

# Research on the Construction of Reading Healing Bibliography System in Libraries of Universities of finance and economics: Balancing Psychological Adjustment and Professional Literacy Cultivation

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**Abstract:** Students in universities of finance and economics face multiple pressures from academic examinations, employment competition and professional ethics, leading to prominent demands for psychological adjustment and professional literacy cultivation. Based on the theory of reading healing and combined with the school-running characteristics of universities of finance and economics, this paper focuses on the dual cores of “psychological adjustment” and “professional literacy” and adopts literature research and case analysis methods to construct a hierarchical and targeted reading healing bibliography system. It also clarifies the construction principles, module division, selection criteria, implementation paths and guarantee measures of the system. The research results can provide an operational framework for libraries of universities of finance and economics to carry out reading healing services, and help students achieve physical and mental development and professional ability improvement.

**Keywords:** Universities of finance and economics; Reading healing; Bibliography system; Psychological adjustment; Professional literacy

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## 1. Introduction

Students in universities of finance and economics face multiple pressures from academic examinations, employment competition, and industry ethics, frequently experiencing psychological distress such as anxiety and confusion. At the same time, they are in urgent need of cultivating professional literacy, such as integrity, compliance, and a sense of responsibility. The “Healthy China 2030 Plan Outline” issued in 2016 clearly states the need to “strengthen school health education” and “promote mental health”<sup>[1]</sup>. Against this background, some universities of finance and economics have carried out many practical explorations. However, the current

reading healing services in university libraries mostly focus on the guidance of general emotions, lacking in-depth integration with financial professional scenarios. Moreover, most practices are scattered activities, without forming a systematic bibliography support that balances psychological adjustment and career growth, making it difficult to meet students' dual needs.

As an important position for cultural education and mental health services, constructing a professional reading healing bibliography system in libraries is not only an inevitable choice to respond to students' practical demands but also an inherent requirement to implement "fostering virtue through education" and assist in building financial power. This study fills the professional gap of reading healing in industry-specific universities, expands relevant theoretical application scenarios, and provides a feasible operational framework for libraries, helping to cultivate compound financial talents who are physically and mentally healthy and have professional competitiveness.

## 2. Research status

Reading Healing uses high-quality literature resources as the interactive carrier, guiding readers to achieve cognitive reconstruction and emotional resonance through organized literature reading and thematic discussions, thereby improving their physical and mental states. As a service model with both psychological intervention and cultural education functions, related research in the library and information field has formed a diversified pattern of theoretical construction, practical exploration, resource development, and technological empowerment. At the theoretical level, Wang<sup>[2]</sup> clarified the core connotation and cognitive misunderstandings of bibliotherapy through concept discrimination, laying a theoretical foundation for subsequent research; Gong et al.<sup>[3-6]</sup> has long focused on college students' psychological problems, constructed a three-dimensional operation model combining bibliotherapy with music therapy and psychological counselling, and proposed the principles of book compatibility and phased healing processes. Practical exploration shows the characteristics of situational differentiation. In the field of public libraries, Ye<sup>[7]</sup> took the "Enjoy an Hour" activity of Hangzhou Library as a case and proposed optimization strategies such as bibliography construction and form innovation; Chen<sup>[8]</sup> analyzed the British "Reading Healing Prescription Books" project, highlighting the important value of cross-departmental cooperation. University libraries focus on adapting to students' needs. Wang<sup>[9]</sup> found through surveys that bibliotherapy in Chinese universities faces problems such as insufficient basic conditions and weak librarian teams.

In terms of resource development, the construction of bibliography systems has become a core issue. Zhang et al.<sup>[10-11]</sup> evaluated Chinese and foreign healing bibliographies, emphasizing their pertinence and readability; Chen<sup>[12]</sup> focused on children and college students, compiling emotional healing picture book annotated bibliographies, filling the gap in segmented bibliographies; Xu<sup>[13]</sup> advocated promoting "emotional healing recommended bibliographies", calling on libraries to create healing spaces and cultivate compound librarians; Wang et al.<sup>[14]</sup> constructed a multimodal reading nourishment knowledge graph. Technological empowerment and characteristic integration have expanded the research boundaries. Li<sup>[15]</sup> proposed the application path of generative AI in user portrait construction and personalized book prescription design.

Existing research has improved the theoretical framework of reading healing, expanded diversified application scenarios, and constructed segmented resource systems. Public libraries focus on inclusiveness and social collaboration, while university libraries focus on students' mental health and growth needs. However, there is still no professional application of reading healing in universities of finance and economics, and the

constructed bibliography systems have not accurately responded to the dual needs of financial students for psychological adjustment and professional literacy cultivation.

### **3. Analysis of the current situation of reading healing practice in libraries of universities of finance and economics**

Reading healing practices in libraries of universities of finance and economics can be divided into four types.

- (1) Themed reading, sharing and salon models. For example, Chongqing Technology and Business University and Hunan University of Technology and Business carry out special sharing around classic healing books such as “Mr. Toad Goes to See a Psychiatrist” and “The Road Less Traveled”; Zhengzhou University of Aeronautics cooperates with departments to create the “Heart Language and Book Fragrance” offline salon.
- (2) Special lectures and online live broadcast models. Nanjing University of Finance and Economics invites industry experts to give special lectures on freshmen’s psychological adaptation; Jilin University of Finance and Economics launches live courses on postgraduate entrance examination psychological adjustment; Xinjiang University of Finance and Economics constructs a series of courses on “psychological capital cultivation - stress management - energy improvement”, accurately responding to students’ psychological needs at different growth stages.
- (3) Targeted bibliography recommendation models. For example, Zhongnan University of Economics and Law releases summer spiritual healing bibliographies; Jilin University of Finance and Economics sets up the “Pleasant Reading, More Beautiful” psychological healing special column, meeting students’ daily psychological counselling needs with a lightweight and regular resource supply.
- (4) Cross-border collaborative activity models. Guangdong University of Finance and Economics cooperates with the Psychological Counselling Center to hold the “Know Oneself · Enjoy Oneself” micro calligraphy and painting exhibition and series of activities; Guizhou University of Finance and Economics links multiple departments to carry out research activities of “national defense experience + psychological group counselling”.

From the above practice types, reading healing activities in libraries of universities of finance and economics have diverse service forms and solid psychological professional support. They not only adapt to students’ daily counselling and phased stress relief needs through bibliography recommendation and postgraduate entrance examination psychological live broadcasts, but also expand participation channels through diverse forms such as reading salons and cross-border research. Furthermore, they improve the scientificity of services by relying on on-site psychological counsellors and expert lectures. However, these activities still have obvious deficiencies. Most practical activities are single events or short-term series, lacking systematic design and long-term operation mechanisms, and failing to form a stable service closed loop; the combination with financial professional characteristics is weak, failing to fully integrate the cultivation of professional literacy and industry ethics, and not reflecting the differentiated advantages of university education; at the same time, there is a lack of regular effect feedback and dynamic optimization mechanisms, the coverage of some activities is limited, and the service depth and sustainability need to be improved.

## **4. Construction of a reading and healing bibliography system in universities of finance and economics**

### **4.1. Construction principles**

The construction of the healing bibliography system must first follow the principles of pertinence and integration, accurately meeting the dual development needs of students in universities of finance and economics. The principle of pertinence focuses on the core pain points of financial students, selecting bibliographies around specific scenarios such as academic pressure from postgraduate entrance examinations and courses, employment competition, and industry ethics confusion at the professional level, and anxiety and self-cognition confusion at the psychological level, avoiding the problem of insufficient adaptation of general resources. The principle of integration emphasizes breaking the dual separation of psychological adjustment and professional literacy cultivation, realizing the deep binding of the two in bibliography selection. It not only relieves students' psychological pressure through emotional counselling books but also integrates content such as red financial stories and financial ethics cases, allowing reading healing to simultaneously help students shape professional qualities such as integrity, compliance, and sense of responsibility, reflecting the educational characteristics of universities of finance and economics.

The principles of hierarchy and practicality provide guarantees for the implementation of the bibliography system. The principle of hierarchy divides the bibliography levels according to students' growth trajectories. The freshman year focuses on books on campus adaptation and self-cognition; the sophomore to junior years focus on resources for relieving examination pressure and cultivating professional ethics; the senior year highlights books on employment anxiety counselling and career planning, forming a gradient and situational resource supply. The principle of practicality emphasizes the operability of bibliographies, prioritizing books that are easily accessible in the collection, with popular language and cases close to financial work scenarios, avoiding obscure theoretical readings. At the same time, it takes into account different reading habits, covering various forms such as paper books and electronic resources, ensuring that students are willing to read, can understand, and can apply them, improving the actual effect of reading on healing.

### **4.2. Construction of the healing bibliography system**

Based on the above construction principles and combined with the psychological characteristics and career development demands of financial students, this bibliography system takes psychological adjustment and professional literacy as the dual framework, divided into two modules (**Table 1**). One is the psychological adjustment module, which mainly focuses on students' core troubles such as academic performance, emotions, and interpersonal relationships, providing precise counselling resources; the other is the professional literacy module, which deeply integrates the characteristics of the financial industry, strengthening ethics cultivation and ability improvement. The two modules respectively respond to the principles of pertinence and practicality, achieve integration requirements through content correlation, and take into account the adaptation of all grades.

**Table 1.** Reading healing bibliography system

First-Level Module	Second-Level Category	Recommended Bibliographies	Adaptable Scenarios/Core Values	Adaptable Grades
Core Bibliographies for Psychological Adjustment	Self-Cognition	<i>The Road Less Traveled, Feeling Good: The New Mood Therapy</i>	Deepen self-cognition and promote personal mental maturity	Freshmen
	Stress Management	<i>The Neuroscience of Stress Relief, The Anxiety and Phobia Workbook</i>	Adapt to high-pressure scenarios such as postgraduate entrance examinations and certificate examinations, helping to scientifically regulate stress	Sophomores to Juniors
	Interpersonal Communication	<i>Nonviolent Communication, The Power of Empathy</i>	Adapt to workplace communication needs and improve interpersonal interaction and empathy abilities	Seniors
	Emotional Counselling	<i>Mr. Toad Goes to See a Psychiatrist, Emotional Self-Rescue</i>	Alleviate negative emotions and achieve psychological self-healing	All Grades
Core Bibliographies for Professional Literacy	Industry Ethics	<i>Integrity Financial Culture Reader, Collection of Red Financial Stories</i>	Integrate red financial culture and cultivate professional ethics of integrity and compliance	Sophomores to Juniors
	Risk Awareness	<i>Financial Risk Management Cases, The Great Failure</i>	Convey risk thinking through real cases and improve industry risk prediction capabilities	Sophomores to Juniors, Seniors
	Ability Improvement	<i>Critical Thinking Tools, The 7 Habits of Highly Effective People</i>	Strengthen logical thinking and efficient work abilities, adapting to career development	Seniors
	Career Cognition	<i>Financial Industry Career Planning Guide, Investment Banking Notes</i>	Clarify the development path of the financial industry and assist in career direction planning	Seniors

To ensure the accuracy and timeliness of the reading and bibliography system in universities of finance and economics, it is necessary to establish scientific and standardized screening and dynamic update mechanisms.

- (1) The screening link must strictly follow three core standards. One is professional relevance, prioritizing readings whose content is close to financial scenarios such as finance and accounting and can be related to actual career development, avoiding the disconnection between general bibliographies and professional needs; the second is healing effectiveness, focusing on selecting books that have been verified by reading healing practices and have clear benefits for emotional counselling and stress relief, ensuring the practical value of resources; the third is content readability, taking into account students' reading habits, prioritizing books with popular language, vivid cases, and clear logic, reducing reading thresholds to improve students' participation willingness.
- (2) There must be a dynamic update mechanism, with demand adaptation as the core, implementing annual dynamic adjustments. Every year, combined with the results of demand surveys of financial students of different grades, accurately capture changes in needs such as academic pressure and career anxiety; at the same time, closely track industry development trends such as new financial technology formats and new industry ethics regulations, and timely supplement bibliography resources adapted to new scenarios. The update ratio is controlled at around 20%, ensuring the stability of the system while continuously injecting new resources, ensuring that the bibliography system always resonates with the growth needs of students in universities of finance and economics and industry development requirements.

## 5. Promotion paths and guarantee measures of the healing bibliography system

To ensure that the reading healing bibliography system in universities of finance and economics fully exerts its effectiveness, it is necessary to construct a multi-dimensional collaborative promotion path and a comprehensive guarantee system.

The promotion path should focus on precise reach and in-depth participation, forming a three-dimensional linkage pattern of situationalization, activity-oriented, and digitalization. Situational recommendation closely follows the core growth nodes of students, launching customized bibliographies with matching themes in combination with key periods such as “May 25 Mental Health Month”, “Career Planning Week”, and “Postgraduate Entrance Examination Week”. The bibliography selection can refer to the above system, selecting appropriate combinations of books from the two modules to adapt to the theme, realizing the precise matching of healing resources and demand scenarios; activity-oriented implementation breaks the one-way communication mode of traditional bibliography recommendation through interactive forms such as “psychological-professional” dual-theme reading salons and joint reading guidance by librarians and psychological counsellors, guiding students to deeply interpret the connotation of books, and strengthening healing effects and professional cognition; digital empowerment pushes hierarchical and classified bibliography resources through channels such as library WeChat official accounts and online reading platforms, taking into account students’ fragmented reading needs and independent learning habits, and expanding service coverage.

The smooth implementation and full effectiveness of the promotion path require the construction of three progressive and collaborative guarantee systems to lay a solid foundation for the long-term advancement of reading healing services.

- (1) Consolidate the resource guarantee foundation. Increase the special procurement of financial healing books, focusing on supplementing characteristic resources such as financial ethics and professional psychology; at the same time, systematically integrate various forms of resources such as paper books, electronic journals, and audio interpretations, constructing an online-offline linked bibliography resource library; establish a dynamic resource evaluation mechanism, regularly optimize resource allocation in combination with students’ borrowing data and demand feedback, ensuring resource accessibility and adaptability.
- (2) Strengthen personnel professional guarantee. Focus on improving librarians’ dual abilities in psychological services and financial expertise, carrying out 2-3 systematic training sessions every year, covering basic psychological intervention, financial professional knowledge interpretation, reading healing program design, etc.; form a cross-border service team composed of librarians, psychological counsellors, and teachers from financial departments, clarify the division of labor and cooperation mechanism, and improve the professional level of services.
- (3) Improve collaborative cooperation guarantee. Deepen the linkage with the psychological counselling center to jointly build a student psychological demand research mechanism; strengthen cooperation with financial departments and industry enterprises, accurately align with industry talent training standards through forms such as joint development of characteristic bibliographies and invitation of industry experts to participate in reading guidance; establish a multi-party communication and coordination mechanism, regularly review service effectiveness, and continuously optimize the bibliography system and promotion strategies.

## 6. Conclusion

This paper focuses on the dual needs of “psychological adjustment” and “professional literacy” of students in universities of finance and economics, constructing a clear and highly integrated reading and bibliography system, making up for the fragmented defects of existing practices. The system not only fits the characteristics of financial majors but also has operability, providing a reference for libraries to carry out professional reading healing services. In the future, empirical research can be further carried out to verify the effectiveness of the system, and technologies such as generative AI can be used to optimize the accuracy of bibliography recommendation, promoting the dynamic improvement of the system.

## Disclosure statement

The author declares no conflict of interest.

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