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Psychological crisis intervention for college students during novel coronavirus infection epidemic

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A B S T R A C T

At the beginning of the 2020 New year, novel coronavirus infection continues to affect our lives. The anxiety and stress caused by rising epidemic data, the helplessness and fear caused by city closure and isolation, and the boredom and irritability caused by extended holiday grounding all have a great impact on the psychology of students. In this special stress period of ‘suspension of classes and non-stop learning’, teachers actively help and guide students, do a good job of students’ psychological support, perform the duties of spiritual mentors, and do a good job of students' psychological care.

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1 Actively pay attention to the epidemic situation of students and their psychological state, and correctly deal with the possible bad psychological state of students. Strengthen the role orientation and do a good job of students' psychological care under stress.
2 Through QQ, Wechat, Wechat official account and other platforms, inform all students daily of the current prevention and control situation, school prevention and control arrangements, notices, requirements and discipline standards, so that all students know, understand and cooperate with the epidemic prevention and control work. Push the psychological knowledge of epidemic prevention to students, popularize the general knowledge of mental health maintenance, and smooth the network psychological counseling service channels.
3 Grasp the psychological dynamics, classify and do well the psychological support of the students in the epidemic period. Set up a regional network to assist the team, strengthen psychological counseling for students facing graduation and students whose relatives and friends have been diagnosed and isolated, and ease students' anxiety, irritability and other emotions through hotlines, the internet and other ways.
4 Give full play to the management role of counselors and student cadres, grasp the state of students' holidays in time through daily investigation, formulate emergency plans for psychological counseling, and pay more attention to students with serious financial difficulties and psychological problems in epidemic areas and carry out one-to-one psychological counseling to prevent them from aggravating psychological pressure because of life difficulties, psychological crisis, maladjustment, academic pressure and other reasons.
5 Strict rules of work and rest to enrich spiritual life. Remind students to do a good job in daily epidemic prevention, urge students to maintain good study and living habits, and prevent the occurrence of negative phenomena such as internet addiction and mental slackness due to epidemic prevention and control. Guide students to carry out an appropriate amount of exercise under the premise of prevention and control, strengthen physical exercise and improve their physical quality.
6 Suspension of classes without suspension of school and strengthen the network teaching. In order to ensure the teaching quality and learning effectiveness of the school during the epidemic prevention and control period, so that classes are not suspended, combined with the actual situation of the school, online teaching services are provided during the epidemic period. Build network course resources, build network teaching platform, live broadcast system, synchronous classroom, etc., and actively carry out online teaching.

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