

Research on Aesthetic Education in Higher Vocational Colleges based on Traditional Tea Ceremony

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Abstract: Tea is a traditional Chinese drink, which is not only welcomed and loved by the older generation but is also enjoyed by certain popularity in the world. From tea making and tea brewing to tea tasting in tea culture and tea etiquette, the tea ceremony with rising popularity is the subject of this study. In this regard, this study starts with the tea ceremony, hoping to find some innovative strategies for its integration into the process of aesthetic education in higher vocational colleges. This paper specifically discusses the core meaning of the traditional tea ceremony and aesthetics and points out that the tea ceremony is not only an art of life but also a cultural practice with deep philosophy. The study also points out its positive effects on higher vocational aesthetic education, including cultivating students' consciousness of civilization and understanding of etiquette and developing students' interests, hobbies, and specialties. Furthermore, based on the research conclusions, a series of feasible and effective practical strategies for promoting aesthetic education through tea ceremonies are proposed, hoping to provide more references for educators.

Keywords: Traditional tea ceremony; Higher vocational colleges; Aesthetic education; Positive significance; Innovative strategy

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1. Introduction

In the five thousand years of Chinese civilization, the tea ceremony, as an important cultural heritage, carries profound historical deposits and aesthetic values ^[1]. The tea ceremony not only reflects the living customs and social etiquette of the Chinese nation but also embodies the philosophical thought of harmonious coexistence between man and nature ^[2]. With the rapid development of society and the increase of cultural diversity, traditional culture is facing the challenges of inheritance and innovation, while the field of education has taken on the important mission of cultural transmission. Taking aesthetic education in higher vocational colleges as the focus, the various possibilities of tea ceremony can be seen with related educational activities. However, in the past, there were still many problems in the corresponding teaching activities. It is necessary to update the teaching design and teaching methods to improve the effectiveness of aesthetic education and make the tea

ceremony play a more effective role, which is worth our in-depth exploration ^[3].

2. The core meaning of traditional tea ceremony and aesthetic education

Deeply rooted in traditional Chinese culture, the traditional tea ceremony is not only a process of making and tasting tea but also an important way of spiritual cultivation, interpersonal communication, and cultural inheritance. The tea ceremony emphasizes a spirit of harmony, tranquility, respect, and humility ^[4]. At the tea table, everyone is equal and should treat each other with respect and sincerity regardless of their status. The tea ceremony is also a pursuit of beauty, from the choice of tea set to the action of making tea, all reflect the ultimate pursuit of beauty ^[5]. Aesthetic education, on the other hand, cultivates individual aesthetic taste through art and aesthetics. It is not only limited to the field of art, but also a kind of whole-person education and all-round quality education. Aesthetic education emphasizes individual perceptual experience and aesthetic judgment. Through artistic appreciation, creative expression, and so on, students can experience the beauty of life and cultivate sensitivity and appreciation of beauty ^[6]. Combining the two concepts, it can be seen that the pursuit of beauty is highly unified, which is not only the beauty of physical objects and movements, but also the pursuit of internal beauty, spiritual virtue, and good quality. The integration of tea ceremony and aesthetic education, or the application of differences in aesthetic education, is the cultivation and realization of students' beautiful quality and aesthetic taste, and it is also one of the important content modules for aesthetic education to keep pace with the time and develop continuously.

3. The positive significance of traditional tea ceremony in higher vocational education

3.1. Cultivate students' awareness of civilization and etiquette

The traditional tea ceremony is an important part of the history of Chinese civilization, which contains profound cultural deposits and etiquette values. Therefore, the activities carried out with the help of tea ceremonies in higher vocational aesthetic education activities are bound to cultivate students' awareness of civilization and etiquette and guide more college students to dig deep into Chinese traditional etiquette culture. At the tea table, no matter what their status is, everyone should be treated equally and respect each other. The same idea of treating people equally infiltrated into aesthetic education influences college students and helps to construct correct interpersonal concepts, teaches more people to respect others, and develops good social habits in a subtle way ^[7]. In addition, there are also a series of normative actions in the tea ceremony, such as making tea, offering tea, tasting tea, and so on, all of which require rigor and meticulousness, reflecting a kind of pursuit of beauty and love for life. Then, it can also influence students to pay attention to details, pay attention to quality, and cultivate their perception of beauty, so that more students pay attention to civilized etiquette in daily life and study, and show a good personal image.

3.2. Develop students' interests, hobbies and specialties

The traditional tea ceremony is not only a ceremonial activity but also an artistic expression. It involves the choice of tea leaves, the matching of tea sets, the temperature of water, the action of brewing tea, and so on, which all need certain professional knowledge to support. So, tea etiquette activities in higher vocational aesthetic education can bring students new knowledge in multiple fields, and while cultivating students' art appreciation ability and artistic aesthetic taste, it also brings students a new skill, which can be described as the development of interests. Especially for those students who are interested in tea culture, they can also rely on

schools, associations, and aesthetic education activities to provide opportunities for in-depth exploration and help students open a new world ^[8]. In summary, this shows the important value of integrating tea ceremony into aesthetic education in developing students' interests and hobbies, which is an educational content that schools and teachers must pay attention to. It is hoped that the corresponding work can cultivate more college students' interests, hobbies, talents, and self-confidence.

4. The innovative strategy of aesthetic education in higher vocational colleges based on traditional tea ceremony

4.1. Arrange tea viewing ceremony activities during enrollment

It is a new attempt in aesthetic education to incorporate the tea ceremony into the welcome ceremony for freshmen in higher vocational colleges. It can also sow the seeds of cultural confidence in the minds of students and affect their lifelong development. When organizing the activity, colleges must first establish the goal and significance of the activity, and make it clear that it is not only for students to experience the charm of tea culture, but more importantly, to see the rise of great powers and etiquette through tea ceremony, and affect students' cultural awareness and aesthetic quality ^[9]. Then, the school should carefully choose a stage with a profound tea culture, which can be a tea art room or a traditional tea house, to create an antique, quiet, and distant viewing environment ^[10]. In the specific implementation, tea art teachers or cultural scholars are invited to the school to perform, so that students can understand the types of tea, brewing skills, drinking etiquette, and other knowledge in watching and tasting. In addition, through interactive activities, students can be guided to feel the delicate relationship between water temperature, tea, and tea sets, to understand the essence of tea culture in practice. To enhance the academic nature of the activity, schools can also design a series of lectures based on the historical background, philosophical thoughts, and the correlation between tea culture and other art forms, discuss the interaction between tea and painting, calligraphy and poetry, and analyze the value and significance of tea culture in modern society. This is not just to carry out tea viewing ceremony activities at the time of enrollment, but also to connect corresponding seminars and discussions in the follow-up, so that students have a place to study and discuss, and realize the imperceptible formation of civilized etiquette awareness to achieve the effect of aesthetic education. In other words, aesthetic education in higher vocational colleges is no longer limited to the classroom, but the combination of traditional culture and modern education, so that students can gain the nourishment of knowledge in the enjoyment of beauty, and cultivate compound talents with both professional skills and cultural heritage.

4.2. The content of the tea ceremony is integrated into the basic course

Integrating tea ceremony content in the classroom by relying on interdisciplinary teaching design will enrich students' knowledge and improve their aesthetic quality and humanistic quality. As front-line teachers, they should find the right way to guide students to explore tea culture and tea etiquette. The author believes that the final thing is not only to explain the specific operation of the tea ceremony, but also to deeply analyze the cultural connotation and aesthetic concept behind the tea ceremony, and also to reform the ideological concept of college students and cultivate their cultural self-confidence and unique ideological connotation. In terms of teaching content, it explains the types of tea, the process of making tea, and the skills of tasting tea. In terms of teaching methods, case teaching and practical teaching are adopted to display Chinese paintings and calligraphy, and so on, to give students a broader perspective. For example, to design a tea art performance activity, middle school students need to make their tea art, and then perform the tea art. Of course, the assessment indicators set are comprehensive and detailed, not only the effect of the final tea result but also the performance effect. More

emphasis is put on the students in the performance of the eyes, actions, the attitude shown, their own emotions, and so on. Only students knowing the meaning of tea art performance and having tea-making skills can show a unique spiritual style and cultural quality ^[11]. In general, it is an effective means of aesthetic education to integrate the content of the tea ceremony into the basic course, so that students can improve their aesthetic quality and humanistic quality in the process of learning the tea ceremony, to better understand and inherit the traditional Chinese culture. It is believed that tea ceremony activities can also enrich the classroom and bring college students more beautiful learning experiences and feelings.

4.3. Create a tea ceremony cultural atmosphere in management

Teachers should improve their understanding and knowledge of tea ceremony culture, study the history, philosophy, art, and etiquette of tea culture, and gradually be able to freely organize related activities and implement the curriculum's ideological political education, and moral education goals. Only when teachers truly grasp the essence of the tea ceremony can they influence students and set a good example for them. Of course, teachers should also actively organize tea ceremony activities, including tea art performances, tea ceremony lectures, tea tasting meetings, and so on, so that students can personally experience the charm of tea ceremony culture. In the activities, teachers guide students to think about the connotation of tea ceremony culture, such as the relationship between tea and Zen, the principles of interpersonal communication in tea ceremonies, and so on, to help students establish a deep understanding of tea ceremony culture ^[12]. Further, it extends to daily communication and emotional communication, transmits the signal of friendly communication between teachers and students, and establishes close friendships and a good atmosphere between teachers and students. Then, in the teaching of various courses, the classroom discipline management can introduce tea ceremony and reason, to convince students to participate in complete moral education and aesthetic education at the same time. In the classroom, the display of tea and tea sets in the tea corner can cultivate students' interests and hobbies, let them get in touch with more traditional culture, understand its etiquette norms, and learn more about the beauty accumulated in the long history, and truly externalize in the practice and internalize in the heart ^[13]. After class, teachers can still carry out a variety of interesting activities, such as calligraphy, Chinese painting, paper cutting, and so on, to stimulate students' creativity and imagination, and also cultivate students' etiquette awareness of civilization and politeness, develop students' comprehensive quality of independent thinking and independent exploration, and lead students to progress and growth. In the process of creating the cultural atmosphere of the tea ceremony, teachers should give play to their professional advantages and cultural guidance, integrate the spiritual connotation of tea ceremony culture into students' daily lives, and study through the three aspects of teaching, management, and practice, to realize the innovative development of aesthetic education in higher vocational colleges.

4.4. School-enterprise cooperation to carry out tea-ceremony-related activities

In the profound cultural soil of China, tea is not only a kind of drink but also carries rich etiquette and aesthetic implications. As the cradle of cultivating professional talents, higher vocational colleges have the responsibility to integrate traditional culture into aesthetic education, and tea ceremony is one of the effective programs. By carrying out tea ceremony-related activities with special communities and associations, which is bound to be more exciting and moving, college students can be more interested in tea ceremonies, and also subtly influence their aesthetic quality and ideological character. Specifically, the school can cooperate with the tea garden, transfer the class to the tea garden or tea hill, lead the students to go to the field to pick tea, tea, experience the hard work and sweat of labor, which are imperceptible labor education and virtue education for

students, to achieve the five education simultaneously^[14]. Students can even work as interns in tea companies to connect their majors with tea culture and tea ceremony culture, experience the upstream and downstream, production and operation process of the tea industry, and promote tea ceremony and traditional culture into their future career path, forming a love for traditional culture. Finally, attach importance to the feedback and evaluation of tea ceremony education results, collect the evaluation of students, enterprises, and all walks of life on tea ceremony education activities through questionnaires, interviews, works display, and other ways, and constantly adjust teaching activities to ensure the effective implementation of tea ceremony education under the framework of school-enterprise cooperation, implement aesthetic education, and promote the integration of the five education. Tea ceremony activities carried out based on school-enterprise cooperation make traditional Chinese tea culture inherited, and can also shine in the aesthetic education of higher vocational colleges, which can be described as killing two birds with one stone.

5. Conclusion

To sum up, integrating the traditional tea ceremony culture into the aesthetic education of higher vocational colleges can not only improve students' humanistic quality and aesthetic ability but also deepen students' understanding and identification of traditional Chinese culture. When paying attention to the actual education in this field, many kinds of problems in traditional aesthetic education can be found, such as the lack of attention to aesthetic education and the lack of content of aesthetic education. The exploration and application of the tea ceremony make up for the shortcomings and disadvantages, so that higher vocational colleges can combine the essence of tea ceremony culture with modern education concepts, and lay a solid foundation for the development of students' cultural self-confidence and self-identity^[15]. In the future, higher vocational colleges should continue to explore the application of traditional tea ceremonies in aesthetic education, so that tea ceremony education can become an important way to cultivate students' comprehensive quality and inherit Chinese culture.

Disclosure statement

The author declares no conflict of interest.

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