

Current Situation of Career Planning Education for College Students and Suggestions for Improvement

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Abstract

With the development of higher education in China is becoming more and more perfect, the number of college students is also increasing year by year, university as the most valuable period of college students' life, is an important stage of life career development, but also an important stage of career planning. But many college students after entering the university stage don't know how to plan your college career and future career direction, tend to be lost, in the face of the new university life, a lot of schools are lack of career planning for university courses and guidance, this paper mainly discusses in the current social development situation, This paper studies the current situation and problems of college students' career planning, and gives effective suggestions for improvement.

Keywords

College Students; Life Planning; Career Planning.

1. Background

1.1. The Importance of Career Planning Education for College Students' Development

College students are in the critical period of career development, facing many important choices about the future, such as development direction, career choice, etc. If they can make a career plan in line with their own characteristics, it will help them give full play to their intelligence, develop their potential, and realize their self-value. At present, many college students in the study, life, employment and other aspects show a variety of confusion and confusion, career development is not good, resulting in a lot of excellent talents in the face of social employment, often not satisfactory, not to play their own expertise.

Career guidance should first help students establish scientific career planning concept and master the basic methods of career planning. Students can have an objective and scientific understanding of themselves, accurately and efficiently collect and analyze environmental information, make career choices, determine career goals, and find suitable employment direction and position on the premise of combining their own characteristics and environmental conditions. If can give full play to my strengths in the university stage and reasonably combine employment planning with future development, It will make future employment career more smooth.

2. Problems Existing in Career Planning Education of College Students

2.1. Weak Awareness of Career Planning Initiative

A lot of college students, although has made excellent achievements in the college entrance examination, but after entering university life, the lack of reasonable planning, lead to the development direction is not clear, caused by inadequate understanding of future career

professional interest to drop, the thinking about career planning weigh less lead to insufficient learning motivation is a universal problem in today's college students.

Many college students don't have the direct pressure of obtain employment and life in the future development of overall understanding, has not yet established a firm ideal faith, including professional ability, interest, values, such as common fuzzy positioning, ideology and code of conduct is not consistent, the goal of life and the understanding of the meaning of life is relatively weak, neglected to cultivate their ability to exercise, Lack of pioneering and enterprising spirit, not afraid of hard work, career planning ability is obviously insufficient, it is difficult to start from their own interest points, lack of long-term planning of employment forms, career planning, target positioning and more importantly, their own competitiveness and other important elements of strategic vision and awareness, it is difficult to form a long-term career. Analysis of career planning and self-management framework.

2.2. Lack of Awareness of Social Environment

College students' cognition of social environment mainly includes the cognition of employment policy, the requirements of the job for college students, the change of employment situation, the trend of economic development and the change of national laws, regulations and policies. Nowadays, the lack of cognition of social environment is particularly prominent among college students. In the process of job hunting, many college students lack the understanding of work and the choice of direction, and do not know whether it is better to go to a large company or a small company. Many college students do not have a clear choice of employment direction, do not know enough about the working environment and atmosphere, and do not introduce themselves very clearly. As a result, many college students do not know what position they are in in the market, and do not have a clear understanding of the choice of working environment and salary. They are prone to blind self-abasement and confidence.

2.3. The Effectiveness and Pertinence of Career Planning Education are Insufficient

Many college students do not career planning for college students' employment guidance course and number of lectures, even with the quality of the course is not high, counselling form is too general, superficial, content single insufficiently, lack of pertinence and other shortcomings, lead to students in colleges and universities to carry out the guidance, lectures and personalized consulting's enthusiasm generally is not high, Although more than half of the students have attended counseling or lectures for many times, most of them are not spiritually focused and have no active interaction. Few of them have really considered their career development direction and put it into practice. Some of them have not even received counseling, so it is not helpful for the development of college students.

3. Suggestions on Improving Career Planning Education in Colleges and Universities

3.1. Improve Students' Awareness of Self-planning

When studying in colleges and universities, about 90% of college students do not pay attention to their future career development in a timely manner, have an improper learning attitude and lack of learning atmosphere.

Take a muddle-through attitude to academic performance, especially in some ordinary undergraduate and junior college, there are not a few students only to get a degree certificate and graduation certificate as the university goal.

Students should go out to participate in a variety of activities, improve their comprehensive ability, learn more about the current needs of the post talents and professional talents

requirements, and constantly improve their awareness of planning, in order to be in an active position in the employment of graduates. Parents need to help their children explore their own characteristics and encourage them to learn about the outside world through career exploration, such as internships or part-time jobs, so that they can experience it firsthand. Parents also need to help them collect career information, help them analyze industries, career characteristics, and assess their future development. At the same time, parents can take advantage of various opportunities in daily life to exercise their children's planning ability, time management ability, and develop their initiative and executive ability. And combined with their own experience, teach them how to regulate their emotions, relieve pressure. Through the efforts of parents, it is inevitable to help college students make a better career planning.

3.2. Strengthen the Cultivation of Practical Ability

The main task of many students in school is to learn, which leads to the lack of understanding of knowledge application and target career planning during their college years, so that some students can not quickly apply and adapt knowledge, and it is difficult to link theory and practice and combine them. Go out to participate in activities organized outside school and entrepreneurship competition in school to improve my professional ability and business practice ability. In short, colleges and universities should be based on the understanding of the situation of their students, do a good job in career guidance planning, and will be regulated to help students achieve better career development.

Students can strengthen social practice and practice and learn in the face of the requirements of enterprises and skills in employment. In the face of the operation difficulty coefficient of the post can be psychological preparation, convenient to adapt to the job. When studying in colleges and universities, college students need to have a clear understanding of the application and the planning of the target occupation, strengthen the external social practice and practice, enrich their own operational ability, and the outstanding resume.

3.3. Improve the Design of Career Planning Courses for College Students

Can strengthen the security awareness training for students of colleges and universities, reduce work safety accidents or difficult to provide a more complete virtual career scene, strengthening skill training of students, so that the student access to the real professional scenario for specific work can actually learn job skills, promote university students combine theory with practice. At the same time, the innovation and entrepreneurship education in colleges and universities should cultivate the innovation ability and entrepreneurship consciousness of college students to meet the requirements of employers. The difference of students' personal background cannot be ignored when colleges and universities are promoting career guidance.

In view of the situation that the performance of male students in career decision is inferior to that of female students, the career guidance of schools should pay more attention to male students and help them establish the right way of career decision. The overall performance of sophomores in career planning is obviously worse than that of freshmen. The overall career planning, career action, evaluation and adjustment of science students are also weaker than those of liberal arts students. Therefore, career guidance should be adjusted appropriately according to different departments and grades, so as to meet the needs of different students and improve the effectiveness of career guidance.

4. Conclusion

Based on the above views, college students have clear consciousness of career planning on the whole, and their cognition is above the middle level. They have strong career action power and can actively evaluate and adjust their career based on reality. The main factors that affect

college students' career selection standards are professional characteristics, personal characteristics and parents' will. The influencing factors of college students' fuzzy career planning are weak Self-planning consciousness, lack of social environment cognition, and lack of timeliness and pertinence of career planning guidance in colleges and universities. The three major conflicts that affect college students' job-hunting pressure are the conflict between the demand of talents for social development and the employment base, the conflict between professional ability and the demand of the employment market, the conflict between the characteristics of the employment unit and the expectation of graduates.

The main sources of job-hunting pressure are students' vague career goals, lack of confidence, relatively little preparation for employment, and the achievement degree of college talent cultivation mode needs to be improved. On the whole, college students tend to have a better outlook on their future jobs and feel that it is more likely to fulfill their expectations.

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