

# Paths for College Counselors to Enhance College Students' Resilience from the Perspective of Positive Psychology

Mao Wei

Chengdu College of Arts and Sciences, Chengdu Sichuan, 610400;

**Abstract:** College students, as a special group, are facing unprecedented pressures and challenges. From the moment they enter the university campus, they need to adapt to a new environment, new interpersonal relationships, and learning patterns. The increased difficulty of courses and the expectations for further studies in the future have brought heavy academic pressure to college students. With the annual increase in the number of college graduates, competition in the job market has become increasingly fierce. They not only have to face competition in academic qualifications but also need to have rich internship experience and professional skills, making the job search process full of anxiety and confusion. If these pressures and challenges cannot be effectively addressed, they will have a serious impact on their mental health. Resilience is an individual's ability to actively adjust in the face of adversity. College students with high resilience can maintain an optimistic attitude when facing pressure and setbacks and actively seek solutions to problems.

**Key words:** Positive Psychology; Cultivation of College Students' Resilience; College Counselors

**DOI:**10.69979/3041-0843.25.01.055

## 1 The Role and Function of College Counselors from the Perspective of Positive Psychology

### 1.1 The Important Position of College Counselors in Cultivating College Students' Resilience

College counselors are guides for college students' growth and occupy an irreplaceable position in cultivating their resilience. Counselors have close contact with students, and their daily work covers various aspects such as students' study, life, and ideology, enabling them to promptly identify problems when students face pressure and setbacks. Counselors not only pay attention to students' academic performance but also need to provide timely guidance and encouragement when students encounter difficulties, helping them establish a correct learning attitude and enhance their ability to cope with academic setbacks. In daily life, when students face life difficulties such as interpersonal conflicts, counselors should intervene immediately, providing practical support and psychological counseling. Ideologically, counselors shoulder the responsibility of guiding students to establish correct worldviews, outlooks on life, and values, helping them form a positive attitude toward life and value orientation, and laying a solid ideological foundation for the cultivation of students' resilience. A student with correct values can more firmly pursue their goals and not easily give up when facing setbacks.

### 1.2 New Responsibilities and Missions Endowed to Counselors by Positive Psychology

The rise of positive psychology has endowed college counselors with new responsibilities and missions in their work. Counselors should use the concepts and methods of positive psychology to deeply explore students' potential and cultivate their positive qualities. In daily work, counselors should be good at discovering the shining points in students, stimulating their internal motivation, and making them recognize their own value and potential. For example, for students with artistic talents, counselors can encourage them to participate in school art clubs and activities, provide them with a platform to showcase their talents, and let them gain a sense of accomplishment and self-confidence in the process of exerting their strengths, thereby cultivating a positive attitude and self-efficacy.

Cultivating students' positive qualities is an important responsibility of counselors. Positive psychology emphasizes cultivating individuals' qualities such as optimism, tenacity, gratitude, and tolerance, which play an important role in enhancing students' resilience. Counselors can cultivate students' positive qualities through themed class meetings, mental health education activities, and social practices. In a class meeting with the theme of "gratitude," counselors can organize

students to share gratitude stories around them to cultivate a grateful attitude. In social practice activities, students can participate in volunteer services to cultivate their sense of social responsibility and dedication, and also exercise their abilities in practice and enhance their tenacious qualities.

### **1.3 The Demonstration Effect of Counselors' Own Positive Psychological Qualities on Students**

Counselors' positive attitudes and tenacious willpower have a strong demonstration effect on students and will subtly influence them. A counselor who always maintains an optimistic and positive attitude can cope with difficulties and challenges in work in a positive way. This attitude will infect students, making them learn to remain optimistic in the face of setbacks and not be defeated by difficulties. When counselors encounter work pressure but can still remain calm and respond positively, students will also adjust their mentality and face difficulties bravely when they encounter problems. In the process of students participating in competitions, scientific research projects, etc., they may encounter multiple failures and setbacks. At this time, counselors' encouragement and the demonstration of their own tenacious qualities can make students understand that setbacks are an inevitable part of growth, and as long as they persist, they will surely succeed. In addition, counselors' enthusiasm for life and work will also inspire students' love for study and life, cultivating students' positive attitude toward life.

## **2 Practical Paths for College Counselors to Enhance College Students' Resilience from the Perspective of Positive Psychology**

### **2.1 Carrying Out Positive Psychological Education Courses and Activities**

#### **2.1.1 Constructing a Positive Psychology Curriculum System**

The positive psychology curriculum system should include content in positive emotions, positive cognition, positive personality, and other aspects. In the positive emotions section, the course can elaborate on the types, generation mechanisms, and impact of positive emotions on individuals' physical and mental health and behavior. Through case analysis and experimental research, students can understand that positive emotions such as happiness, satisfaction, and pride not only make them feel pleasure at the moment but also enhance psychological resilience. In the positive cognition section, the course needs to help students identify and change negative thinking patterns and cultivate positive cognitive styles. By explaining the basic principles and methods of cognitive-behavioral therapy, students are guided to recognize the impact of their thinking styles on emotions and behaviors. For example, teaching students how to use cognitive restructuring techniques, so that when encountering setbacks, they do not blindly blame themselves or complain, but look at problems from a more positive perspective. At the same time, relevant content of optimism and hope theory is introduced to cultivate students' optimistic attitude and hope for the future, making them believe that they have the ability to achieve their goals and can persist even when encountering difficulties.

The cultivation of positive personality is an important part of the curriculum system. Introducing positive personality traits such as courage, kindness, wisdom, and justice, so that students can understand the connotation and manifestations of these traits. Through group discussions, role-playing, and other activities, students are guided to discover the positive personality traits in themselves and encouraged to continuously strengthen and develop these traits in daily life. For example, organizing students to carry out a "My Advantages" sharing activity, allowing them to share their positive personality traits, and promoting the growth of students' positive personalities through mutual learning and encouragement.

In terms of teaching methods, diversified teaching methods should be adopted to meet the learning needs of different students. In addition to traditional classroom lectures, case analysis, group discussions, psychological experiments, and other methods can be combined. When explaining positive psychology theories, actual cases can be introduced to make students more intuitively understand the application value of positive psychology. Organizing group discussions to allow students to discuss a certain positive psychology topic, promoting ideological communication among students, and cultivating critical thinking and teamwork skills. In addition, online teaching platforms can be used to provide rich learning resources, such as video lectures, online tests, and learning forums, to facilitate students' independent learning and

communication.

## 2.2 Organizing Positive Psychological Theme Activities

Positive psychological theme activities play an important role in enhancing college students' resilience. Holding gratitude-themed class meetings, allowing students to share the help and care they have received from others in life, and guiding students to be grateful to their parents, teachers, classmates, and society. Students can be organized to watch touching videos about family and friendship to stimulate their gratitude. Gratitude practice activities can also be carried out, such as asking students to write a thank-you letter to their parents, make a thank-you card for their teachers, or participate in community volunteer services to help those in need, expressing gratitude through practical actions. Studies have shown that gratitude activities can enhance students' sense of social support, improve their happiness and life satisfaction, thereby enhancing resilience.

Psychological outreach training is also a very effective positive psychological theme activity, which usually includes team cooperation projects and self-challenge projects. For example, in the "high-altitude broken bridge" project, students stand on a high-altitude broken bridge and need to cross a certain distance to reach the other side. Many students will feel fear and hesitation when facing this challenge, but after overcoming their fear and successfully crossing the bridge, they will gain a great sense of accomplishment and their self-confidence will be greatly improved. This improvement in self-confidence and self-efficacy can help them cope more bravely with difficulties and setbacks in life.

### 2.2.1 Implementing Positive Psychological Counseling and Consultation

#### 1. Conducting Individual Counseling Using Positive Psychology Methods

In individual counseling, active listening is the basis for counselors to establish a good relationship with students. When students come for help, counselors should listen attentively to their stories, giving full attention and respect. They should not only listen to the content of what students say but also pay attention to their tone, expressions, and body language to understand the emotions and needs behind their words. When listening, counselors should not easily interrupt students or rush to give advice, but nod, smile, and respond appropriately, making students feel understood and accepted. Only when a good trust relationship is established will students be more willing to open up and share their problems and confusion.

The strength perspective is one of the important concepts of positive psychology. Counselors should be good at discovering the advantages and potential of students, guiding them to recognize their strengths, and applying these strengths to solve problems. For example, for a student who is introverted but has strong painting skills, when facing interpersonal problems, counselors can guide the student to give full play to their painting skills, participate in class cultural construction and club activities, and use painting as a medium to establish contact with classmates, enhancing mutual understanding and communication. This not only helps students solve interpersonal problems but also enables them to enhance their self-identity in the process of exerting their advantages, thereby improving their ability to cope with setbacks.

Positive reframing is also an effective counseling method. Counselors should help students view problems from a positive perspective and guide them to discover the hidden growth opportunities behind problems. For example, if a student feels very frustrated after failing a club election, counselors can guide the student to think that although this failure is sad, it also makes them realize their shortcomings in expression and leadership skills, pointing out the direction for future efforts. Through positive reframing, students can change their perception of setbacks, transform setbacks into motivation for growth, and thus enhance their resilience.

#### 2. Carrying Out Positive Psychological Group Counseling

Positive psychological group counseling is an important way to enhance college students' resilience. Group counseling is usually carried out in the form of small groups, with counselors serving as group leaders. Teamwork training is an important part of positive psychological group counseling. Various teamwork projects are carried out to cultivate students' teamwork spirit and communication skills. In relay races, students give full play to their respective advantages and complete the race tasks together. In this process, they learn to listen to others' opinions, support and cooperate with each

other, and improve their teamwork ability. At the same time, teamwork training can also make students feel the power of the team, enhance their sense of belonging and responsibility. When students feel needed and recognized in the team, their self-confidence and resilience will also be improved.

Frustration training is also a key link in positive psychological group counseling. Counselors set up some simulated frustration situations to let students learn coping methods. For example, organizing a "entrepreneurship simulation" activity, students may encounter situations such as shortage of funds, fierce market competition, and disagreements among team members. Through discussion and sharing, students can learn from each other's experiences in coping with setbacks, such as how to adjust their mentality, find solutions to problems, and learn from failures. Frustration training can enhance students' ability to cope with setbacks and improve their psychological resilience, enabling them to cope more calmly when encountering setbacks in real life.

Counselors should create a positive and open group atmosphere, encouraging students to participate in discussions and sharing. They guide students to support and encourage each other to achieve common growth. At the same time, counselors should pay close attention to students' emotional changes and behavioral performance, providing timely guidance and help. After the group counseling, counselors can organize students to summarize and reflect, allowing them to review their gains and growth in the group counseling, and further consolidate the counseling effect.

## **2.3 Creating a Positive Campus Culture and Class Atmosphere**

### **2.3.1 Building a Positive Campus Cultural Environment**

The construction of campus culture is an important means to create a positive atmosphere, and holding cultural festivals is an effective way. For example, in a science and technology cultural festival, students are organized to carry out scientific and technological innovation competitions, academic lectures, scientific research achievement exhibitions, and other activities to stimulate their innovative thinking and scientific research interest, and cultivate their scientific spirit and practical ability. In an art cultural festival, painting exhibitions, calligraphy competitions, music performances, dance shows, and other activities are held to provide students with a platform to showcase their artistic talents, enrich their after-school life, and improve their aesthetic literacy. A sports cultural festival can carry out various sports competitions, such as basketball, football matches, and track and field sports meetings, encouraging students to actively participate in physical exercise, enhance their physical fitness, and cultivate teamwork spirit and competitive awareness. These cultural festival activities not only enrich the campus cultural life but also make students feel a positive atmosphere in the process of participation, stimulating their internal motivation.

### **2.3.2 Developing a Positive and Harmonious Class Culture**

Class culture is an important part of campus culture and has an important impact on students' growth and development. Counselors should guide the class to form a culture of mutual assistance and optimism, carrying out mutual assistance activities in the class, such as study mutual assistance groups and life mutual assistance activities, to enhance friendship and trust among classmates and make students feel the warmth of the class. Organizing the class to carry out optimism-themed class meetings to guide students to establish an optimistic attitude toward life. In the themed class meetings, through telling stories of optimistic people and carrying out optimistic attitude training, students can understand the importance of optimism and learn methods to cultivate an optimistic attitude. For example, telling the story of Nick Vujicic, who was born without limbs but overcame numerous difficulties with an optimistic attitude and strong perseverance, becoming an inspirational speaker and inspiring countless people. This story makes students understand that no matter how big the difficulties are, as long as they maintain an optimistic attitude, they can overcome them. Carrying out optimistic attitude training, allowing students to conduct positive self-suggestion, telling themselves "I am the best" and "I can do it" in front of the mirror every day, cultivating students' positive and optimistic attitude through continuous self-suggestion.

## **2.4 Guiding Students to Build a Positive Support Network**

### **2.4.1 Promoting Good Communication Between Students and Their Families**

The family is the most important source of support for students. Counselors can have heart-to-heart talks with

students and communicate with parents to fully understand the family atmosphere and parents' educational methods. For students with tense family relationships, it is necessary to deeply understand the causes of conflicts, whether it is improper communication between parents and children or differences in values. For example, some parents pay too much attention to their children's academic results, bringing great pressure to their children and leading to conflicts between children and parents. In response to this situation, counselors can communicate with parents, making them understand their children's inner needs, and guiding parents to change their educational methods, not only focusing on academic performance but also caring about their children's physical and mental health and hobbies.

#### 2.4.2 Encouraging Students to Expand Their Social Circles

A rich social circle can provide students with more social support. Counselors should guide students to actively participate in club activities. For example, academic and research clubs allow students to explore in-depth in professional fields, communicate and learn with like-minded classmates, carry out scientific research projects together, and improve their professional literacy and scientific research ability. Cultural and artistic clubs provide students with a platform to showcase their artistic talents, where students can learn artistic skills such as painting, calligraphy, music, and dance, enriching their cultural life. Sports and fitness clubs allow students to participate in various sports activities, enhance their physical fitness, and cultivate teamwork spirit and competitive awareness. Volunteer service clubs can let students participate in social welfare activities such as caring for the elderly living alone and environmental protection activities, cultivating their sense of social responsibility and dedication. These club activities allow students to meet classmates from different majors and backgrounds, expand their social circles, and make more friends. When students encounter difficulties in study and life, these friends can provide emotional support, help, or suggestions, enabling them to better cope with difficulties.

### 3 Conclusion

Based on the perspective of positive psychology, this study explores the practical paths for college counselors to enhance college students' resilience. Facing multiple pressures such as academic studies, employment, and social interaction, college students' mental health is facing severe challenges, and the cultivation of resilience is crucial. The study proposes multi-dimensional intervention paths: first, constructing a positive psychology curriculum system and carrying out themed educational activities such as gratitude activities and psychological outreach training; second, conducting individual and group psychological counseling using methods such as active listening and strength perspective; third, creating a positive environment through campus culture construction and class atmosphere creation; fourth, guiding students to build support networks such as family and social networks. Although certain results have been achieved, it still needs to be continuously improved. For example, strengthening long-term follow-up research on the effects of positive psychology intervention measures, establishing a long-term evaluation mechanism to fully understand the long-term impact of positive psychology on enhancing college students' resilience. In view of the challenges encountered by counselors in the implementation of positive psychology interventions, relevant training should be carried out to improve counselors' professional literacy. At the same time, combined with the development of the times and the characteristics of college students, we should continuously explore new paths to enhance resilience from the perspective of positive psychology, providing stronger support for college students' mental health and growth.

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