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**DESIGNING THE EDUCATIONAL PROCESS
OF THE UNIVERSITY BASED ON MENTAL
CHARACTERISTICS OF MODERN STUDENTS**

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The psychological characteristics of people change with the external factors, and among modern students, it is commonly believed that they can relax after entering college. In China, students who enter college through college entrance exams feel that college is easy because the three years of high school are very hard and exhausting, therefore, even after entering college, we should pay attention to the psychological characteristics of modern college students.

Young students are in their adolescence and confused. There are many uncertainties in their future development, and choosing employment or continuing school for graduate school is an important step in their life. Therefore, it is important for college students not only to plan their life well, but also to pay attention to the college education process.

From freshman to senior year, there are different psychological changes in each year. For example, when you first enter the university, you feel that everything is new and relaxed, but as the psychology changes, the curiosity and newness fades away in your sophomore year, and in China, there are more courses from freshman to junior year, and in your junior year, you start to consider whether to continue your education (graduate school) or work after graduation, and in your senior year, you can choose to do an internship, either on or off campus.

Changes in psychology and learning styles. For students who have just entered university and are looking forward to university

life, they should be helped to have a comprehensive and in-depth understanding of the basic situation of the professional training program, the status of the discipline, and employment prospects.

The distinctive feature of university learning from secondary school learning is the reduction of dependence and its replacement by active and conscious learning. The content of university education is to teach both basic knowledge and professional knowledge, and the education is highly specialized and introduces the latest cutting-edge knowledge and technological development of the profession and industry. The depth and breadth of knowledge is much more extensive than in secondary school. Classroom teaching is often outline type, the teacher in the classroom only talk about the difficult points, doubts, key points or the most insightful part of the teacher, the rest of the students will have to attack, understand, master. Most of the time is left for students to learn on their own. Therefore, to cultivate and improve the ability of self-learning is a necessary skill for college students [1].

Firstly, the university stage is the golden age of life, an important period for one to acquire knowledge and the way of learning changes to autonomy. Second, the university may change to a new city, whether students are accustomed to the adaptability of the new city, the school should always pay attention to the development of the psychological changes of students and carry out frequent psychological activities. For example, teachers are required to conduct psychological interviews with students once a week to keep track of their psychological changes.

The intellectual level of university students has reached a higher level, which is more systematic, comprehensive and precise than before. The thinking style and thinking ability of university students have entered the advanced stage of logical thinking, which has prepared a good psychological environment for cultivating innovative talents. However, because of the imperfect quality of their thinking, they seem to be blind and superficial in their daily life because of their individuality.

Some students may have grown up in a bad family environment and developed bad habits and thoughts. They have a very dark side in their hearts, and some may have low self-esteem. After knowing these real situations, mental health teachers should respect these students and try to take care of their self-esteem. They should not develop contempt and disdain for the unhealthy development of the students' mental state. What teachers should do is to guide them in a timely manner, and parents should communicate more with their students [2].

Healthy physique and safe campus environment. Schools should pay attention not only to the changes in students' psychological development, but also to their academic performance and healthy physical fitness. Many students enter college and often stay up late, resulting in trouble getting up for class the next day, low spirits, and reduced physical fitness. The school should carry out relevant physical activities, (other than physical education classes) such as campus physical exercise, which requires running up to 3 km on campus every day. The safety of the school needs to be strictly managed and prevented so that social undesirables do not enter the school to lure and commit a series of crimes that will cause psychological shadows to the students. To regulate the institutional culture and learning culture of the school Students will grow up in a good environment and be nurtured by a good culture.

In addition to this, create a harmonious and safe campus environment. In the university, students come from all over the country. Due to different regional customs, cultural differences, as well as different personalities, values and worldviews, there is more or less friction between students, not to mention that there are many others in the dormitory. Therefore, it is necessary to strengthen the campus spiritual civilization, create a good social atmosphere and strengthen the mental health education of college students. Introduce excellent resources of psychological teachers, arrange and implement necessary practical psychological classes, and the safety of the school needs to be strictly managed and prevented, so as not to allow a series of be-

haviors such as entrapment and crime to enter the school and bring psychological shadows to students. Standardize the campus institutional culture and learning atmosphere so that students grow up in a good environment and are influenced by a good atmosphere [2].

Mastering the integration of modern educational theory and mental health. According to the modern theory extended meaning to develop, the mental health teaching in colleges and universities should be combined with the current affairs hotspots under contemporary society, analyze the direction of college students' psychological dynamics and the overall flow trend, so that the teaching objectives and guidelines as the right starting point, modern education theory also calls for a democratic and equal teacher-student relationship, which is especially important for mental health education, when students receive mental health education, teachers should act as a kind of partner, equal dialogue, and conduct a good guidance, so that students can open their hearts and get the benefits brought by psychological education.

College students have to develop a wide range of abilities, mainly including self-learning ability, operational ability, research ability, expression ability, organizational ability, social ability, the ability to consult materials, select reference books, creative ability, etc. As Einstein said, "Higher education must focus on training students to be able to think and explore problems. People solve all the problems in the world by using the thinking power and wisdom of the brain, not by moving books."

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