

Gratitude Education: A New Path for College Students' Ideological and Political Education

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Abstract: *Within colleges and universities, gratitude education is not only an important part of ideological and political education, but also an effective path for this educational activity. Therefore, colleges and universities should attach importance to the gratitude education of college students. In this regard, this paper is based on the perspective of ideological and political education, starting from several aspects of colleges and universities, society, and students themselves, focusing on the path and strategy of strengthening the gratitude education of college students. It aims to provide reference for relevant personnel through research, realize the deep integration between ideological and political education and gratitude education, guide college students to establish the correct three views, and send high-quality talents with both moral and artistic integrity to the society.*

Keywords: College students; Gratitude education; Ideological and political education.

1. INTRODUCTION

In the higher education stage, gratitude education is an important part of ideological and political education, which can cultivate students to form a correct view of gratitude, and also promote them to form a good concept of gratitude in the process of independent participation and practical exploration. At the same time, it can also promote them to effectively grasp the connotation of gratitude and enhance their comprehensive moral literacy. This has crucial practical significance for cultivating the moral qualities of college students and strengthening the effectiveness of ideological and political education in universities. At present, upon delving into the actual situation of universities, it can be found that there are certain shortcomings in gratitude education for college students, particularly manifested in the disconnect between knowledge and action in gratitude education, the lack of a joint force in gratitude education, and the need to improve the effectiveness of gratitude education. This is related to factors such as the lack of gratitude education in families, insufficient efforts in gratitude education in universities, weak social atmosphere for gratitude education, and weak gratitude cognition among college students. Therefore, based on the perspective of ideological and political education, how to improve the effectiveness of gratitude education for college students has become the research focus of this article.

2. SELF GRATITUDE EDUCATION FOR COLLEGE STUDENTS - ENHANCING GRATITUDE AWARENESS

At present, when delving into the actual situation of college students, it can be found that some college students do not have a thorough understanding of the value and significance of gratitude, and cannot correctly recognize gratitude. Therefore, from the perspective of ideological and political education, when conducting gratitude education for college students, it is necessary to continuously improve their awareness of gratitude, guide them to face gratitude squarely, and thoroughly understand the connotation of gratitude, realizing that gratitude is a necessary moral quality for themselves as newcomers to the times. On this basis, strengthen the gratitude emotions of college students and regulate their gratitude behavior.

Firstly, college students need to understand and have a correct understanding of the essence of gratitude. They should realize that gratitude is a spontaneous emotion and thought in their hearts, and transform their gratitude into love, thus demonstrating a positive and sunny attitude towards life. No matter where they are or when, they need to be inspired and face the world with a positive and optimistic attitude. At the same time, college students should deepen their understanding and recognition of the content and significance of gratitude, strengthen their systematic understanding of classic works, taste the excellent traditional culture of the Chinese nation, consciously and actively accept the influence of the excellent traditional culture of the Chinese nation, and deepen their understanding and recognition of gratitude from different perspectives.

Secondly, college students should sublimate their gratitude feelings, strengthen the systematic study of ideological and political theories, establish a correct view of history, consciously and actively study the "four histories", make correct judgments on the development of the world, the country, the CPC and other developments, objectively and dialectically understand various events at home and abroad, and realize that the current happy life is hard won. That is to say, college students should continuously enhance their own "four consciousnesses", strengthen their confidence in the Chinese nation, make correct and scientific judgments on domestic and international situations, constantly enhance their sense of historical mission and social responsibility, never forget their original aspirations, keep their mission in mind, and take the great rejuvenation of the Chinese nation as their main goal for continuous development and struggle.

Finally, college students should attach importance to gratitude practice, rely on the platform provided by the school, actively participate in various types of gratitude practice activities, internalize gratitude awareness in their hearts, realize the importance of gratitude, and experience the warm emotions of gratitude, further extending happiness. In this regard, college students should actively participate in various club activities organized by the school, including social welfare activities such as the Red Cross. Wait, dedicate your love to nursing homes, orphanages, etc. While showcasing one's personal value, constantly presenting one's spirit of dedication, being recognized and appreciated by others, thereby strengthening the sense of achievement and responsibility of college students.

3. SOCIAL GRATITUDE EDUCATION - SPREADING POSITIVE ENERGY THROUGH ALL MEDIA

Gratitude education for college students is a systematic and comprehensive project, which not only requires universities to fully play their leading role, but also requires society to create a strong atmosphere of gratitude education, achieve the smooth integration of gratitude education in universities and society, effectively improve the ideological and moral cultivation of college students, and further enhance their gratitude awareness. Therefore, social media should fully play its role in guiding public opinion, assist the government in guiding public opinion, promote positive energy with gratitude as the theme to society, and create a high-quality and good new trend of gratitude within the society.

On the one hand, mainstream media should fully leverage their role in guiding public opinion, keep up with the development trend of the times, understand the current development needs of the times and the actual needs of college students, innovate and optimize existing content, and continuously enhance its appeal and appeal. That is to say, while mainstream news media such as People's Daily and Guangming Daily report and promote touching stories, they also need to strengthen the recognition of moral models and rely on gratitude programs such as "Touching China" to promote the positive energy of gratitude to society. Inviting gratitude role models to participate in a symposium, recounting the process of gratitude and conveying gratitude in a more intuitive way, in order to cultivate the gratitude quality of college students. In addition, local mainstream media can add gratitude themed columns, combining with the actual life of college students, close to real life, and through real-life examples, arouse emotional resonance among college students. For example, in the event of a sudden public incident, commending medical staff who are on the front line of life for college students and guiding them to enhance their sense of gratitude; Play a documentary about the Korean War to guide college students to realize the hard won beauty of their current lives and not to arouse their gratitude.

On the other hand, fully leveraging the public opinion guidance role of new media, maximizing its advantages of fast dissemination speed and strong interactive function, strengthening communication and exchange with college students, spreading positive social energy among college students, and enabling them to feel a strong atmosphere of gratitude from top to bottom. For example, the government should give full play to its macro-control role, use various short video software, such as Tiktok, Kwai, Little Red Book, etc. to open official accounts, and strengthen gratitude education for college students. College students can use these short video apps to watch short videos and express their opinions on a gratitude event. In this stage, we can deepen the understanding and recognition of the most grateful feelings among college students. In addition, major new media companies also need to fully play their role and actively participate in the dissemination of positive social energy. In this way, the ideological and moral level of college students can be further improved, and a high-quality and good social gratitude atmosphere can be created for college students. The gratitude education effect obtained will definitely be more ideal.

4. GRATITUDE EDUCATION IN COLLEGES AND UNIVERSITIES - IMPROVING THE GRATITUDE EDUCATION SYSTEM

A large part of the results of students' evaluation of teaching depend on the initiative of students. Therefore, we really implement the anonymity of students' evaluation of teaching, the effectiveness of the evaluation of teaching results, and really dispel the concerns of students' evaluation of teaching, so that students can experience that evaluation of teaching can improve the teaching quality of teachers. For teachers with low evaluation of teaching, students gradually abandon them. But these all need to implement the complete credit system, that is, students have sufficient space and right to choose courses and teachers. Therefore, we can increase teacher resources and curriculum resources, so that students can choose courses independently, and finally gradually realize the complete credit system. Through the establishment of the "four teachers in one" service center, full-time professional backbone teachers, young teachers, full-time ideological and political teachers, and off-campus tutors will integrate the core elements of ideological and political education, such as patriotism, professional ethics, craftsmanship, and dedication to society, and integrate education based on the "post course competition, certification and innovation" of engineering technology specialty, so as to enhance the initiative of ideological and political teaching of faculty and grow together. Relying on the "four teachers in one" service center, it creates opportunities for teachers to organize services across schools, disciplines and disciplines, helps team teachers to develop professional skills, improve service level, and further strengthen school-enterprise cooperation, and enhance mutual communication and knowledge sharing among teachers at all levels and levels; Social entrepreneurs and celebrities are often invited to the school to give lectures with them, share successful experience, deepen the ability of teachers to "create job certificates" and "create class certificates", so that teachers can understand and understand in innovative teaching. The ways to improve the ideological and political abilities of "four teachers in one" professional teachers are shown in Table 1. Through the training, the students in each class and ideological and political class were strongly promoted to walk with each other, and gradually established a "big ideological and political" system, which played a good role in promoting the work of the Sanquan. The way to realize the curriculum mainly includes: improving the professional level of education teachers and innovating the teaching management mode of teachers. The ideological and political education factors in the education classroom are deeply explored through various courses. At the same time, the classroom ideological and political case teaching method with rich content is adopted to improve the ideological and political quality of education teachers, including case teaching method, experiential teaching method, instant discussion method, etc., to realize the continuous training and improvement of their own ideological and political level, so as to promote comprehensive and comprehensive development, so as to better adapt to the needs of ideological and political teaching in the curriculum. Path 2: Deepen the ideological and political teaching training of the course and improve the ideological and political teaching ability of the course. Through training, professional teaching and enterprise value orientation are organically integrated. While teaching students professional knowledge and developing professional skills, students are guided to adhere to correct professional values and establish lofty ideals by encouraging their passion for professional knowledge and determination to develop professional skills; Path 3: focus on information training and build a model of intelligent teaching. Through the way of information education, it has effectively promoted the implementation of ideological and political content in the classroom, and thus increased the educational and interesting content of ideological and political knowledge in the classroom. Promote the improvement of the teaching structure and content of ideological and political work in the classroom, mobilize students' enthusiasm to participate in the study of ideological and political education in the classroom by enriching the content of the classroom, and improve the adjustment of the school's learning structure of ideological and political knowledge in the classroom and the improvement of the teaching content by carrying out the study of ideological and political knowledge in the classroom.

4.1 Enriching Gratitude Education Content

In ideological and political education in universities, gratitude education, as an important component, should closely follow the trend of the times, incorporate the theme of the times into the theme of gratitude education, and ensure that the gratitude education activities and content presented have strong contemporary characteristics. Therefore, while strengthening the basic theoretical education of students, universities also need to guide them to establish correct values of life and continuously enhance their sense of social responsibility.

4.1.1 Integrating life education into gratitude education

In recent years, more and more college students have been unable to face difficulties and setbacks with a positive and optimistic attitude, and often choose to deal with problems in a way that disregards life, thus avoiding reality. Therefore, in response to this situation, universities should integrate life education into gratitude education for students, strengthen life education for college students, guide them to establish a positive and optimistic attitude, and learn to effectively regulate their own emotions when facing setbacks and difficulties. Not only should we cherish life, but we also need to be grateful for it.

4.1.2 Integrating Happiness Education into Gratitude Education

At present, delving into the reality of college students, it can be found that some of them are unable to cherish their current happy life and find it difficult to obtain a good sense of happiness experience. Therefore, in response to this situation, universities should integrate happiness education into gratitude education, guiding college students to realize that the current good life is hard won and cherish the current happy life. Enable students to experience the hard won beauty of their current life while watching movies, thereby inspiring their gratitude towards the Party, the country, society, and others.

4.1.3 Integrating Responsibility Education into Gratitude Education

At present, China is in the critical stage of socialist reform, and the Chinese Dream is the main direction of the great rejuvenation of the Chinese nation. As the vanguard of realizing this blueprint, college students must have a strong sense of responsibility and accountability. Overall, from the perspective of ideological and political education, gratitude also belongs to the responsibility and commitment of students. Students can fully demonstrate their sense of social responsibility through the fulfillment of gratitude behavior. That is to say, if students have a sense of gratitude, they will definitely have a certain sense of responsibility. Therefore, universities should base themselves on the perspective of ideological and political education, rely on responsibility education to provide gratitude education to students, enhance their sense of social responsibility, and guide them to learn to be down-to-earth and sincere when dealing with society, so as to contribute their own strength to the development of the country and society.

4.2 Innovative Gratitude Education Methods

Universities need to deeply observe the development trend of ideological and political education reform, determine the future direction of gratitude education, and make effective adjustments and improvements in specific educational concepts, so as to further correct students' ideological concepts and promote them to cooperate with teachers in a good state to effectively explore the content of gratitude education. Therefore, universities should focus on cultivating students' firm political beliefs, establishing a good sense of gratitude, and on this basis, enabling them to further improve their own gratitude qualities and literacy. At the same time, in the process of comprehensively carrying out gratitude education activities, it is necessary to establish a correct view of students and fully demonstrate the connotation of student-centered thinking. When planning and setting up gratitude education activities, effective planning should be made based on students' emotional needs and cognitive foundations. On this basis, the activity plan and the implementation carrier of gratitude education activities should be effectively innovated to create a good learning atmosphere, provide students with correct ideological guidance, and enable them to participate in learning in a more autonomous state.

Universities need to pay attention to students' divergent thinking needs and effectively create a specific atmosphere of gratitude education. Give full play to the supportive role of new media, and use it as a basis to set up a relaxed and intuitive atmosphere for gratitude education, expand the promotion space and carrier of gratitude education culture, create a relaxed learning atmosphere, and guide students to explore and analyze the specific internal meaning of gratitude education in depth. Firstly, the carrier role of micro courses can be utilized to deeply explore the cultural connotations of excellent gratitude education, extract excellent gratitude education theories, explore cultural materials of gratitude education, and effectively collect specific resources from the perspective of real life. Based on this, a micro course reserve center can be effectively constructed, and new media carriers can be used for promotion and publicity, providing a good environmental carrier for students to independently explore and delve deeper. Afterwards, teachers need to deeply explore the promoting role of platforms such as Weibo and WeChat, effectively organize excellent educational resources, and ensure that the constructed culture of gratitude education is more comprehensive, so that students can form a good sense of gratitude.

For example, universities can cultivate students' gratitude awareness by producing micro films. In the era of educational informatization, microfilms, as a new educational tool, not only have strong artistic and educational characteristics, but also have distinctive features of low cost and high participation. Therefore, when conducting gratitude education for college students, this educational activity can be carried out through micro movies, which can not only increase their enthusiasm for participation, but also further enhance their gratitude awareness, achieving a deep integration of ideological and political education and gratitude education. That is to say, in the production process of microfilms, students not only need to play the role of screenwriters, but also need to play the roles of directors and actors. This requires students to fully immerse themselves, appreciate the true meaning of gratitude, and understand the value of gratitude. By creating micro films to immerse oneself in the plot and resonate with the audience, the theme of gratitude is maximally highlighted. In addition, during the production process of the gratitude themed movie, each member of the team needs to collaborate to complete a movie together. Even in the face of various difficulties, it requires the effort and dedication of every member in the team, which requires gratitude from team members and can fully play the true role of implicit education.

In addition, we will focus on strengthening the effective development of online education platforms, and with the support of platforms such as DingTalk and Cloud School Home, we will reasonably construct intelligent education platforms, break the limitations of traditional education models in terms of time and space, and enable effective interaction between teachers and students in remote conditions. For example, teachers can use online platforms to carry out cloud based teaching activities, effectively infiltrate excellent gratitude connotations through live streaming, guide students to deeply analyze relevant gratitude connotations, including national policies and the excellent spiritual qualities possessed by those who go against them, and guide students to effectively interact on specific connotations through discussion groups and other platforms, so that students can form a profound and comprehensive understanding of the relevant connotations of gratitude education, cultivate students' good moral values, and further strengthen the effective construction of gratitude concepts among college students.

5. CONCLUSION

In summary, gratitude education, as an important component of ideological and political education in universities, can not only improve the level of ideological and political education in universities, but also achieve the effects of cultivating college students' moral cultivation, enhancing their sense of responsibility, inheriting and promoting traditional Chinese virtues, and practicing socialist core values. Therefore, universities should attach great importance to gratitude education for contemporary college students, combine the characteristics of the times, thoroughly analyze the group characteristics of contemporary college students, start from multiple aspects such as universities, society, and college students themselves, gradually improve the gratitude education system for college students, enrich and innovate the content and methods of gratitude education for college students on the original basis, guide college students to elevate external gratitude education into internal emotions, and ultimately transform it into gratitude qualities, achieving the unity of knowledge and action for themselves.

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