

Study on Home-school Cooperative Education Mechanism of College Students' Mental Health Under Precise Ideological and Political Thinking

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Abstract: In the new era, the “accurate thinking and politics” of adhering to accurate thinking, carrying out accurate service and realizing accurate education has become a new form of ideological and political education, and also marks a new direction for the in-depth cultivation of psychological education in colleges and universities. With the rapid economic and social development, the social environment is constantly changing, and the educational reform advocated cannot keep up with the rapid development of the era, leading to the increasing prominence of students’ mental health problems^[1]. The promotion of students’ physical and mental health has become a common concern of schools and parents. In this subject, the home-school cooperative education of college students’ mental health is based on the trend and gives policies in accordance with the time, and draws wisdom supply from the theory of “precise thinking and politics”, which is of great significance to meet the practical demand of college students’ mental health educators for school-school cooperative education mechanism^[2]. This paper aims to investigate and analyze the current status and existing problems of the home-school collaborative education mechanism for mental health of college students, and innovatively propose the “85421” home-school collaborative education mechanism, with the purpose of improving students’ comprehensive literacy and helping them establish a correct outlook on life and values to lay a solid foundation for their future development in society^[3].

Keywords: Precise ideological and political; Mental health; Collaborative education mechanism

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1. Introduction

The country is moving towards the construction of a modern socialist country, which needs the joint efforts of the whole people. The university period is a critical period of growth. With the popularization of higher education, the group of college students is huge. Their mental health is crucial to the development of potential and skills, but social changes, future uncertainty and other factors have a huge impact on their psychology, and psychological problems are increasing^[4]. This problem has become the focus of colleges and families. According to the 2022 “Mental Health Blue Book,” college students generally face study pressure, and freshmen, especially, feel

pressure and depression during the adjustment period. The family environment profoundly affects the behavior pattern and thinking of college students, and the role of parents is the key. Oliver James pointed out that character is influenced by the family's words and deeds, and changing the way of education is crucial to shaping the future of children. As the early psychological growth environment, the family deeply participates in the mental health education of colleges and universities, and the importance of improving the mental health level of college students is highlighted. As the main body of education, colleges and universities should establish a home-school cooperative education mechanism to promote the development of mental health education^[5].

2. Definition of core concepts

2.1. Connotation and characteristics of accurate thinking and politics

In December 2016, a series of important statements were put forward at the National Conference on Ideological and Political Work of Colleges and Universities, such as "Promoting the high integration of traditional advantages of ideological and political work with information technology" and "teaching according to local conditions, current conditions and aptitude." Accurate ideological and political education is to achieve organic integration and efficient development of ideological and political education through accurate analysis and scientific intervention, personalized, customized educational content and methods. The "precision" of accurate thinking and politics is mainly reflected in the "quantification" of big data on various educational elements and the accurate grasp of the "timing, efficiency and degree" of education^[6]. Accurate ideological and political education, as an important part of higher education in the new era, emphasizes the implementation of accurate and efficient ideological and political education that is student-centered and targeted at individual differences. In college students' mental health education, accurate thinking and politics play an irreplaceable role. It requires educators to deeply understand the psychological needs and characteristics of students, combined with the background of the era and social reality, to develop personalized mental health education programs to effectively improve the psychological quality of students and promote their comprehensive development. On the basis of the ideological and political implementation of moral education and cultivating people, accurate thinking and politics should not only follow general laws, but also use various big data platforms to turn students' education into a series of dynamic loops of teaching, monitoring and feedback, which is conducive to solving various problems and providing accurate educational services, management means and scientific guidance^[7]. Precise ideology and politics are produced in the background of the Internet era. Due to the quantifiable educational information, high timeliness of information acquisition, highly targeted content acquisition, and wide application scenarios, these characteristics make the accurate ideology and politics model can significant improvement in the feasibility and flexibility of ideological and political education, effectively solve various problems of students, and have a strong reality.

2.2. Standards and characteristics of college students' mental health

The traditional biomedical model regards health as the absence of physical abnormalities and disease as abnormal phenomena. In 1948, the World Health Organization (WHO) defined health as a state of complete physical, mental and social well-being. In 1989, WHO further expanded the concept of health to include physical, psychological, social adaptation and moral health. This shift reflects the rise of psychosocial medical models that emphasize the importance of mental health. College students are in the middle of their youth, and their psychology has both universality and particularity. Psychologists point out that college students' mental health covers eight major aspects: normal intelligence, perfect self-awareness, complete personality, sound will, healthy

emotions (stable and appropriate expression), harmonious interpersonal relations and psychological behavior in line with age characteristics. This constitutes a comprehensive and integrated concept that is essential for academic, life, interpersonal and professional development. Maintaining mental health helps people cope with challenges and realize their personal value ^[8].

2.3. Connotation and significance of family-school cooperative education mechanism

The report of the 20th National Congress of the Communist Party of China emphasizes the construction of the mechanism of family, school and community cooperation in educating people and guiding higher education. This mechanism promotes cooperation between families and schools, helps students develop comprehensively, strengthens the effect of education, and ensures healthy growth. The core lies in the combination of the purpose of “educating people” and the means of “coordination,” the integration of resources, the formation of a joint force, each has its characteristics, and constitutes a whole. The family is the first school, parents are the first teachers, and their words and deeds have a profound impact on students’ values. Although college students are adults, they are still deeply influenced by their families, and family relationships is very important to their psychology. The university is not only a knowledge and skills training base, to cultivate thinking, innovation and social responsibility, but also a miniature of society, interpersonal relations, social practice and other psychological impacts are significant. With the continuous progress of the society and the renewal of the educational concept, the home-school cooperative education mechanism is showing the following trends: (1) The deepening of the cooperation content, from a single focus on academic performance to a comprehensive physical and mental development; (2) The innovation of cooperation, the use of modern information technology means to achieve instant communication and information sharing between home and school; (3) The diversification of cooperation subjects, the introduction of social professional institutions and volunteer forces, and the joint construction of a comprehensive mental health education support system ^[9-10].

3. Time value of precise ideological and political empowerment of college students’ mental health, home-school collaborative education mechanism

Precise ideological and political policies inject impetus and practical value into the home-school coordination mechanism of college students’ mental health, significantly enhance the home-school synergy effect, improve the effectiveness and pertinence of education, and build a defense line for spiritual growth. Its core value is to dig deep and cultivate the soil of home-school cooperation, promote the unity of hearts and minds of both sides, and jointly promote the all-round development of students. This collaboration not only focuses on the timely intervention of students’ psychological problems, but also taps the growth potential and fully stimulates it. The core value of the mechanism is to practice the mission of “educating people for the Party and talents for the country,” and through sincere cooperation, cultivate high-quality talents with ideals, beliefs, patriotic feelings and professional skills, to provide talents support for the prosperity and rejuvenation of the country ^[11].

4. The current situation of college students’ mental health and the problems existing in the home-school cooperative education mechanism

The mental health of college students presents a diversified and complex situation. Influenced by the rapid development of society, intensified competition and the Internet, college students are faced with problems such

as study, employment, interpersonal pressure and Internet addiction. Although the home-school cooperative education mechanism is key, it faces challenges such as uneven resources, communication barriers, differences in educational concepts and a lack of professional guidance. At present, we mainly rely on online counselors to cooperate with parents, but due to limited resources and poor communication, the effect is limited. Resource distribution is uneven, mental health education resources in colleges and universities are scarce, and parents pay different attention to them. The lack of a communication mechanism affects information transmission and understanding. Differences in educational ideas lead to conflicts in education. In addition, the lack of professional mental health and counseling guidance further weakens the effectiveness of education ^[12].

5. Effective path for the development of home-school collaborative education mechanism for college students' mental health under precise ideological and political thinking

In the current era of rapid network development, online mental health education platforms have a wide variety of content, without a certain psychological basis cannot be correctly screened, and because most platforms need to pay, most parents and students have limited economic conditions, resulting in when students encounter trouble or trouble, it is difficult to talk to online mental health education platforms or help. Under the concept of precise ideology and politics, the school has mobilized the resources of teachers on campus, coordinated the data platform of various parties online, and relied on big data information technology to continuously improve the basic information of college freshmen from the beginning of enrollment until graduation, to make accurate identification of mental health “barometer,” and customize the dynamic table of psychological development of each student by eight identification ways. Construct a 5-level grid collaborative linkage management system, establish a 4-in-one online work system, a 2-level linkage of home-school cooperation, and a mental health education prevention system of the end ledger ^[13].

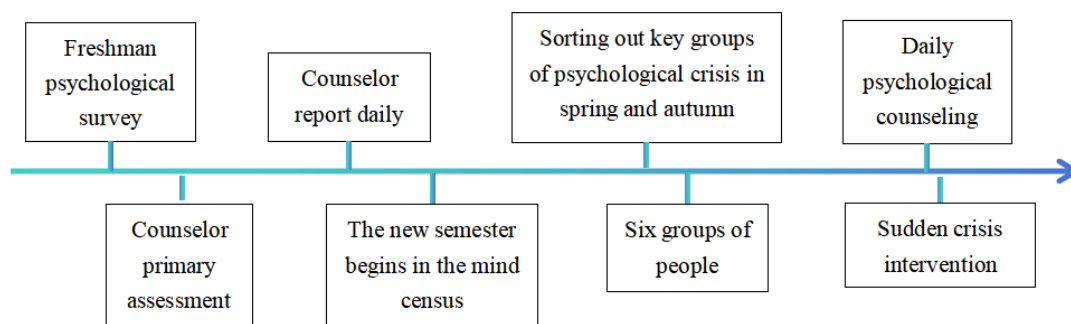


Figure 1. 8 ways for accurate identification. The dynamic table of psychological development of each student was customized using 8 identification approaches.

In order to accurately grasp the psychological development of students, we have designed eight identification ways and created a personalized psychological development table (**Figure 1**). This strategy covers the whole period from enrollment to school, pays attention to the details of students' daily life, and comprehensively promotes mental health. The psychological survey of freshmen laid a healthy foundation, screened problem students through scientific scales, conducted in-depth interviews to fully understand their psychological status, personality and stress coping ability, established a baseline health file, and provided scientific guidance for

follow-up education and counseling. The counselor primary assessment provides rapid professional insight as the first line of management, with an initial assessment completed within one month through files, dormitory observations and attendance records, with special attention to adjustment, emotions and potential psychological distress, providing immediate information for professional intervention.

Counselors report daily to ensure psychological tracking. Establish a mechanism to regularly submit student psychological reports, covering learning, interpersonal, emotional, etc., in order to detect and deal with psychological problems at an early stage. The psychological survey was conducted at the beginning of the new semester to assess the adaptation and provide psychological support. In spring and autumn, psychological surveys will be strengthened, paying special attention to high-risk groups, such as those with academic, family and emotional troubles, and providing intensive care. Focus on six key groups and formulate care plans, including counselling, assistance and support, to help them overcome difficulties. Set up a daily consultation room, equipped with professional teachers, to provide personalized services, covering learning, interpersonal, self-cognition, and emotional management. In emergencies, there are crisis intervention mechanisms to provide immediate assistance and reassurance. Comprehensive eight ways to support students' mental health and promote their all-around development and growth^[14].

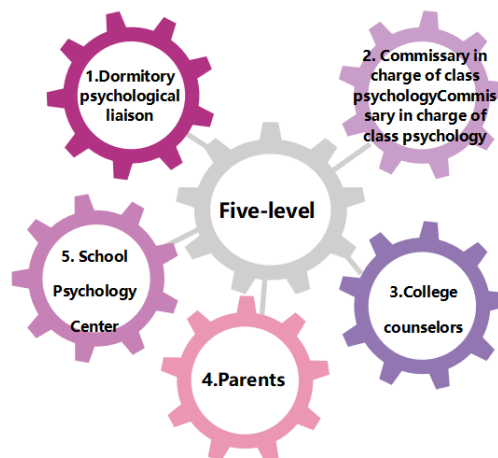


Figure 2. Level 5 grid, accurate customization. To construct a 5-level grid collaborative management mechanism for students' mental health.

We have established a five-level grid mental health management system to achieve accurate care (**Figure 2**). The system includes: (1) Dormitory psychological liaison: grassroots observers, monitoring students' psychological dynamics, recording and reporting abnormalities. (2) Commissars in charge of class psychology: provide initial support, receive feedback from liaison staff, communicate with the class, provide preliminary guidance, and report when necessary. (3) College psychological counselors: provide professional guidance, evaluate cases in depth, formulate counseling plans, organize educational activities, and communicate with parents. (4) Home-school cooperation: Receive feedback from the school, provide family support, and solve psychological problems with the school. (5) School psychological counseling centers: professional core to provide counseling services, respond to crises, and train mental health workers at all levels^[15].

Through five-level close cooperation, this mechanism ensures that students' psychological problems are dealt with in a timely manner, improves the effectiveness of mental health education, promotes home-school cooperation, and guarantees students' mental health growth. The five-level grid collaborative student mental

health management mechanism ensures timely and effective attention and treatment of students' mental health problems through close cooperation and communication between dormitory psychological liaison officers, class psychological committee members, college psychological counselors, parents and school psychological counseling centers. This mechanism not only improves the pertinency and effectiveness of students' mental health education, but also promotes home-school cooperation to jointly escort students' mental health growth.

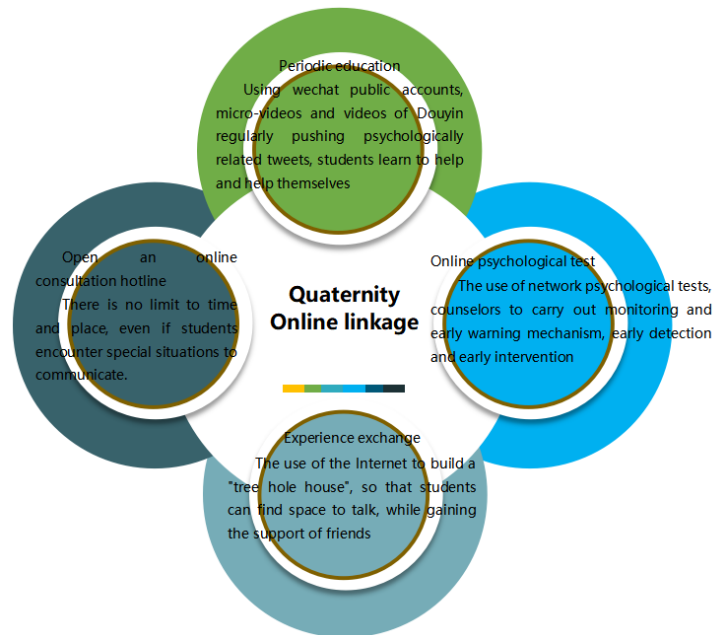


Figure 3. 4-bit integration, accurate guarantee. Establish a 4-person online work system to ensure accurate education.

Build a four-in-one accurate security system and deepen the concept of accurate education (**Figure 3**). We have carefully built an online platform, and regularly publish psychological articles and videos through the public account of "One Heart Together," providing wisdom guidance, nourishing the soul, and helping students to grow up by themselves. Using the network psychological test scale to carry out emotional "physical examination," scientific diagnosis, timely detection of abnormal emotions, to provide a basis for professional intervention. Build a "tree hole house" platform to provide peer help, warm companionship, release pressure, and gain understanding and support from peers. Open psychological network hotline, secret care, connect students and psychological counselors, provide invisible communication channels, widely publicize psychological crisis intervention hotline, and increase students' self-help and safety protection options. Four-in-one precision guarantee, carefully care for students' spiritual growth, and practice the concept of precise education.

6. End ledger, real-time tracking. With the time axis as a coordinate, establish accurate ledger for each student and track in real time

In order to fully and accurately grasp the learning and living status of each student and realize personalized teaching and care, Excel fine management and real-time tracking ensure that each student's growth process can be completely and accurately recorded, providing solid data support for teaching decision-making and student counseling. Each semester, with the time axis as the coordinate, all kinds of information about students are arranged in time order to form a coherent growth trajectory, which is easy to trace and analyze. Students' basic

information, learning progress, extracurricular activities, rewards and punishments, mental health assessment, etc. are recorded in detail to ensure the comprehensiveness and accuracy of the information. Set up a regular review mechanism to check the integrity and accuracy of the ledger records, find problems and correct them in time. At the same time, collect feedback from teachers and students, and constantly optimize the ledger system and management process. Through the implementation of the above programs, we will build an efficient and accurate student tracking ledger system to provide strong support for the comprehensive development of each student.

7. Evaluation and regulation of college students' mental health educators' school cooperative education mechanism under precise ideological and political thinking

In order to promote the effective implementation of college students' mental health education, we should formulate clear evaluation standards and indicators for the home-school cooperative education mechanism, and regularly evaluate the effect of home-school cooperative education, including the improvement of students' psychological quality, the closeness of home-school cooperation and satisfaction. Establish a regular communication mechanism between home and school to share students' mental health status and educational progress in a timely manner, collect parents' opinions and suggestions, and constantly optimize cooperation programs. According to the different psychological needs and characteristics of students, personalized mental health education plans are formulated to ensure that home-school cooperation can accurately meet the actual needs of students. Strengthen the professional training of both home and school in mental health education, improve the professional quality and skill level of educators, and provide strong professional support for home-school collaborative education. To sum up, college students' mental health education under the guidance of precise ideology and politics needs the deep cooperation and support of the home-school cooperative education mechanism. Through a scientific evaluation system, enhanced communication mechanism, personalized education program, and professional support training, we can effectively improve the psychological quality of college students and promote their healthy growth and all-round development.

Disclosure statement

The authors declare no conflict of interest.

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