Appreciation Education: Innovation of Ideological and Political Education

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Abstract. It is necessary to apply appreciation education to ideological and political education, which is the need to enhance the affinity, pertinence and effectiveness of ideological and political work in colleges and universities in the new era. Exploring appreciation education in the ideological and political work of colleges and universities can fill the psychological deficiency of college students, stimulate their innovation ability and guide them to realize a better life. The implementation of appreciation education also needs to follow scientific principles, rational use of appreciation education, in order to promote the overall development of college students.

Introduction
At the national conference on ideological and political work in colleges and universities, the General Secretary of the Communist Party of China Central Committee, Xi Jinping not only pointed out that "ideological and political work is fundamentally people centered work, which must focus on students, take care of students and serve students," but also stressed the importance of "cultivating a rational, peaceful and healthy state of mind, strengthening humanistic care and psychological counseling." "Appreciation education" is a kind of education way that educator arouses the motivation, interest, emotion and other non-intelligence factors of the educatees through respect, understanding, praise and so on, so as to produce positive psychological effect. Appreciation education follows the law of Ideological and political work, the law of teaching and education, and the law of students' growth, which conforms to the educational objectives and requirements of ideological and political work in colleges and universities.

It is Necessary to Apply Appreciation Education to Ideological and Political Education in Colleges and Universities

The Psychological Deficiency of College Students Needs to be Filled by Appreciation Education
College students are the generation born in the 00s, most of them are the only child. To a certain extent there exists the phenomenon that the physiological age has matured, but the psychological age lags behind. They are still immature in cognition, emotional regulation, and social experience and so on, and their social endurance is far lower than their actual level. On the surface, they are independent, but in fact, they have a strong dependence, especially their mental or emotional vulnerability to other people's influence, and their actions often show hesitation and timidity. They are busy studying in primary and secondary schools, often ignoring the cultivation of students' psychological quality, which makes them not strong in psychological bearing capacity, insufficient self-awareness, easy to get lost in the direction, lack of motivation. They are in the psychological weaning period, who are eager to adapt to the new environment, new things, to get the recognition of parents, teachers, and students. It needs ideological and political workers through appreciation education to guide them. Appreciation education brings them positive experiences, and guides them to feel the true, the good and the beautiful, and learn to control their emotions and control their behaviors.
The Innovation Ability of College Students Needs the Stimulation of Appreciation Education

Higher education is committed to the cultivation of creative talents, which should be penetrated and reflected in the teaching process of all disciplines. The results of psychological experiments show that a person who lacks motivation can only play 20%-30% of his ability, while when he is inspired, his ability can play more than 80%. Appreciation education can give people appreciation, stimulate people's ability, and achieve educational goals. The new generation of college students generally have strong independence of thinking. They begin to question the opinions of others. They no longer blindly follow the authority and experts. They also put forward bold ideas and new and unique opinions and try to solve problems with new methods. Harlow, an American psychologist, has proved through experiments that relaxed and pleasant emotional experience can form a dominant excitation center in the cerebral cortex and promote the development of critical spirit and creative thinking; on the contrary, bad emotions such as depression and agitation can interfere with people's perception and make the left and right hemispheres of the brain in an uncoordinated state.

For college students, the healthy emotions such as joy, happiness and satisfaction caused by praise can promote the development of intelligence; on the contrary, the negative emotions such as tension, fear and worry caused by reprimand will hit their self-confidence. Therefore, teachers should grasp the psychology of college Students' desire to be recognized, and let students' potential be fully explored by creating a good atmosphere.

College Students' Experience of a Better Life Needs the Guidance of Appreciation Education

Under the new situation, the modern society requires more and more college students in terms of knowledge and skills. College students are facing more and more employment pressure, and cannot experience the joy of "knowledge changes fate.” Entering the university campus, many college students found that they didn't even have a chance to breathe. Thirty or forty professional courses and a wide range of elective courses are dazzling. The English test, computer test and various vocational certificates at all levels are tiring. There are also poor students from rural areas, who have to deal with tuition and living expenses. Some students can't deal with interpersonal relationship well, even suffer from emotional torture due to lovelorn. All kinds of pressure make some college students lose confidence in the future development and the better of life, which leads to restlessness, negativity, pessimism. Nowadays, some college students choose to commit suicide to escape from the reality because of various pressures. This requires teachers to use appreciation education to make college students feel teachers' care, fun of learning, warmth of the group, to overcome all kinds of difficulties in the process of learning and communication. This requires teachers to use appreciation education to guide college students to establish a correct "Three Outlooks"-world outlook, outlook on life and values, so as to help college students correctly grasp themselves and understand society. Appreciation education can encourage students to turn setbacks and difficulties into valuable spiritual wealth of life.

The Principle of Appreciation Education Should be applied in Ideological and Political Education

Appreciation education is the innovation of the education method for the ideological and political work in colleges and universities, which injects love and vitality into it. But in the practical application, many teachers' understanding of appreciation education is superficial, without understanding the real connotation of appreciation, so they enter the misunderstanding of appreciation education.

Recognition in Recognition Education Must Have Principles

Appreciation education is a kind of strategy, but also an art, if the use of the process of improper grasp of education will produce a negative impact. Some teachers praise the good students excessively and worry that the criticism will hurt their enthusiasm for learning, which leads to the
students’ strong self-esteem, often thinking that they are very good and their interpersonal relationship is not good. Teachers should make it clear that appreciation does not mean arrogance. They should master the art of appreciation. Easy recognition will only feed their vanity, encourage their bad habits, the effect of recognition will be greatly reduced. Teachers' appreciation is the catalyst to promote students' success, stimulate students' potential and build up their self-confidence. We can't appreciate the weakness of people, otherwise appreciation will lose its principle. Unprincipled appreciation is arrogance, which is a great taboo in education.

Appreciation Education Should be Guided Purposefully

Appreciation of education should be purposeful. Only let students understand their outstanding performance, in order to clear the direction of continuous efforts. The right kind of appreciation is "for the thing, not the person." Educators should be good at capturing appreciation points, timely praise, appreciate the good behavior of students, and then guide them to learn from the daily performance of the correct, objective evaluation of their own. Some teachers turn their appreciation of students into rewards, which will only arouse students' antipathy, make students stay away from them, and lead to more and more distant distance between teachers and students. Only by "appreciating" every student sincerely, can students enter into their hearts, can students tell their troubles to teachers, and teachers can discover and solve problems in time, so as to help students develop in an all-round way.

Appreciation Education Should be implemented in Different Places According to People

Every student is an independent individual. Appreciation should admit differences, and education should be different from person to person. Some students have a sunny nature and are willing to accept positive compliments. But for students with high self-esteem, they need to pay special attention to the environment of appreciation. Only by creating a healthy, harmonious and friendly atmosphere can teachers play the role of appreciation. Otherwise, students will think your praise is a satire to them. Only by fully excavating the flash points and differences of each student, encouraging and praising them, and guiding them to find their own uniqueness can they play a role. However, in practice, some educators often ignore the differences among students and compare the advantages of one student with the disadvantages of other students. Teachers should understand students, fully understand and grasp students' personality differences, cognitive level and ability development level. On this basis, they should compare students' today and yesterday, ignite students' self-confidence and passion, and make appreciation produce greater effect.

References

