

The Analysis and Countermeasures of College Thanksgiving Education in Practice

Jun Yang

Department of Materials and Science Engineering, Sichuan University of Science and Engineering, Zigong 643000, PR China

Abstract

Thanksgiving education is an important part of ideological, political and moral education in university. It is of great significance for promoting the development of college students and building a harmonious campus. At present, many universities have carried out a variety of theme activities with thanksgiving education, these activities mainly focus on thanksgiving cognition, but less involved on how to deal with the thanksgiving education in practice. In this paper, we analyzed the existing problems of thanksgiving education in practice, and gave the advice on how to carry out an effective thanksgiving education. This paper could provide a useful reference for college thanksgiving education in practice.

Keywords

thanksgiving education; college students; Countermeasures.

1. Introduction

Thanksgiving is a fundamental character of man's moral, and the key to happiness [1]. It is the basic rule of human society, and a groundwork for a community to work well. Thanksgiving education takes love, relationship, respect, understanding and responsibility as the value orientation, and sets the formation of thanksgiving consciousness as the goal, cultivates its gratitude emotion, develops the individual's Thanksgiving behavior ability, so as to forming the affinity and personality characteristic. Thanksgiving is the traditional virtues of china, and it is also a kind of attitude towards life. Gratitude should be the basic moral code that everyone in the society should have [2-3]. At the same time, Gratitude should be the minimum accomplishment and the common sense of human beings. For the most of young people, sense of gratitude is not simply a reward for their parents' upbringing, but also a reflection of the responsibility, self-reliance, self-esteem and a sound personality.

Gratitude is a kind of good human nature [4]. With the rapid development of China's economy, the pressure of people's living competition has been increased. Due to the invasion of foreign cultural elements, some decadent, backward minds and bad information widely spread in society, and they are gradually eroding people's hearts. While students staying in college, it is a critical period time of forming the moral concepts, outlook and values. On one hand, they have lively intellect, they are good at accepting new things, on the other hand they will be easily influenced by the external environment. Thanksgiving education is an important content of ideological and political education in colleges. The practical part of gratitude education is a new platform for the cultivation and sublimation of moral emotions. How to let the college students be grateful for their parents and colleges, is the key to enhance the core value of socialism in ideological and political education at universities.

2. The Current Situation of Thanksgiving Education in Colleges

2.1. Weak Sense of Gratitude Education among College Students.

Nowadays, most of the college's students are born after 2000. They do not have any other brothers and sisters, so their parents and relatives give the whole love to them. They are so well protected that they don't know what gratitude is. They can accept others disbursement with no apologized, because they take that disbursement for granted. They don't know how to express and transmit the gratitude. It's a terrible thing that colleges students are losing their moral emotions and eroding their gratitude education consciousness.

2.2. Few Practical Links in Thanksgiving Education

Generally, teachers in college instill the Thanksgiving education ideals into the students unilaterally. And they are always incline to use the persuasive way that let students learn to appreciate others, to learn to care for others. As a result, gratitude education is not systematic. The place where the college students receive the gratitude education is usually in class instead of concrete practical activities. This is not a good way for Thanksgiving Education. For one thing, we should have to admit that classroom education is conducive for the Thanksgiving theoretical knowledge, and students can easily grasp the content. However, the internalization effect of gratitude education cannot achieve the desired result, so it is difficult to produce a good sense of gratitude, therefore it is also hard to form gratitude emotion and implement gratitude behavior.

3. The Reasons for the Practice of Thanksgiving Education in Colleges

3.1. Most Thanksgiving Education Emphasizes Theory but not Practice.

When the college carries out the Thanksgiving education, it only pays attention to theoretical education and ignores practical activities. On one hand, the disconnection between theory and practice makes most students habitually think that gratitude education is boring, just empty slogans. On the other hand, Thanksgiving education in college do not integrate the characteristics of the times, do not update the educational content in a timely manner, and do not keep pace with the times. Nowadays, Thanksgiving education should make the students take into activities. However, college do not take the Thanksgiving education into long term planning, so it is a difficult work to make the Thanksgiving education activities to be systematize and serialize.

3.2. Lack of New Ideas and Long-term Effective Mechanism in the Practice of Gratitude Education.

It is well known that Practice is the most effective way to cultivate personality. College students could obtain the specific details in many aspects about how to express their gratitude for all that is provided. While the traditional gratitude education in colleges is limited to theoretical indoctrination. The theory is quite vague and has no practical reference value. Few parts of colleges will use the special days, like Fathers' day, to let students make a call or write a letter to their parents. But some students set little store on this simple form because they think it is nothing new and cannot help them gain the thanksgiving sense. When college distributes tasks to students, they often fell shame or not care about expressing feelings. In addition, some of students believe that gratitude is needed only on a few special days, and there is no long-term effective mechanism to ensure the thanksgiving education. As a result, the thanksgiving education in colleges cannot move forward steadily for a long time.

3.3. Lack of Perfect Assessment and Evaluation System.

Educational effects are inseparable from related education evaluation systems. However, the current gratitude education in universities has not established a corresponding gratitude evaluation system. Thanksgiving education is a vague moral education sector in the ideological and political education of colleges. So many students do not know what thanksgiving really is, they only regard gratitude education as a task to complete. This way of education cannot cultivate students' sense of gratitude and social responsibility. Due to lack of perfect assessment and evaluation system, until now, gratitude education has little effect no matter in the family or in the college even in the society.

3.4. Individual Differences in Gratitude Education Objects.

Thanksgiving education should cover the whole society, but for the college thanksgiving education, college students play the main role of gratitude education. There are many individual differences among college students in gratitude education objects. They come from different cities, different provinces. There is a big gap between household economic conditions. Students from families with less income will be shame to express gratitude and they express their appreciation for few times. Nevertheless, students from families with more income express gratitude more naturally when they face to their natives. Moreover, family atmosphere and educational resources will also affect students' gratitude education, causes students to differ in their understanding and behavior of gratitude. That because students will get a great sense of identity and accomplishment with much love and help. For most of the part, school gratitude education can basically only take into account the acceptance level of general students, so they pay less attention to individual differences among students. This is an important factor in retarding the progress of gratitude education.

4. Analysis of the Reasons for the Practice of Thanksgiving Education in Colleges

4.1. Make Full Use of the New Media Platform and Enrich the Practical Links

In recent years, the rapid development of new media has brought great potential to college education [5]. The young group of college students is agile and flexible. They can receive new media information quickly and efficiently. Thanksgiving education in colleges should make full use of new media platform, and strengthen the publicity of thanksgiving education through blog, we-chat and major education platforms. Carry out a variety of effective gratitude education through the new media platform, like creating a loving campus media environment for students, guiding positive public opinion and setting a good model of gratitude. It is useful to carry out essay activities and speech contests related to father love and mother love are all good activity themes, which can nourish students' gratitude awareness and improve the effect of gratitude education. Thanksgiving education in colleges should be abstracted into concrete, preached into action, and carried out by activities, so that students can experience and practice gratitude from activities. Through the integration of school education and new media technology, the work of gratitude education in colleges is flexible and the educational content is in keeping with the characteristics of the times. In addition, the necessary forms and rituals are very meaningful in gratitude education. The theme activity of university gratitude education takes the person or thing related to "gratitude"; it is clue to form a meaningful theme to carry out the activity. Students are the theme, and teachers are the leader. Students are willing to join in and give full play to their initiative.

4.2. Establish a Comprehensive and Systematic Long-term Mechanism of Gratitude Education.

Family education, school education and social education are important carriers of gratitude education. Family education helps students form the connotation of personality, school education helps students to establish a sophisticated knowledge system, and social education helps students improve their sense of responsibility. First of all, parents are the best teachers for children, they set a good example for their children. To build a harmonious family relationship will help to establish a strong sense of family responsibility. Second, the school carries on the collective education to the college students through various activities, and creates a loving world for the students. Use this way, it could build collective gratitude consciousness. By making full use of practical activities, exploring the role of college students themselves, and exploring the growth process, clarifying and resisting all kinds of negative and wrong ideology, so that students realize that it is not natural or reasonable for others to pay for them. Moreover, with the economic growth slowing down, the government still maintains investment in higher education. That makes students deeply understand the state's love for college students, and should return to the society with practical actions. Effectively combine the three carriers of family, school and society to establish a comprehensive and systematic long-term mechanism of gratitude education. Try to create conditions for schools, teachers, students, and parents to participate together. Let them focus on experiencing and reflecting on the education process, and then strengthen communication so as to understand between them.

4.3. Integrate Gratitude Education into the Comprehensive Quality Evaluation System.

Thanksgiving education should also have a corresponding Thanksgiving evaluation system. Adhere to the combination of education and management, it is significant to quantify gratitude education into several indexes and guide the daily behavior of college students. It's an effective way for guiding and motivating students to develop a sense of gratitude through the evaluation system. We will standardize and institutionalize the gratitude education so that the self-discipline of college students can be organically combined with the gratitude evaluation system. It has played a good guiding role in promoting the gratitude education of college students. To make the evaluation of students' individual gratitude quality into the comprehensive quality evaluation system, which plays a good guiding role in the cultivation of students' gratitude consciousness.

4.4. Enhance Students' Sense of Identity in the Practical Link of Gratitude Education.

The practice of gratitude must be based on the individual differences of the students, and cannot be generalized. Responsibility education, life education, self-reliance education, new year education, etc. are different for each college student. These are very important to form a sound personality of college students and promote their healthy growth. We should focus on special groups, such as students with poor family relationships and family financial difficulties. And we should also care more about the individual differences of students from multiple channels in life, study and community activities. At the same time, it is necessary to integrate gratitude education with other moral education and enhance students' sense of identity in the practice of gratitude education.

References

- [1] Robert Emmons, Thanksgiving--Happy seeds of successful flowers[M]. Beijing: China Friendship Publishing Company. 2008.

- [2] Yajie Li, Haiyang Zhang etc. A statistical analysis of gratitude education for poor college students[J].Journal of North China Institute of Aerospace Engineering.Vol.21 No.2 .Apr.2011.
- [3] Lu Dai. Thoughts on strengthening gratitude education for poor students in Colleges and Universities[J]. Journal of Chongqing University of Science and Technology(Social Sciences Edition). No.5 2007.
- [4] Xueqin Yang. An analysis of gratitude education for poor college students from the perspective of Harmonious Society[J].Heilongjiang Researches on Higher Education.No.12,2011.
- [5] Junhua Deng. Research on gratitude education of poor students in the new media environment[J]. China academic Journal Electronic Publishing House.No.3 2005.