

Removal of Breaking Rules Haze, Hand in Hand to Rebuild Confidence: A Case Study of College Counselors' Student Management

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Abstract: College students are more likely to develop psychological difficulties as a result of a lack of preparation, job counselling, and family, economic strain, which will affect their studies and lives throughout the school period. In order to assist students in overcoming obstacles and rebuilding confidence, the author analyses a case of a student disciplinary event in the hopes of discovering a solution and therefore improving job efficiency.

Keywords: Employment and entrepreneurship; Discipline; Psychological problems; Counselor case

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1. Case introduction

Student A (alias), male, Han nationality, comes from Jilin province. He is a Japanese major student. The student is active and optimistic, polite to teachers and loyal to classmates. His father is very strict and often punishes him, whereas his mother is kind and cares about him. The student has a tense relationship with his father, but a close relationship with his mother.

At the end of the first semester of the 2017-2018 academic year, the cumulative number of Student A's class absence has reached the disciplinary limit of the school. After a meeting of the leading group of students and workers of the school, the school decided to give a serious warning to him.

After the punishment document delivered to Student A, his classmates reported to the counselor that student A was in low mood and did not have proper learning enthusiasm in class since the date. He did not listen to the teacher carefully in class and did not communicate with others when he returned to the dormitory after class, often he even cried secretly.

2. Case analysis

2.1. Problems of this cause

Student A is believed to have started a gym in his spare time at school, and he dedicated a significant amount of time and energy to the operation of the newly opened gym, causing him to neglect his studies. Furthermore, the gym business was successful before the university transferred all of the students from the site where the gym was created to a new campus, resulting in a significant loss of consumers and a reduction in turnover.

2.2. Nature of the problem ^[1]

According to the “Vocational Ability Standards for Counselors in Colleges and Universities (Interim),” the author evaluates that this situation is presumably related to a student academic advice concern by concentrating on the main conflict. This case is considered to be a compound student situation due to a lack of employment planning and guidance, as well as psychological issues created by the dual pressures of family and economy, after an in-depth study.

3. Working process ^[1]

The author chose to carry out the job based on the following “four combinations” after a thorough examination of the case’s background and numerous factors, as well as a thorough examination of the causes for students’ absence and depression. That is, stick to a combination of positive encouragement and guiding correction, a combination of practical problem-solving and ideological problem-solving, a combination of education and management, and a combination of continuous follow-up and multi-cooperation.

3.1. Adhere to the combination of affirmation encouragement and guidance correction

3.1.1. Keep track of the situation ^[2]

The counselor communicated with the student face to face, listened to students’ stories patiently. By doing this, the author had a clear understanding of his growth background, current academic situation, entrepreneurial progress and ideological trends, and then would take corresponding measures according to the specific situation.

3.1.2. Build confidence

The counselor affirmed the outstanding performance of student in other aspects, especially entrepreneurship, pointed out his advantages and specialties, and helped him build up confidence. The author would relieve depression and prepare for the follow-up work.

3.1.3. Closer relationships

After the student relaxed, the counsellor introduced some promoting employment policies of our country and school career guidance center business terms, and then the counsellor expressed the idea that he believes in his talent and ability, and would like to support him on the premise of not interfering with his study career.

3.1.4. Point out problems

According to the requirements of the study plan, the counselor analyzed Student A’s current performance and career problems with student, and informed the student of the university’s graduation conditions and degree awarding conditions of his major clearly, and then discussed with the student how to spend the college time in a meaningful way and make a good life plan.

3.2. Adhere to the combination of solving practical problems and solving ideological problems

In view of students’ psychological depression and low mood, the counselor suggested the student to express his repressed emotions through catharsis and encourage him to participate in physical exercise and extracurricular practical activities to relieve negative emotions ^[2]. At the same time, the counselor played the role of a listener to listen to the aspirations of the student, enlightened and comforted the student, tried to solve the ideological problems of Student A.

In view of the strained relationship and poor communication between the student and his father, the

counselor acted as a communicator and introduced the outstanding performance of the student in other aspects through telephone communication with his father, trying to reach a consensus with him, that is, to put the students' physical and mental health first, do not treat the students too harshly. On the other hand, the counselor guided Student A to talk with his father, express his real ideas, strive for his father's understanding, ease the relationship between father and son, and unlock the knot in student's heart.

In view of the punishment of disciplinary violations, the counselor played the role of a companion and introduced the rules and regulations of the school and the requirements for canceling the punishment to the student. And the counselor tried to solve the practical problems of the student and encouraged him to continue to work hard and strove for the successful canceling of the punishment.

In view of the customer churn of gym, the counselor played a supporter to take student to the school career guidance center for guidance and help, and analyzed with the student to learn the requirements related to entrepreneurship and employment guidance center on campus student entrepreneurship preferential terms, tried to solve his economic problems.

3.3. Adhere to the combination of education and management

In view of the fact that the student had been dealt two blows and had lost his self-confidence, the counsellor gave Student A frustration education, telling him that everyone will face difficulties in life, and that instead of being afraid of failure, everyone should face them positively, building optimism and confidence.

Due to a lack of employment and entrepreneurship assistance, the counsellor used employment entrepreneurship curriculum expertise to examine his own advantages and present business with Student A. The counsellor devised a strategy for accurately understanding oneself and gaining knowledge about the outer world. The counsellor would then invite some experienced individuals in the fields of employment, entrepreneurship, and student entrepreneurship counselling.

Since some students do not have a clear understanding of the school's rules and regulations, the counsellor had a comprehensive understanding of all students' situations and used this as an opportunity to hold a theme class meeting and provide guidance on the rules and regulations related to student management among the school's students.

3.4. Adhere to the combination of multi-party cooperation and continuous follow-up

In order to improve the management of students' education, the counsellor must fully utilize the power of all aspects. The author actively contacted the student's head teacher, class teacher, class committee, and dorm mates, caring for and encouraging Student A to get out of the difficulty as quickly as possible.

Parents are students' first teachers, and family education is their first classroom. After speaking with the student, the counsellor continued to communicate with his parents, affirming the boy's successes in other areas of school, striving for home-school collaboration, and working together to manage the student's education.

Counselors should follow the principle of blending normality and dynamics in their student education management and strive for long-term success. The counsellor continued to pay attention to Student A, expressed concern for him in a variety of ways, was aware of his academic condition and ideological tendencies, handled students with sincerity, and truly assisted him in progressing and growing.

4. Working results

After giving it some thought, the student concluded that his current business strategy was not mature. He transferred the gym he started before the last batch of students moved out, and during the next two years, he worked hard to get professional knowledge, employment knowledge, and entrepreneurial knowledge, as well as experience.

Due to Student A's good follow-up performance, in which he truly understood his flaws and actively corrected them, the school's student leadership group agreed to remove the serious warning punishment for him in 2019.

After graduation in June 2020, students returned to his home. Student A has now received an entrance qualification to a Japanese institution, and the relationship between Student A and his parents has improved. He is now putting in a lot of effort to learn the language, and he is preparing to move abroad for further studies.

5. Case enlightenment ^[1]

5.1. Acting as a teacher and a friend ^[2]

In their normal practice, counsellors typically give greater attention to orphans, single parent families, and the reconstruction of the family of the kids' psychological health. The author understood after analyzing the case that counsellors should know about students carefully in future work, and that they should also pay attention to students who have a complete family but are experiencing psychological issues. In everyday work, the counsellor should connect with students in an equitable and truthful manner, and comprehend their practical challenges and ideological dynamics in a timely manner. Counselors are intended to be students' best friend and guide on their journey of growth, burying "truth, good, and beautiful" seeds in their hearts.

5.2. Multi-party cooperation and good guidance ^[2]

In the process of student education management, the counselors are expected to be the role of bridges, actively seek the help of school career guidance center, psychology, and other functional departments, and combine all the efforts of the teacher, the teacher in charge, the class cadre and parents in the students' education and management work.

5.3. Comprehensive screening and keep tracking ^[1]

After analyzing the issue, the author discovers that some students know very little about school rules and regulations, let alone employment and entrepreneurial policies. Their bear abilities to deal with problems are insufficient. The counsellor should employ a theme class meeting and activities in later work and develop a long-term mechanism based on a full screening. As a result, counsellors should strive to act not only in accordance with the law of student growth, but also in a manner that is directly tied to the state of education as a whole.

Disclosure statement

The author declares no conflict of interest.

References

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