. Moreover, sports can create a good activity atmosphere, break professional restrictions and promote interpersonal communication. For example, in basketball sports, students come from different majors. When they meet for the first time, they are unfamiliar, which will produce a sense of strangeness and alienation. At this time, teachers can arrange some group activity warm-up activities. In the warm-up activities, we will get familiar with each other soon, and the teaching atmosphere will be more pleasant when we officially start teaching. In sports, emphasizing the cooperation and mutual help between students, improving the tacit understanding between students, promoting students' interpersonal communication and improving students' cooperation ability plays an important role in the cultivation of students' good quality and mental counseling.

Conclusions: As we all know, a person's health is the unity of physical health and mental health. Both are indispensable and equally important. It can be seen from the above that sports not only play a positive role in promoting students' body shape, physical function and physical quality, but also have a positive impact on College Students' emotional improvement, will shaping and personality training. Therefore, in order to effectively protect the physical and mental health development of students, colleges and universities should strengthen the publicity and construction in this aspect, let students really realize the importance of sports, encourage students to actively participate in sports and form good sports habits.

Key words: mental health - physical - students

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A RATIONAL ANALYSIS OF THE SPIRITUAL AND MORAL ASPECTS OF APPLIED LINGUISTICS IN TEACHING

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Background: Applied Linguistics holds that people should rebuild the teaching system of language at the moral level and connect language with context and social ideal practice. In recent years, the application of Applied Linguistics in spiritual teaching has been expanding, which has effectively improved the practicability of language discipline. This paper mainly analyzes the orientation of Applied Linguistics in the teaching of moral society. This paper discusses its teaching application characteristics and curriculum evaluation system. Applied linguistics has two definitions: narrow and broad. In a narrow sense, this discipline mainly studies cross-cultural communication terms and language teaching, and mainly focuses on the interior of the language discipline. In a broad sense, applied linguistics has been fully applied in the fields of sociology, psychology, philosophy and logic, and has certain guiding significance for the design of professional terms in various disciplines. It covers a wide range of Applied Linguistics fields, such as the correction of grammatical errors, the application of basic vocabulary and other theoretical support disciplines. Applied linguistics is mainly used in linguistic fields related to communicative discourse errors, including lexicography and grammar. It solves the problem of expression when we apply syntactic theory to communication in our daily life. According to the relationship between linguistic theory and application, some scholars regard applied linguistics as "the method to solve grammatical problems" and "the standard to deal with the logical relationship between all sentences", and compare it with the set stage of various language expressions. Due to the vague use of some words, it is easy to cause misunderstanding in practical communication. Therefore, in language teaching, intermediary function is the teaching focus that can not be ignored.

Objective: For colleges and universities, students' learning and employment will have an important impact on the development of the school. Therefore, in language teaching, colleges and universities should not only pay attention to students' mastery of theoretical knowledge, but also pay attention to students' use of language. Applied linguistics is a commonly used theory in language teaching in Colleges and universities. It is also a secondary discipline of foreign languages and literature. It aims to cultivate talents engaged in foreign linguistics and applied linguistics. Its application in English teaching is effective and will be of great benefit to students' future development.

Subjects and methods: With the policy of one belt, one road, and the increasingly close international economic and cultural exchanges, people pay more attention to the practical application of foreign language in Chinese language teaching. This requires colleges and universities to truly make students useful from the perspective of students' major and combined with the needs of industry and social development.

Results: 1. Teachers should strengthen their professional knowledge and combine subject knowledge with mental. Han Yu said that "teachers preach, teach and dispel doubts". The function of teachers is to impart knowledge and solve students' doubts. A good teacher must do these two aspects properly. Imparting knowledge is like a peerless master in martial arts novels, sparing no effort to teach what he has learned all his life. Teachers, too, often inculcate us in the teaching process for fear of forgetting what important knowledge points. Good teachers will use their professional knowledge and experience to formulate a systematic teaching plan. In the teaching process, they will give full play to their professional knowledge in combination with teaching elements such as teaching content, teaching objects and teaching methods. "Dispelling doubts" is the further development of "preaching and teaching". After students initially understand what they have learned, there should be many related problems to be solved, and teachers need to know how to dispel doubts and teach? As the saying goes, "knowing yourself and the enemy is invincible in a hundred battles". Teachers should first understand what students don't understand in order to solve their doubts. This requires that teachers not only have the knowledge in textbooks, but also have relevant mental knowledge, timely grasp students' mental dynamics, grasp students' mental state, and let students better accept new knowledge, so as to "win a hundred battles". There are great differences between Chinese students and domestic students in thinking mode, learning methods and mental dynamics. It is urgent for teachers of Chinese as a foreign language to have professional knowledge and mental related knowledge.

2. Teachers should communicate deeply and fully stimulate students' interest in learning. We all know that "interest is the best teacher". If people are interested in a thing or something, the process is always difficult but beautiful, and the effect is always twice the result with half the effort. Therefore, to stimulate students' interest is to fully stimulate their subjective initiative, give full play to the positive