

part of the picture, so as to produce a gray upper edge of the picture and guide the audience to produce an emotional experience of "frustration". When Xiaoxin is happy, he also uses color to render and create an appropriate atmosphere to accurately express the emotions of animated characters.

Conclusions: Color psychology requires every film and television animation producer to thoroughly analyze the audience expressed by the animation's own theme. Only by reasonably borrowing the audience's emotional identity for color, can color play its role better, strengthen the storytelling and coordination of the whole work, and make the picture of the work more dynamic and beautiful, The thoughts and emotions of the works can also be further strengthened and reflected, effectively promoting the audience to invest in the story development of film and television animation works. Finally, the use of film and television color should establish the emotional identity of plot or character shaping and transfer it back to the color itself as the goal, so as to better make the color become the "gold lettered signboard" of their own film and television animation works.

Key words: psychology- color - film

* * * * *

THE IMPORTANCE OF MENTAL HEALTH EDUCATION IN COLLEGE STUDENTS' TWO COURSES OF EDUCATION IN THE NEW ERA

Beiyuan Li

Shanxi Energy College, Teaching Department of Ideological and Political Theory, Taiyuan, 030006, China

Background: Nowadays, with the emergence of new social elements, college students' Outlook on life and values have become diversified, and the social competition is becoming more and more fierce. In this process, college students' mental health defects are particularly prominent. Therefore, in the process of two courses of education, it should be combined with mental health education to establish a sound personality quality and efficiently complete the work of Two courses of education. Therefore, this paper will start with the psychological education of college students, and realize its importance to ideological education by understanding its relationship with two courses of education.

Objective: Mental health education and two courses of education are the top priority of college education, and they are closely related. By introducing the meaning of College Students' mental health education, this paper analyzes the relationship between them from the four perspectives of educational content, educational objectives, educational methods and educational environment, and focuses on the value of mental health education in college students' Two courses of education, so that we can better understand the importance of mental health education in college students' Two courses of education, This paper puts forward some suggestions on the effective integration of mental health education and two courses of education.

Subjects and methods: There are some differences between the two. Mental health education mainly takes pedagogy and psychology as the core. Its main purpose is to shape students' psychological quality, improve students' cognitive ability and promote students' rational development by using and improving students' psychology and personality, so as to achieve the purpose of establishing students' healthy psychology. The two courses of education mainly focuses on Marxism Leninism, sociology, ethics and politics. The main purpose is to establish students' values, outlook on life and world outlook, let students have their own ideals and goals for themselves, and use the way of Two courses of education to educate students' thoughts.

The focus of education is different. Each of these two teaching methods and disciplines has its own way of education. Two courses of education and mental health education belong to different teaching directions. They have different emphases involved in educational tasks and determine different directions. Among them, mental health education attaches importance to students' psychological aspects. The main purpose is to cultivate students' psychological quality from the aspects of students' mental state, personality quality, anti Strike ability and environmental adaptation. Two courses of education focuses on a person's ideological level. It is mainly to educate people's thought, educate people's legal consciousness and standardize people's morality and ethics.

There is some correlation between the two. Mental health education is not only the basic premise of Two courses of education, but also an important way to improve the effectiveness of Two courses of education. Whether a person's mental health is really healthy, the degree and breadth of health can greatly affect the acceptance of a person's two courses of education. Only with a healthy mind and a pure

heart can we lay the foundation for the development of Ideological work and create conditions for the development of Ideological and moral education. At the same time, in the two courses of education, we can take the psychological problems of college students as a breakthrough, solve the psychological problems of students through ideological work, and establish a healthy, positive and optimistic attitude for students, so as to establish a correct world outlook, understand their own values, so as to develop healthily.

Results: Follow the cognitive law. Guide personal understanding. People's understanding comes from social practice and people's experience of society. Human cognition has a process from perceptual to rational cognition. This process is also a process of psychological experience and accumulation. The individual's political, ideological and moral cognition comes from social existence. It is a concept formed by social existence through the reflection of human brain and a series of psychological processes. Because the living environment and knowledge background of college students are different from other peers, the development of their personal cognition also presents many different characteristics, mainly as follows: College Students' self-awareness is self-conscious, realistic and objective; They experience themselves sensitively and strongly. It is rich; Self regulation, initiative and persistence. Have enthusiasm; The self-image design is strong, rich and perfect. Although the level of self-awareness of college students is generally high, there are bright and wet differences in the development of self-awareness among students of different grades. Freshmen, junior and senior students' self-awareness develops with the increase of grade. Sophomores have the lowest self-awareness, the sharpest inner contradictions and conflicts, the most intense ideological struggle, and the most time to review and prospect. It is the most unstable period in the relatively stable stage of College Students' self-awareness. Contemporary college students are in a specific era of rapid changes in the times, rapid expansion of information and the influx of various ideas, which often leads to deep thinking and many "hot spots" for college students with agile thinking and active thinking. They have a leap of confusion in thought and a tendency of diversification in cognition. Ideological workers in Colleges and universities should stand at the height of the times and start from the reality of College Students under the situation of reform and opening up. They should not only have keen vision and solid scientific theoretical foundation, but also apply appropriate methods. We should also strive to study the psychological process of College Students' cognition, starting from the law of cognitive psychology. Correct the cognitive deviation of college students and carry out scientific guidance in order to realize the scientific transfer of College Students' inner beliefs.

Adapt to the needs, motivation and stimulate the pursuit of life. Need is the reflection of the physiological and social objective needs of life in the mind. When people's needs have conditions that can be met, there is a subjective desire and motivation to meet this need. Then produce the action to realize this subjective desire. Therefore, need is the basis and root of human behavior, and motivation is the direct reason for people to engage in certain activities. Need plays a very important role in people's life practice. Therefore, understanding and seriously solving the needs of college students in Ideological work in order to form noble motivation is of great significance to change students' thoughts and fully activate their enthusiasm. The needs of college students are diverse. Generally, it can be divided into two categories: material needs and spiritual needs. For school students, the most prominent needs are the needs of life (mainly diet), knowledge, health, help, honor, literature, entertainment and physical exercise, love and so on. Only by correctly treating the various needs of students and recognizing their rationality, can our ideological work have a solid ideological foundation. It should be noted that there are still some ideological problems in practical work. It is often because we do not treat some needs of students correctly. Therefore, in the ideological work, we must first learn to adjust the balance and do a good job in the transformation of needs. For unreasonable, unrealistic or reasonable needs that can not be met at the moment, we should limit and deny them with the party's policies, decrees and regulations, so as to keep the needs of students balanced and restrained. Because people's needs continue to develop from low level to high and low level, and will not stay at the same level. The same is true of Ideological work. Secondly, ideological workers should be good at transforming students' knowledge needs and talent needs into college students' own needs, forming the internal motivation of the group, and giving full play to students' subjective initiative to work hard for the four modernizations. Third, ideological workers should timely and correctly guide students to turn social needs into individual practical actions when there is a contradiction between individual and collective needs. Make individual behavior consistent with the needs of the collective, rather than being bound by temporary interests.

Implement emotional infiltration and promote ideals and beliefs. Emotion is the dynamic factor of psychology. It is an inner experience based on whether personal needs are met and expressing love, hate, likes and dislikes for objective things. Human emotion is an advanced psychological element formed in the historical development of human society. It has the essential attribute of society and contains the unique social significance of human beings. For individuals and groups. Emotion has strong driving force and cohesion. In the process of people's cognition, emotion is one of the basic conditions of cognitive

activities. It is the most active and constant factor in the cognitive structure. It accompanies the occurrence process of human cognition from beginning to end. The emotion of contemporary college students is complex, turbulent and subtle. They often rejoice that their needs and wishes are met, and are pessimistic and disappointed that they can't be met for a while. Their emotions are generally easy to be exposed, and their joys, sorrows and joys are expressed in words, but sometimes they are introverted and closed. This is due to the development of their self-consciousness, strong self-esteem and self-confidence, and they are unwilling to easily reveal their inner secrets and real thoughts to others. If students do not want to talk psychologically with leaders or tutors, they think it will not solve the problem. If the door is locked, then the ideological work will be difficult to be effective. Emotion controls the opening and closing of the door of people's mind and plays a filtering and catalytic role in accepting the influence of foreign education. The ideological work in Colleges and universities should follow the law of emotional and psychological process. Pay attention to meeting students' emotional needs. Carry out the education of emotional communication, rationalization and human reason. This requires ideological workers to care, influence, stimulate and cultivate students' positive emotions with noble and passionate emotions, overcome negative emotions and give full play to the positive role of emotions in life practice. At the same time, students should be full of love, strive to open their hearts with emotion, and strive to enter their spiritual world, so as to guide college students to continuously sublimate their ideals and beliefs intellectually, and establish the ambition and ambition of studying hard to realize the four modernizations and revitalize China; Emotionally, it constantly sublimates the sense of pride and responsibility for the motherland and the nation, and the sense of honor and obligation for the school class collective. It is the highest goal pursued by mankind to contribute to the motherland and the collective; In terms of aesthetics, we constantly sublimate the pursuit and cultivation of spiritual beauty, behavioral beauty, language beauty and appearance beauty, and shape our life with healthy, stable and noble emotions. Only through emotional communication with students. Only in this way can we deeply understand the emotion, emotional tendency and state of the object of moral education, start emotion, guide love and hate, cultivate will, and carry out targeted education.

Attach importance to will character. Shaping perfect personality will is people's psychological character to consciously overcome difficulties and complete predetermined tasks. It is not only a basic part of psychological factors, but also a prominent expression of people's initiative. College students belong to a higher level of social knowledge. Due to the increase of their knowledge year by year, their practical ability is increasing, and their level of will and character is also improving. In learning, competition and social life, the will is exercised accordingly. However, most contemporary college students grow up under good learning and living conditions, and in the atmosphere of social respect for knowledge, talents and exam oriented education. Their life path is relatively smooth. Less frustration. When they enter the University, their self-awareness increases rapidly and their awareness of participating in society increases year by year. In the face of various stimuli brought by the rapid development of society and the new characteristics of college life, their psychological stereotypes have been broken and their psychological shortcomings of weak will have been exposed. When they encounter difficulties in learning, obstacles in interpersonal communication, failure in competition and frustration in love, some students will be at a loss, at a loss, resulting in a sense of loss and doubt. Especially when the frustration intensity is strong or the time is long, such as weak will, you can't adjust yourself in time. It may change from loss to inferiority, disappointment, even disheartened, mental depression, serious psychological obstacles, leading to light people to suspend or drop out of school. Serious people run away and commit suicide. Therefore, ideological workers in Colleges and universities should follow the psychological law. Pay attention to the cultivation of students' will quality. First, through systematic and effective education and practice, we should help college students enhance their consciousness of studying hard, exercising hard, paying attention to morality and pursuing perfection, and stand up and be willing to contribute at a critical juncture. Perseverance in the face of difficulties, determination to forge ahead and self-determination in the conflict between emotion and reason have made him a new generation with firm will; Second, we should guide students with correct ideological and moral theories, inspire students with the deeds of heroes, models and advanced figures, and inspire students with educators' own personality strength to make their pursuit clear and specific.

Conclusions: In a word, it is very important to integrate mental health education into the process of Two courses of education. In the process of education, educators should follow the law of psychological development and ideological law, so as to enhance students' psychological quality, promote the development of students' comprehensive quality, and cultivate generations of high-quality talents for the society.

Key words: mental health - education - students

* * * * *

STUDENT EDUCATION AND MANAGEMENT STRATEGY BASED ON PSYCHOLOGICAL DEVELOPMENT NEEDS

Donghai Li

Concord University College Fujian Normal University, Fuzhou, 350117, China

Background: In education and management, psychology and education complement each other. Many principles and theoretical knowledge in psychology have strong guiding significance for education, especially in student management, we need to take scientific and reasonable management psychology as guidance, so as to improve the scientificity and effectiveness of student management in Colleges and universities. Management psychology has developed into a more complex and comprehensive discipline. Management psychology is integrated according to the practice of educational management in China, and gradually becomes a new discipline suitable for the management of colleges and universities in China. It effectively makes up for the defects and deficiencies of traditional teaching management and promotes the development of educational management in Colleges and universities. The application of educational psychology in the new era in college student management can mobilize students' initiative, broaden students' vision, give full play to students' subjective initiative, promote students' personalized psychological development, and meet the needs of China's educational management practice.

Objective: College time is the golden age of life. College students' three outlooks are gradually formed in this period. The school is not only an important place to teach basic theoretical knowledge, but also a key place to establish morality and cultivate people. The age characteristics of college students lead to poor consciousness and lack of communication with their teachers. Student management plays an important role in college education and is of great significance to the growth of college students. However, there are still many deficiencies in student management in Colleges and universities. It is necessary to strengthen the management of students in Colleges and universities and improve the effectiveness of student management in teaching schools combined with scientific and reasonable management methods. Management psychology is produced by the need to improve the management of college students, which has important guiding significance for college education and management. In view of this, based on the understanding of management psychology, this paper puts forward the application methods of management psychology in college student management, so as to improve the effectiveness of college student management.

Subjects and methods: 1. Environmental factors. Environmental factors can be divided into social factors, family factors and school factors. Social factors are caused by social and economic development. China is in the high-speed stage of economic development, the process of economic globalization is accelerated, and the market competition tends to be white hot. The personnel system and employment system are constantly updated with the market competition, while the education system reform fails to follow the market reform. The theoretical knowledge learned by college students is no longer suitable for the needs of employers, and some even run counter to it. Contemporary college students have high expectations for society and life, and have corresponding vitality and passion. Under the impact of reality, they are more likely to have gap and even self doubt, and more likely to promote confusion and anxiety. Family education is the top priority of students' education. The values and outlook on life of family members directly affect the formation of psychology and personality of contemporary college students. Now the vast majority of college students are only children. Their parents dote on them. They are easy to be selfish, lonely and can't deal with interpersonal relationships. Some poor families borrow money for their children to study. Such students are easy to feel inferior and have serious psychological pressure. School education is related to the future of students. Relevant data show that at present, the curriculum of colleges and universities in China is increasing. The students trained by colleges and universities are a group of theoretical experts with high eyes and low hands, poor physical quality, lack of solid practical foundation, and can not meet the needs of the society. School theory runs counter to work requirements, students' learning conflicts with practical operation, difficult employment, high pressure and relatively negative.

2. Students' own factors. Students' own factors, such as psychology, personality, mode of thinking and body, are the main problems in the management of colleges and universities. In terms of psychology and mode of thinking, at present, the psychological endurance of college students is generally poor. Due to the pampering of their parents and the difference between the University and the previous learning stage, some students have a sense of loss and frustration. With the rapid development of science and technology in China, the society is more open, the communication among students is also increasing, and the motivation is more complex. However, college students' emotional management is not in place and can not correctly deal with psychological problems. Once stimulated or contradictory, their emotions will be depressed and even retaliate against others or self harm, This is also the reason for the increase of suicide cases among college students in recent years. In addition to psychological factors, students' own factors