

of conduct in line with social requirements are the key to improving business level, the necessary condition for cultivating talents, and an important way to promote the improvement of College Students' professional psychological quality.

**Subjects and methods:** Using the method of combining theory with practice, this paper expounds from three aspects: the connotation of civilized etiquette education and college students' professional psychological quality, the significance of civilized etiquette education to college students' professional psychological quality, and how to strengthen the cultivation of College Students' civilized etiquette education in higher vocational colleges. The purpose is to provide guidance and reference for the promotion and development of civilized etiquette education in higher vocational colleges.

**Results:** This paper holds that civilized etiquette education is conducive to improving college students' service awareness and ability, cultivating college students' mental health, Shaping College Students' healthy physique and service image, and building a harmonious and civilized campus atmosphere. Higher vocational colleges should strengthen the teaching of civilized etiquette knowledge, strengthen the common management and construction of classroom, dormitory and campus civilization, establish the theme activity month of College Students' civilized etiquette education and improve the relevant systems of civilized etiquette education.

**Conclusions:** In short, the status of civilized etiquette education theme activities should be improved, especially in higher vocational colleges. It is closely related to the quality of students and coincides with the training objectives of school students. Promoting and strengthening civilized etiquette education is an urgent work in higher vocational colleges. The development of etiquette civilization education is bound to improve students' psychological quality, have a profound and long-term impact on students, and train qualified citizens for the society in the new era.

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## **PRACTICE PRESSURE AND EMOTIONAL GUIDANCE OF POST PRACTICE OF HOTEL MANAGEMENT SPECIALTY**

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**Background:** Post practice is an important part of practical teaching activities in Higher Vocational Colleges and an important guarantee to improve the quality of talent training in higher vocational colleges. Post practice is a process of combining the theoretical knowledge learned by students in school with practical application. The strong practicality of hotel management specialty determines the importance of post practice in the process of student training. Post practice is a required course for hotel management major. At present, the performance of post practice students in hotel management major is not satisfactory. During the internship, many students lost their learning direction and began to practice for internship. A considerable number of interns believe that the internal interpersonal relationship in the hotel environment is complex and labor-intensive. It can be seen that students have an exclusive attitude towards the professional training process of on-the-job internship in the hotel, and the training effect is not good. In fact, the most direct expression of students' dissatisfaction is their own psychology and behavior. According to their psychological and behavioral characteristics, this paper traces the source, finds the causes of their dissatisfaction, and studies the countermeasures.

**Subjects and methods:** Post practice is an effective way to achieve the goal of professional training skills, but there are also some problems that are not optimistic. This paper adopts the research methods of literature review and questionnaire survey. Through the investigation of students' practice psychology during post practice, we can master the characteristics of practice psychology under the appearance of students' practice behavior, so as to divide different post practice psychological stages. It is of great significance for students to successfully complete the task of post practice, improve their professional quality and achieve the design goal of post practice.

**Results:** Based on the investigation and analysis of the on-the-job practice of hotel management students, it is found that 12.2% of the students can rotate three positions in one year's on-the-job practice; 41.3% of employees can rotate twice; 46.5% of the students have been practicing in one post. Through the investigation, it is found that students' goals before internship are often disturbed by non professional factors in their work. If these seemingly insignificant factors can not be solved in time, they will change the practice behavior of students in their posts, resulting in giving up internships and even changing jobs. Based on this, this paper puts forward some measures, such as implementing the "524" practice psychology and behavior guidance management mode, strengthening the "entry" education before students' post practice, helping students carry out career development planning and design and phased design of practice teaching means and teaching methods.

**Conclusions:** During the internship, because of the strict management of the school, students are easy to have rebellious emotions, and professional teachers are easier to enter the hearts of students. Therefore, the school must carefully arrange two aspects of work: one is the determination of on-the-job practice instructors in the school, and the other is the psychological counseling and training of on-the-job practice instructors in the school, so as to guide students to successfully complete the professional psychological transformation in each on-the-job practice stage through sincere and enthusiastic attitude and scientific guidance.

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## **THE CHANGES OF DANCE PSYCHOLOGICAL CHARACTERISTICS AND AESTHETIC ORIENTATION OF HANI NATIONALITY IN DIFFERENT ENVIRONMENTS AND STAGES**

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**Background:** As the spiritual sustenance and emotional expression of the original survival and development, Hani folk dance is an important form of sacrifice, blessing and affection. Therefore, there are many sacrificial and bionic dances in Hani folk dance, and the dancers' dance psychology is revered around sacrificial and totem imitation. With the development of times and civilization, multicultural and environmental changes have had a great impact on the traditional dance culture, and the inherent psychological characteristics of the nation's traditional dance have also changed, showing a dance psychological characteristics endowed with the characteristics of the times and aesthetic needs. Applying it to dance teaching can promote the continuous inheritance and development of Hani folk dance and maintain its vigorous vitality.

**Subjects and methods:** Hani nationality is one of many ethnic minorities with a long history and splendid culture in China. As an important part, Hani folk dance is the crystallization and representative of Hani spiritual culture. Hani folk dance is an important form used by people to express sacrifice, blessing and affection in the primitive period. It is closely related to production and life. Therefore, Hani folk dance is mainly sacrificial dance and bionic dance. With the development and reform of the times, the psychological characteristics of contemporary Hani folk dance have gradually changed and gradually developed in the direction of multiculturalism. At the same time, applying Hani folk dance to dance teaching can better protect and inherit Hani dance. This paper mainly summarizes the psychological characteristics of Hani folk dance and its application in dance teaching.

**Results:** With the continuous development of the times, under the influence of external environment, culture and other factors, contemporary Hani folk dance has also changed in behavior and psychology to varying degrees, thus forming a dance psychological feature with the influence of multiple factors such as history, culture and aesthetics. By analyzing the psychological characteristics of this dance, we can perceive the changes of dance psychological characteristics and aesthetic orientation in different environments and stages of Hani nationality, so that people can feel people's spiritual world at that time through Hani folk dance. When arranging dances based on Hani ethnic dance movements, we should pay attention to taking folk dance culture as the core, refining optional elements, and arranging dance