

## "Online" Psychological Teaching Reform Research and Practice

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**Abstract:** The outbreak of college psychological courses cannot be carried out according to the traditional classroom teaching, online teaching bold innovation, make full use of the teaching platform to promote teaching and formative assessment. Combined with the present situation of the current online teaching to carry out the teaching reform, develop teaching practice path, fully meet the demand of students, promote the teaching is learning.

Psychological education and training course is of great significance to promote students' psychological health and improve their psychological quality. It is of great practical significance to strengthen the teaching and scientific research of psychological courses, explore the laws of psychological teaching and realize the mutual development of teaching and learning. With the wide use of modern information technology, psychology teaching began to transform from offline teaching to online courses, and they began to develop synchronously and promote each other. The diversification of MOOC teaching, flipped classroom, micro class and teaching resource platform in Colleges and universities makes the teaching methods of psychology more and more diversified. The objectives, contents, means, methods, evaluation and assessment methods included in the psychological curriculum plan are also more and more diversified and renovated. College teachers follow the trend of teaching reform, take the ship of teaching reform, boldly innovate and try new teaching methods In order to effectively integrate online and offline classroom teaching, we should conform to the teaching form, carry out extensive teaching experience, change ideas, introduce information technology and means into the classroom, and combine the psychological teaching content with group teaching and training. At present, under the influence of the new crown epidemic situation, the traditional teaching mode has been greatly challenged by the "no suspension of classes" and the comprehensive use of online teaching, home-based learning and other ways. The combination of classroom teaching and extra-curricular online learning, that is, the effective connection between online and offline Teaching and learning, has become the inevitable demand of teaching reform.

### 1. The Status Quo of Psychological Teaching "Online"

Psychology teaching belong to the examination courses in the curriculum system in colleges and universities, students' learning interest, I strongly, but the lack of deep learning, easy to stay on the surface of learning. Most of the students of pressure adjustment, training methods, interpersonal, and dating, growth, adaptation and future planning and so on interest, by increasing the practice implementation, group discussion, case analysis, situational simulation and so on ways to deepen the understanding of theoretical knowledge and hope that through learning, to master some psychological counseling, self adjusting the skills and methods of work for the future lay the foundation, the classroom atmosphere, the student hoped, relaxed and lively. The present classroom teaching based on information technology to carry out the teaching of breadth, depth, curriculum extra-curricular activities remains to be further advance, refine teaching evaluation mechanism needs further perfecting.

## **1.1 Lack of Network Resource Integration, Education Technology Needs To Be Optimized**

The structure of teachers needs to be optimized reasonably. Some teachers dare to try and explore, study new teaching skills and advanced teaching methods, combine information technology and psychological courses effectively, try new teaching ideas and teaching methods at the fastest speed, and achieve obvious results. Some teachers follow the order, dare not reform and push forward, fear new technology, dare not change Change the assessment method and be self-confident in the informatization construction of teaching; some teachers are just trying in rough steps, teaching ideas and teaching methods are changing without changing medicine, treating the symptoms without treating the root, it is difficult to achieve the teaching effect, the ability of new information means and resource operation is insufficient, the ability of digital resource search is not enough, the innovation consciousness and ability need to be improved, and the overall ability in teaching competition and teaching evaluation can be improved The weak force affects the effective use of network teaching resources and the full play of teaching effect. The first is that some teachers lack of teaching reserves, can not provide corresponding supporting materials and data support for the corresponding teaching topics and teaching content, and feel that the teaching content is empty and weak; the second is that some teachers lack of scientific research ability, and it is difficult to effectively combine and transform teaching and scientific research, and can not effectively connect the confusion of teaching with the research direction of scientific research, so as to provide a new scientific research perspective for teaching Third, it fails to form high-quality psychological curriculum resources, and can not effectively extract relevant information for teaching inquiry. It lacks effective evaluation standards and examples for the evaluation mechanism of teaching reform and teaching innovation. Therefore, some teachers' online and offline teaching is in a spontaneous state.

## **1.2 The Teaching Strategy Guidance Is Insufficient, the Teaching Effect the Lack of Validation**

In the process of online teaching, the use and mastery of the teaching platform are not sufficient. Teachers can only simply interact by means of roll call, question and answer, etc. while the use of simulation scenario performance, brainstorming, voting and other teaching interaction methods is rare or not, resulting in less teaching interaction links, students staying in uncontrollable links, and insufficient classroom cohesion and compactness. According to the teaching tasks, teachers arrange teaching assignments and group exchanges, upload teaching materials and resource databases by using the platform, provide students with learning reference resources, exchange topics, question answering topics, simulation scenarios, division of labor content, etc. students actively carry out offline and online exchanges and cooperation according to the arranged content, improve online scoring rate through interaction and questioning, and make teaching progress and teaching effect accessible Through data visualization. Most of the students have a high attendance rate in the classroom. They listen to the whole class carefully and take the initiative. They can also evaluate and analyze the problem of teachers' setting amount in combination with their own experience, and apply the teaching gains to the actual life. The class satisfaction is relatively high, but the verification and assessment of teaching effect need to be effectively verified and supported by data.

In online teaching, teachers are transformed from teachers and organizers of classroom knowledge to learning partners. At present, due to the relatively less psychological resources available online, the frequency of teachers' guidance and answering is relatively low, the connection between teachers' questions and students' feedback is insufficient, especially the questions raised are not evaluated in time, the teachers' guidance for students' online learning is insufficient, the requirements are not clear enough, the online assessment system is not formed, and the development of online platform teaching monitoring function is not enough In addition, the characteristics of psychology subject focus on the internalization after experience, so the orderly connection between online teaching and offline is particularly important. Using offline teaching to develop salons and workshops to promote the transformation of online teaching needs to be timely and effective. At present, it is difficult to accomplish this. Therefore, how to connect online and

offline in a timely and orderly manner is still the top priority of psychology curriculum research.

## **2. The "Online" Teaching Cohesion Practice Exploration**

### **2.1 Input Resources; Optimize Teaching to Strengthen the Construction of Teachers' Information**

At present, there are many professional combinations of psychology teachers, some of them are not psychological subject background, cross-border or cross professional, some of them are both psychological teachers and psychological counselors. At the same time, it is difficult to take psychological teaching and psychological consultation into account at the same time. Different emphases in teaching lead to unclear emphases. It is inevitable to strengthen the construction of informatization professional team of teachers the professional training of psychology teachers can improve the ability of using information technology and realize the organic combination of teaching resources and teaching means. It is necessary to establish an information-based teachers' team, carry out the training of teachers' information technology application ability, help teachers master the latest teaching concepts and teaching methods through training, and improve their ability to use teaching media to achieve teaching effect. Launch the psychological teachers to sort out and form the micro class construction according to the subject system and the puzzles in the growth of students, and upload the micro class to the "wisdom tree" platform for the teachers' team to observe and learn, and improve the teachers' teaching skills and teaching technology. Carry out the teaching of mutual assistance and help, set up the echelons of professors, associate professors, lecturers and teaching assistants to help, each echelon has a different professional title arrangement, for new teachers to implement to people, each new teacher has its own guidance Professor, one-on-one improvement. From teaching objectives, teaching contents and teaching methods to teaching attitude, language style and teaching etiquette, all of them should be commented and guided one by one to help new teachers master knowledge points and material resources and grow rapidly in the shortest time. Combine the advantages of young teachers and old teachers effectively, and unify the depth and breadth of teaching reasonably. Carry out information-based teaching competition, make full use of online teaching platform. encourage teachers to combine ideological and political education with psychological education and training content, improve and improve in the competition, enhance teachers' teaching efficiency and online and offline teaching ability, and form typical lessons.

### **2.2 Build Multivariate Learning Mode, Improving Students' Psychological Field Experience**

With the rapid development of network technology, teachers need to use online and offline teaching mode to guide students to participate actively. In the face of the epidemic situation, combined with the teaching objectives of the course, MOOC and micro courses in the network resources are used to carry out the construction of online learning resources, carefully select the online teaching content and arrange the teaching order. Add online notes, discussion, online interaction and brainstorming, use software to conduct on-the-spot questionnaire survey, and add online assignments and tests. At the same time, the offline teaching should be carried out flexibly, and the live teaching and recording teaching should be carried out in a timely and efficient manner by using the network, wechat, nails, Tencent meetings and other channels, with clear teaching focus and difficulties. For the effective connection between online teaching and offline teaching, teachers must deeply explore the internal relationship between online teaching and offline teaching. On the basis of the good relationship between teachers and students, teachers should take students as the center, effectively intervene in online teaching, improve students' practical experience, build a bridge between offline teaching and online platform learning, and complement, promote and complement each other.

## **2.3 Pay Attention to Collection and Data Analysis, Comprehensive Monitoring Dynamic Change Of Teaching**

Rely on online platform data collection for big data analysis and processing, and comprehensively carry out learning effect evaluation. According to the structure chart of teaching attendance rate, participation rate, interaction rate, homework feedback rate, passing rate and data amount of classroom teaching content, feedback teaching quality and teaching effect is convenient for teachers to effectively follow up and supervise teaching. It is widely recommended that online courses be explored and exchanged, and information uploaded and news official account is collected in time. We should use evaluation, experience exchange and comment to strengthen the achievements of teaching reform. The expert group of teaching supervision forms the online standard of teaching evaluation, and can listen to lessons and give suggestions in the teaching class. The weekly teaching supervision group can exchange and summarize the information of this week, make use of the data information to testify, put forward practical guidance suggestions, help teachers to point out the direction of online teaching, provide standards, and ensure the orderly teaching effect.

## **2.4 Promote the Supervision Multidimensional Evaluation, Feedback Timely and Effective Teaching Quality**

Colleges and universities require students as the center to develop evaluation indicators. The experts of the supervision group should comprehensively monitor the quality of online and offline teaching work from multiple quality evaluation dimensions, mainly including teaching organization, teaching content, teaching methods, learning effect and other aspects. At the same time, combined with the school's key construction of online courses, promote the construction of online and offline hybrid "golden Courses" to ensure the quality of online open courses. Quickly develop the "online teaching quality framework", integrate the requirements of "Ideological and Political Courses", put forward the inspection points of online teaching quality, and set the evaluation indicators of each link in the teaching process. At the same time, students' evaluation indexes of online teaching quality should be established for students' learning experience, including learning effect, course satisfaction, course teaching objective, assessment method and clarity of learning requirements, relevance of learning resources and course content, key and difficult learning, ideological and political effect of course, rationality of teaching progress, effectiveness of teaching interaction, timeliness of homework correction and teaching. Teachers should evaluate the online teaching quality of each course in terms of the timeliness of tutoring and answering questions.

### **3. Endnotes**

Psychological classroom teaching relies on network resources, online and offline combination to carry out teaching, as well as the organic combination of extracurricular network learning and classroom learning of students, in combination with the psychological confusion of students in reality, to realize the service of teaching for life, to learn to improve the practical ability to solve psychological problems, through the effective combination of online and offline, to meet the actual needs and learning of students for the course to the greatest extent. It is expected that it will be widely accepted and recognized by students. In a sense, it will help students improve their psychological quality, improve their psychological quality, and cultivate a positive and enterprising attitude towards life and a healthy and upward mental state.

Psychological courses carry out "online and offline" teaching reform, enrich the teaching quality of teachers' teams, improve the teaching ability and level of teachers, and widely realize the transformation of teaching research and teaching mode; utilize information network resources, optimize the information of course network platform, strive to practice teaching reform and innovation, realize the common growth of teachers and students, and build an effective teaching interaction platform. In order to help teachers understand students more deeply, close to their real life, and better promote the effective unity of teaching and growth.

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