

The Enlightenment of "Four Regressions" of Education to Counselors

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Abstract: The "four regressions" concept of education, as one of the ideas of higher education reform in the new era, has important guiding significance for the construction and work of college counselors. When returning to common sense, we must persist in reading thousands of books to have solid professional knowledge. If we return to our hearts, we must adhere to walk a long way by teaching and educating students, and strive to be first-class teachers. When returning to the initial heart, we must adhere to the establishment of a talented person, train socialist qualified builders and reliable successors, and achieve the goal of talent training. To return to the dream, we must persist in realizing the dream of a strong country in education to achieve the sublimation of the personal value of the counselor.

Keywords: Returning common sense; returning to the duty; returning to the initial heart; returning to the dream.

1. INTRODUCTION

From October 15, 2016, Minister Baosheng Chen clearly put forward the concept of "four regressions" of higher education in the symposium of higher education in Wuhan, which was held by the Ministry of Education, namely: returning to common sense, returning to the duty, returning to the initial heart and returning to the dream. In May 2018, General Secretary Jinping Xi made four "major assertions" on China's higher education in his important conversations with Peking University, namely: adhering to the principle of "based on it, promoting four regressions, building first-class undergraduate education with Chinese characteristics and world level. "four regressions" as one of the basic compliance of college reform and development, has a strong guiding significance for college counselors to strengthen their own construction and work.

2. RETURNING TO COMMON SENSE IS TO INSIST ON READING THOUSANDS OF BOOKS TO GAIN THE ABILITY

Returning to common sense is the foundation. The common sense of education is reading. Reading the 'national conditions' books, the 'base level' books, the 'mass' books, read the classics of excellent traditional culture, the classics of Marxism-Leninism, the classics of Chinese and foreign classics and professional classics ,and putting an end to impetuosity and rational thinking is Indispensable."1 Reading can not only enable counselors to clarify

problems in the field of ideological and political education, but also find ways to solve problems, and improve the knowledge structure of counselors and enhance their overall quality. However, due to the long working hours and hidden pressure of counselors, they often immersed themselves in transactional work and seldom have time to systematically study their professional knowledge. This makes most counselors do not have knowledge of education, psychology, and management, which leads to a single knowledge structure for counselors.

Therefore, returning to the common sense is very necessary. Having strong professional knowledge is the basis for doing a good job as a counselor. First of all, we must establish the awareness of active learning and lifelong learning. Consciousness is the forerunner of behavior. The second is to enrich and improve their own knowledge structure, to learn professional knowledge by sub-discipline, to broaden their professional fields, and to constantly innovate working methods in practical work, to be good at transforming student work into academic achievements and practicing the true skills. As a counselor, you should systematically study professional-related theoretical knowledge, including basic knowledge and professional knowledge. To understand the "national conditions" of education. At present, foreign thoughts and domestic thoughts exchange and blend, and Western social thoughts are constantly pouring in, especially in the domestic and foreign hostile forces to infiltrate the ideological infiltration of colleges and universities, compete with the colleges for ideological positions, compete for aspiring youth, and confuse people. The situation in the field of education is positive. A profound change has taken place in education. To read the "basic" books and the "mass" books, the largest grassroots and masses facing the counselors are students. It is necessary to deeply understand the ideological characteristics of college students in the new era and grasp the law of students' thoughts. At present, there are problems such as confusion of political beliefs, vague ideals and beliefs, weak sense of social responsibility, weak sense of solidarity and cooperation, lack of arduous struggle spirit, and weak psychological quality. Guided by these issues, the basic methods and expertise are used to find ways and means to solve problems. From the perspective of horizontal extension, reading more basic knowledge can broaden the knowledge of counselors. From a vertical and in-depth perspective, read more professional knowledge, such as the basic theories, basic knowledge, and basic methods of ideological and political education; the relevant theories and knowledge of Marxism in China; the relevant knowledge of college students' ideological and political education, can help counselors grasp ideological politics Education rules, innovative work methods, and solve the problem.

Suhomlinski said: "Reading, reading, and reading, - teacher education literacy depends on this." Counselors only through continuous reading, with high educational literacy and profound professional knowledge, so that the counselor's work is developing towards professionalism and professionalism.

3. RETURNING TO THE DUTY IS TO INSIST ON TRAVELING THOUSANDS OF MILES TO BECOME A FIRST-CLASS TEACHER

Returning to the duty is to teach and educate people, it is the process and purpose. In the "Standards for Professional Ability of College Counselors (Provisional)" (2014), it is clearly stated that "counselors are an important part of the teaching and management teams of higher education institutions and have the dual identities of teachers and cadres." College counselors are first and foremost a member of the school's faculty and have the status of a teacher. Therefore, to be a first-rate teacher, the counselor must solve the problem of teaching and how to teach.

When inspecting Peking University, General Secretary Jinping Xi said, "Teachers should always remember the mission of teaching and educating people, be willing to step on the ladder, be a paving stone, and guide the students' minds with personality charm, and open the door of students' wisdom with academic attainments." This points the direction for the counselor to teach and educate students. As a member of the teacher, the counselors undertake the ideological and political education courses of college students, such as party classes, group classes, ideological and moral cultivation and legal basis, situation policy education, mental health education, employment and entrepreneurship guidance, etc. Counselors should seize the main position of the classroom, explore the ideological and political education elements contained in the curriculum and the ideological and political education functions they carry, integrate them into the classroom teaching, and closely integrate knowledge education with ideological education. Through continuous practice, we strive to become a "four have" good teacher, be a good student "four guides", education and guide college students to achieve "four correct understandings", to achieve patriotism, inspiration, truth, and practice.

Counselors must also travel thousands of miles while reading thousands of books. They should turn accumulated theoretical knowledge into useful skills, apply to students, and serve education.

4. RETURNING TO THE INITIAL HEART AND CULTIVATING TALENTS OF HIGH MORAL STANDARDS OF EDUCATION

Returning to the beginning of the heart is the purpose of education. General Secretary Jinping Xi pointed out at the National Conference on Ideological and Political Work in Colleges and Universities that the major task of China's higher education is to train the socialist builders and successors of moral, intellectual, and aesthetic development. Cultivating talents of high moral standards of education is the foundation of universities.

For the counselors, It is necessary to focus on cultivating talents of high moral standards of education. First of all, teachers must have lofty morality and good behavior. The counselors must first have a lofty ideal and a firm belief. Education is a process of influence, and the counselor's physical practice is the best textbook. Cultivating students' firm ideals and beliefs is the basic pillar and spiritual foundation for college students to grow up. At present, some college students are affected by bad ideas such as money worship, hedonism, and extreme

individualism, which makes the ideals and beliefs of college students decline. Therefore, through daily ideological and political work, counselors should deepen the propaganda and education of socialism with Chinese characteristics and Chinese dreams, carry forward the national spirit and the spirit of the times, strengthen the education of ideals and beliefs, and focus on value leadership. Second, we must enhance the sense of responsibility of college students. In carrying out ideological and political education and daily work, counselors should arm students with the theory of socialism with Chinese characteristics, integrate socialist core values into the whole process of personnel training, strengthen the responsibility and historical mission of college students, and encourage college students to consciously put their personal futures together. National revival is closely integrated. Finally, we must improve the ability of college students through multiple channels. The phenomenon of “high-handedness and low-handedness” is more common among college students, which reflects the shortage of college students in social practice. Therefore, counselors should use social practice, volunteer services, community activities, etc., so that students can build the knowledge that can be transformed into social progress and development.

As a worker who fought in the front line of ideological and political education, counselors should take the mission of cultivating talents of high moral standards of education and cultivate talents with both ability and political integrity for the country.

5. RETURNING TO THE DREAM AND REALIZE THE SUBLIMATION OF THE PERSONAL VALUE OF THE COUNSELOR

Returning to the dream is the sublimation of personal values. Since the 18th National Congress of the Communist Party of China, General Secretary Jinping Xi has proposed and profoundly expounded the Chinese dream of realizing the great rejuvenation of the Chinese nation. Educational dreams are part of the Chinese dream and the goal of educators to work hard. They are committed to the growth of college students and serve their education with their own abilities.

China's higher education is developing by leaps and bounds, and gradually enters the stage of popularization of higher education. China has become a veritable world higher education power. However, China still faces the problem of high-end talents in universities and insufficient endogenous innovation. This problem restricts the realization of educational powers. Knowledge and thought have become the capital to promote social progress and national development. In a society where knowledge is capital, training high-end innovative talents is the key. High-end innovative talents should have comprehensive elements such as strong professional ability, innovative ability, practical ability, and high level of thinking. The cultivation of such talents is closely related to the counselors. Due to the nature of the counselor's work, the counselor has an innate advantage, mainly in the contact with the students, easy to obtain the trust and recognition of the students. Therefore, the counselors can give the students professional guidance and improve the professional level and innovation consciousness of the students by giving full play to the advantages of their majors, combining

academic frontiers. It is also possible to carry out ideological and political education, spring and rain, and lead in thinking, to improve students' ideological level, to guide students to integrate their growth and development with the development of the country, and to participate in the great practice of national rejuvenation.

Generally speaking, the "four regressions" of education is like a long-term vision pointing to the future, driving the counselors to continue learning, practicing, and innovating to realize the ideal of education for the country.

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