The Research an Implement of Peer Counseling to College Students

Jing Qin

Abstract: Peer counseling refers to the counseling delivered by one group of students to another, including life, study, employment counseling and emotional support. Peer counseling has the feature that is affinity, self-identity and sense of security, so it is the efficacious supplement to college student's management and ideological education.

Keyword: college student, peer counseling, ideological education

1 Introduction
Peer is actually friends and peers referred to, refers to the age of similar positions similar to the life of a similar group, they can be familiar with each other, it can be unfamiliar with each other. The so-called peer counseling work, specific to the university, simply put, is a group of students to another group of students counseling. The so-called peer counselor, refers to the colleges and universities in addition to the existing full-time (political) counselors, full-time teachers (instructors) team, student cadres, student backbone team (mainly by student members and general student cadres) In addition to the first four teams, the composition of the team, mainly the outstanding students in the ordinary students, they may not be the most mature in the political, the ideological may not be the most Advanced, but they are excellent in learning, in EQ is healthy, in the public welfare activities is enthusiastic. Therefore, the establishment and improvement of this peer counselor team and give full play to their students, especially the difficulties of students studying and counseling and emotional troubled students soothe the role of some of the current colleges and universities in the construction of academic work efforts to explore and practice the new topic.

Jing Qin, Jilin Vocational College of Industry and Technology, Jilin 132013, China
2 The development of peer counseling

Peer counseling began with Oxford University in the UK. In the early 1990s, Oxford began to explore peer counseling (support) work. Oxford University's peer counseling (support) work, the initial development was not smooth. First of all, did not get the support of the mentor group. Because Oxford University is different from other universities in the world, the academic system is very strong. Tutors argue that it is questionable for students to do peer counseling (support) because students are studying at the university. Second, some students themselves are skeptical about this work, and they argue that only students with problems require peer counseling (support). But after 20 years of work, today's Oxford University teachers and students have generally accepted the work. Today, most universities in the UK are studying Oxford's practice.

In the country, peer counseling work in recent years has also been more and more colleges and universities attention, many colleges and universities are in conjunction with their actual situation, and actively explore peer counseling work. Such as the Zhejiang University peer counseling work, organized by the Ministry of Education in 2009 the national college counselor training courses were introduced. In spite of this, peer counseling work in the country or just in the initial stage, regardless of its practical role or historical significance, have to be higher school students work cadres to practice, to sum up, and to know.

3 Peer counselor counseling content

Peer counselors can be composed of schools from top to bottom construction, the school can be peer counselors team selection and training. But the work of the peer counselor does not represent the school, they are only reflected in a special group of some enthusiastic people on this particular group of other in the academic or emotional need to help people take the initiative to human care and look forward to the latter The study of life and emotional life more healthy only. Peer counseling is divided into counselors and mentors. It is essentially a point-to-point or "one-on-one" listening and helping. Students provide space for the latter to put a person's worries or anxiety out, and then peer counselors to provide some very practical support. For example, a student has social anxiety, peer counselors can accompany him to participate in some social groups' activities to help them establish some contact; or according to some of their own life experience to help him lift anxiety. For example, some students studying pressure, or because the learning method is wrong, or because time management is not good, peer counselors can use their own experience to help him find the right way to learn, or to help him arrange the time, To help the role.

4 The main features of peer counseling

Peer counseling work, the shadow of volunteer work, but it is not a volunteer
service, the latter is a simple unpaid public service behavior. Peer service work similar to the traditional ideological and political education in the work of mutual help, but it is complementary with each other and there is a fundamental difference.

In a broad sense, both mutual help and peer counseling, all belong to the students? Self-education, self-management, self-service areas, that is, the so-called three self-specific embodiment. This is their similarity. The difference is that, first of all, mutual help is more about mutual interaction between individuals who are familiar with each other; peer counseling is more of a mixture of two strange peers stand by. Second, mutual help is a two-way interaction to help behavior, is a subjective dedication to each other, objectively request each other; peer counseling is a one-way care and support behavior, is an individual to another individual Help behavior. Third, help each other basically do not need external intervention, or up to the need to advocate to run up the conscious behavior, there is a certain natural; peer counseling is the need for external force as a boost, the need for peer counselors to select, select, and to carry out pre-job training for them before they can work. Peer counseling work is a party to take the initiative to exercise, one side of the passive acceptance of the act. Fourth, mutual help is more face-to-face, peer counseling can face to face support (mainly in academic counseling), but also through modern technology, through a virtual way to support (mainly in emotional support). Fifth, mutual help can be carried out immediately, peer support is required counselors and counselors agreed in advance to take a good time to implement.

5The Practical Significance of Peer Counseling

First, people have the nature of relying on others and having relationships and relationships with others; instincts to support others and get support from others. This is especially evident at the age of college students. And the growth of life of college students, it is indeed very suitable for other people to help. Therefore, peer counseling in real life can play a unique role and function.

Second, peer counseling and other counseling work compared with a natural advantage. Peer counselors in addition to help others instinct, as the students themselves, the needs of other students and psychological grasp more specific. At the same time, compared with other adults, students at this stage prefer to get rid of authority, including teachers, parents and all kinds of authority, who are skeptical about the design of adults, especially the authorities, for adults And hope to be skeptical. As a result, counseling between peers is often better recognized, and this support has a natural advantage.

Third, the peer counselor provides a safety net for the mentor. The policy of the one-child policy in contemporary China, the policy of ex situ study in the
middle school age and even the primary school era, and the rapid urbanization process led directly to less and less direct communication between people. When students leave the family, leave their parents, and leave the familiar friends and family around him, all the support and care that he receives from the familiar crowd may suddenly be significantly reduced. At this time, a strange environment, a new way of learning and learning content, will inevitably make him on their own studies, the new interpersonal anxiety. Peer counseling in a timely manner to provide him with a new safety net, so as to ensure that he can adapt to the new environment as soon as possible.

Fourth, peer counseling so that students can put down the psychological burden. Students will inevitably worry about, because they told the university counselors, mentors, class teacher and familiar with the crowd may be unfavorable or have their own views, and for some personal privacy and even have a sense of shame; and if unfamiliar Of the peer to seek support, scruples will be much less. After all, the former is the official, the latter is peers, but also unfamiliar.

6 Peer counseling work means
At present, all the working methods used by college student work cadres are applicable to peer counseling work. The new means of information age, for peer support more applicable. Said the information means of work is for peer counseling work tailored, nor too much.

To use QQ and MSN and other chat tools for the group as an example. Indulge in the network chat, itself is between each other to get emotional comfort support, so that both sides cannot stop. Envisioned peer counselors through QQ and MSN and other chat tools, to be counselors to provide academic counseling support, to provide emotional comfort, and make the other side do not worry about privacy leaks feel embarrassing; at the same time because of peers, there is no generation gap, there The same age, have a common life and experience and produce emotional resonance, in this case the counseling of its high efficiency, the effect is good can be expected.

Peer counseling work, in the final analysis itself is actually a preventive work. Its greatest significance is to work before the counselor has a scholarly crisis or a mental crisis. Through the peer counseling work, you can avoid the student's school career crisis eventually dropped out of the extreme cases; to avoid the students because of personal emotional distress failed to get timely release and thus affect the students' mental health.

References


