## The Study on the Convergence of Ideological and Political Education Between Universities and Senior High Schools

Lemin Chen\* Zhejiang Shuren University, Hangzhou, Zhejiang, China \*Corresponding author, e-mail: clmsnow@126.com

Abstract: At present, it is very important to do the convergence of ideological and political education between universities and senior high school in the background of the popularization of higher education and the reform of college entrance examination system. It is not only the objective requirement of the development of students' subjective morality, but also the inevitable requirement of the nation to cultivate the ideal of socialism. However, problems emerge as for the cooperation and communication between universities and high school, and interruptions of certain links in universities and senior high school ideological and political education teachers. Thus, the author proposes an effective measure to improve the convergence of ideological and political education between universities and senior high school and establishes a set of security mechanisms of universities and senior high school ideological and political education.

#### Key words: Colleges and universities; High school; Ideological and political education; Convergence

At present, China has entered the era of popularization of higher education. The outline of the national medium and long-term education reform and development plan (2010-2020) (hereinafter referred to as the outline of the education plan) proposes that by 2020, China's education should achieve the goal of "popularizing high school education and further improving the popularization level of higher education", The 13th five year plan for the development of national education just issued by the State Council in January this year, it is pointed out that the gross enrollment rate of higher education has reached 40% in 2015 and 50% by 2020. " With the increasing popularity of high school to university, the connection between University and high school education has become increasingly prominent. On September 4, 2014, the State Council issued The implementation opinions on deepening the reform of the examination and enrollment system, and the Ministry of education subsequently issued a series of supporting plans for the reform of the college entrance examination. On September 19, the Shanghai and Zhejiang provincial and municipal governments released the college entrance examination reform plan at the same time, and a new round of college entrance examination reform officially stepped on the historical stage. The biggest change in the new college entrance examination scheme is to change students' choice from "passive" to "active", so that students have more choices. At the same time, it also makes colleges and universities pay more attention to senior high school. For example, some colleges and universities jointly set up university prerequisite courses in senior high school to attract high-quality students in senior high school. Some colleges and universities also publicize with enrollment Joint forums and other forms went deep into senior high school, which objectively promoted the connection and connection between the two.

The connection of Ideological and political education between colleges and high schools refers to the division and cooperation of Ideological and political education between colleges and high schools with different tasks in accordance with the task requirements of this stage and the reality of students' ideological development, so as to make colleges and universities The ideological and political education work in senior high schools shows a vertical connection, progressive level and spiral rise. Specifically, ideological and political educators are based on the whole process of the formation of students' virtue, grasp the content, objectives and actual effects of Ideological and political education in senior high schools and colleges as a whole, and study and implement targeted education strategies to ensure the continuity and integrity of Ideological and political education among school segments.

At present, the connection between colleges and high school education is mainly concentrated in the field of enrollment and curriculum. There is less practical exploration and theoretical research on the connection of Ideological and political education. The connection between colleges and high school ideological and political education has not been paid enough attention. There are many problems in the process, and the connection effect is not ideal. Based on this, it is necessary for the author to analyze and study this problem and explore the connection ways and methods of Ideological and political education between colleges and high schools.

## The Connection of Ideological and Political Education Between Colleges and High Schools Is Objective and Inevitable

From the perspective of holistic ideological and political education, the connection between Ideological and political education in colleges and universities and senior high school is objective and inevitable. The ideological and political education in senior high school and University belong to two different stages of the same educational process. They are connected with each other and come down in one continuous line. They both shoulder the historical mission of cultivating qualified builders and reliable successors of socialist modernization, but they show some differences in education according to the characteristics of students in different stages.

## The Objective Requirements of the Development Law of Students' Subjective Virtue

People's virtue develops from a low level to a high level with the growth of age. In the process of development, the new stage develops from the previous stage and becomes a complex of the old and the new. Here is the connection between the old and new stages. This shows that the cultivation of individual virtue is a dialectical process of the unity of stage and continuity. It objectively requires the stability of Ideological and political education in each stage, and also requires the ideological and political education in each stage to blend with each other, step by step, link up and form a joint force.

The level of Ideological and political education objectives, the depth and focus of Ideological and political education contents, the selection of Ideological and political education ways and methods, and the application of Ideological and political education management and evaluation methods at all stages of education should be gradually improved from shallow to deep, from perceptual to rational, from concrete to abstract, according

to the physical and mental characteristics and understanding and acceptance ability of students at different ages, This puts forward objective requirements for the connection of Ideological and political education between colleges and high schools. Since it is necessary to complete the leap from minors to adults from high school to colleges and universities, which has a great impact on one's life, ideological and political education should not only consolidate the achievements of Ideological and moral education in minors, but also move forward to the ideological and political education that must be accepted in adulthood, Therefore, it must follow the law of physical and mental development of the main body of Ideological and political education to carry out the traction work of moral education, so as to guide students to constantly transform their individualized requirements into socialized requirements.

#### Internal Requirements of School Ideological and Political Course

Ideological and political course is the main channel for schools to carry out ideological and political education. In terms of content, the ideological and political course in senior high school is basically the education of some political theories and political views. Taking the basic political knowledge as the teaching content, it guides students to closely combine their actual life, experience the process of inquiry learning and life practice, improve their actual life ability in the process of continuous inquiry, and initially establish a correct "Three Outlooks", Cultivate the most basic ideological and political literacy; We have initially formed a correct world outlook, outlook on life and values.

The ideological and political course in colleges and universities is mainly the promotion and expansion of the senior high school stage, focusing on cultivating students' ability to analyze problems with Marxist theory and solve problems with Marxist methodology, and laying a solid theoretical foundation for students to establish the ideals and beliefs of socialist core values. \*\*\* Serve reform, opening up and socialist modernization.

The ideological and political course in senior high school and the ideological and political theory course in university are two educational stages rising spirally in the educational chain. The teaching of the two stages should be consistent. Paying attention to the connection between the two is the internal requirement of the ideological and political course.

#### The Inevitable Requirement for the State to Cultivate Socialist Ideal Personality

Both firm and correct political belief and good ideological and moral quality are the target model of socialist ideal personality. Attaching importance to ideological and moral education and ideological and political education has always been a guiding ideology of strategic significance in China and runs through the whole process of Ideological and political education. High school ideological and political education and College Ideological and political education are two stages with both differences and connections.

The high school stage is mainly a certain ideological and moral education and ideological and political knowledge education, while the college moral education is mainly to improve the ideological and moral education in the middle school stage while carrying out the ideological and political theory education. Although both types of "education" belong to the category of Ideological and political education in a broad sense, they

have their own emphases. Ideological and moral education is human quality education, which belongs to national quality education; Ideological and political education is the education of people's political belief, which belongs to the education of national ideology; However, the two are closely linked. Ideological and moral education serves ideological and political education. Good ideological and moral education helps to establish correct political concepts, and correct political concepts provide guarantee for consolidating good ideological and moral education. Therefore, the cultivation goal of ideal personality depends on the continuous implementation of Ideological and political education from standardization to cognition and then to direction and the realization of phased objectives of Ideological and political education; The rupture of education at any stage will affect the final formation of ideal personality.

From the perspective of education development planning, The outline of education planning proposes: "Establish the concept of systematic training, promote the organic connection between primary and secondary schools, closely integrate teaching, scientific research and practice, closely cooperate with schools, families and society, strengthen cooperation among schools, between schools and enterprises, between schools and scientific research institutions, as well as Sino foreign cooperation, and form a talent training system with open system, flexible mechanism, interconnected channels and diverse choices". In the 13th five year plan for the development of national education, It is clearly proposed to "give full play to the main channel role of moral education and ideological and political theory courses, deeply tap the educational role of curriculum and teaching materials, systematically promote curriculum reform and textbook revision, promote the theoretical system of socialism with Chinese characteristics into teaching materials, classrooms and minds, and make moral education and ideological and political education in colleges, universities and primary schools from shallow to deep, hierarchical and organic connection." This requires us to pay attention to the close connection of Ideological and political education between colleges and high schools from a systematic concept, so as to achieve the goal of cultivating socialist ideal personality.

## The Main Problems in The Connection of Ideological and Political Education Between Colleges And High Schools

The Mechanism and Channel of Cooperation and Communication Between Ideological and Political Educators in Colleges and Universities and Senior High Schools are Blocked

The impassability of cooperation and communication mechanisms and channels and the different evaluation standards of teachers in the two stages of Ideological and political education make it difficult to establish the connection consciousness of Ideological and political educators, which weakens the function of school ideological and political education. To do a good job of connection, ideological and political educators must have a clear "connection consciousness". "Cohesion consciousness" refers to the general term of the viewpoint and thought of Ideological and political educators who grasp the whole process of Ideological and political education from the lifelong development of students and the stage, level and continuity of their own teaching process.

For a long time, due to the lack of cooperation and communication mechanisms and channels between Ideo-

logical and political educators in colleges and universities and high schools, ideological and political educators in Colleges and universities and high schools are alienated from each other. Ideological and political educators only pay attention to the research on the ideological and political education of this section, ignore the integrity of Ideological and political education in colleges and universities and high schools, and rarely or even fail to understand and explore the contents and characteristics of Ideological and political education in adjacent sections. For example, colleges and Universities do not understand the contents and laws of Ideological and political education in high schools, Pay little attention to the outstanding achievements of Ideological and political education in senior high school; Senior high school ideological and political educators do not understand various cutting-edge research results of Ideological and political education in Colleges and universities, pay less attention to the successful practices of Ideological and political education. As a result, the ideological and political education teachers in colleges and high schools only know the differences and do not know the connection of each other's work It is difficult to find a suitable point to realize effective connection between Ideological and political education and teaching in senior high schools.

In addition, the job evaluation standards of teachers in colleges and universities and high schools are also inconsistent. The job evaluation mechanism of high school teachers is closely related to the enrollment rate of college entrance examination and high school entrance examination, while college teachers are directly linked to the improvement of academic qualifications and professional titles, which is naturally difficult to stimulate their subjective initiative to form a sense of cohesion. The lack of cohesion consciousness of Ideological and political educators will inevitably affect the full excavation and effective utilization of Ideological and political education resources in colleges and high schools. As a result, it wastes ideological and political education resources and weakens the function of school ideological and political education. A scholar in the United States believes that the lack of communication and cooperation between high school and university education is an important reason that directly affects the quality of American education.

## The Ideological and Political Education Work in Colleges and Universities and Senior High Schools is in a Situation of Fighting on Their Own

From the perspective of national policy, although there are differences in the level of objectives and content between high school and College Ideological and political education, it has the consistency of overall objectives and close relationship in content. In the actual education and teaching work, the differentiation between high school ideological and political education and College Ideological and political education is quite serious, and the inversion of the content of College Ideological and political education and high school ideological and political education is also very common.

There are three main manifestations: first, in the high school stage, under the pressure of the college entrance examination, teachers pursue the difficulty and depth of the content, and advance the content originally taught in Colleges and universities to the high school stage, so that students learn vaguely, resulting in the supersaturation of the knowledge points of ideological and political education in high school and the reduction and repetition of the knowledge points of Ideological and political education in Colleges and universities; Second, in the stage of colleges and universities, due to the influence of examination oriented education in senior high

school, some students have poor civilization foundation and low moral level and social morality level. The ideological and political education in Colleges and universities has to give students supplementary courses of "nurturing education" of Ideological and political education in senior high school; Third, there is a general lack of contact between college teachers and high school teachers, who do not know much about the content of high school ideological and political education, resulting in the repetition of the content of Ideological and political education, resulting in the repetition of the content of Ideological and political education to have depth and innovation, and makes students always have a sense of familiar and lack of interest.

In this way, the objectives of Ideological and political education in Colleges and universities and high schools are reversed and confused in actual teaching, which not only destroys the periodicity of the objectives of Ideological and political education and brings confusion to the teaching of Ideological and political education, but also makes the contents of Ideological and political education in Colleges and universities and high schools upside down, disjointed and simple repetition, affects the normal implementation of the contents of Ideological and political education and brings discomfort to the educated, Finally, it will make the ideological and political education and persuasion.

## Interruption or Weakening of Some Links in the Way and Management of Ideological and Political Education in Colleges and High Schools

School ideological and political education is mainly realized through ideological and moral courses and political theory courses, teaching of various disciplines, work of assistant (a teacher in charge of a class), mental health education and consultation. In senior high school, students take the class as the fixed unit to carry out various subject teaching, various class team activities and various ideological and political education activities. The head teacher can timely and comprehensively understand the ideological and moral status and behavior of students. This fixed unit of class provides better conditions for the implementation of Ideological and political education in senior high school.

In Colleges and universities, with the establishment of credit system and course selection system, the mobility of students has increased, the concept of class has become more and more diluted in the hearts of college students, and the form and function of class have been relatively weakened. This makes the ideological and political education activities in colleges and universities lack of fixed and effective organizational forms. Compared with high school, the management mode of colleges and universities is very loose. This greatly changed management method makes many freshmen in colleges and universities unable to adapt immediately. For example, the self-discipline ability of college students is generally higher than that of high school students. It is normal to emphasize self-management in the management of college students. However, because the self-management ability of college freshmen has not been possessed, blindly emphasizing self-management often makes them at a loss. In addition, compared with the work of high school head teachers, the work of college counselors is significantly weakened in strength, the lack of communication between teachers and students, and the teachers' initiative to master the ideological dynamics of students is not strong. Accordingly, it brings "empty space" and "interruption" in management, which makes many college freshmen feel uncomfortable and difficult to successfully survive the "transition period" from high school students to college students, The coherence of Ideological and political education has been greatly affected.

# Countermeasures for the Connection Of Ideological and Political Education Between Colleges and High Schools

#### On Teachers' themselves

(1) Establish "Connection Awareness"

Teachers are the main planners, participants and executors of the connection work. Establishing their connection consciousness is not only an important guarantee to improve the effectiveness of Ideological and political education, but also the premise of doing a good job in the connection work between colleges and high schools.

"Cohesion consciousness" requires high school ideological and political education teachers to have a certain "foresight" in teaching, appropriately introduce high school students to their study and life and the mission and responsibility of college students, stimulate their yearning for college life and strengthen their needs for self-moral development.

College Ideological and political teachers should have a certain "review" in their teaching, affirm the cultivation of Ideological and political education in senior high school, and guide students to continue to improve on this basis. The main manifestation of the "connection consciousness" of Ideological and political teachers in colleges and universities is that the ideological and political educators in Colleges and universities should "base themselves on" the situation of Ideological and political education in senior high school.

First of all, we must understand the content of the textbook of Ideological and political education in senior high school. By comparing the teaching materials of colleges and high schools, we focus on the promotion and generalization of the content of high schools; It is necessary to excavate in the "fine" and "deep" and expand in the "wide" and "broad", so as to understand the high school and college textbooks from the idea of studying the hierarchical progression of the college textbook system, find the best combination point to realize different educational contents, and ensure the normal connection of the whole ideological and political education chain and the normal play of the effect of Ideological and political education.

Secondly, we must understand the basic situation of the teaching of Ideological and political education in senior high school, including the teaching methods, evaluation and management of Ideological and political education, and the degree of students' mastery of knowledge points. This is an important premise for the first grade ideological and political education teachers to determine the teaching content and select the teaching methods, it is a shortcut to help college teachers find the transition "ladder". Taking "Basic Courses" as an example, students have learned the basic theory of outlook on life and values in middle school, so that they know "what is". The teaching of basic courses in colleges and universities should focus on "why" and "how", so that students can truly feel the importance of establishing scientific outlook on life and values, and let students know the problems that should be paid attention to in establishing their own outlook on life and values, Understand that the university stage is the most critical stage for young people to establish their outlook on life and values.

#### (2) Based on Students' Reality

The ideological and political education of senior three and freshmen should not only be based on their ideological reality, but also surpass their ideological reality. Only in this way can teachers achieve real "connection". Teachers guide students from "high school" to "University" in teaching.

Senior three students in the last year of high school have many common characteristics and performances. Teachers can get a basic understanding from some common representations of Freshmen in the transition stage of the first year of college: the sense of loss caused by the gap between imagination and reality; The emotion caused by "superiority" and "inferiority"; Relaxed psychology after fierce competition, etc. At the same time, their world outlook took on a prototype: on the one hand, they began to care about current affairs, society and life; On the other hand, they have a vague understanding of many political and social aspects and lack the ability to distinguish right from wrong. These factors will have an important impact on the growth of senior three students and early college students.

Therefore, with the development and deepening of the teaching process, senior three head teachers, political teachers and freshman ideological and political education teachers should take various forms of seminars, questionnaires, online conversations and other different ways to find out and investigate the moral status and ideological growth needs of senior three students and college freshmen, so as to understand the educational objects in an all-round and multi angle; We should understand students' interest in teaching materials, acceptance of teaching contents and recognition of teaching methods, and comprehensively choose teaching methods that are conducive to students' acceptance and progress.

Under the existing class teaching conditions, audio-visual teaching, research teaching and other methods can be appropriately adopted to provide students with more opportunities for ideological exchange and transition from reproduction teaching to discovery teaching, which should be the fundamental direction of the connection of teaching methods between colleges and high schools.

#### From the Institutional Level

(1) Create Channels for the Exchange of Ideological and Political Education between Colleges and Universities and Senior High Schools

The exchange and communication between Ideological and political educators in colleges and high schools, especially ideological and political education teachers, is very necessary to do a good job in the connection of Ideological and political education. Therefore, the school must build a platform for the exchange of Ideological and political education between universities and high schools in terms of mechanism, actively promote and effectively promote the exchange and interaction between Ideological and political educators in universities and high schools, create a dialogue environment, give both parties concerned regular opportunities to exchange information, and guide teachers in universities and high schools to reach a consensus on the connection of Ideological and political education, Then seek the correct path and method to promote the curriculum connection. For example, organize teachers to visit, investigate and attend classes in representative senior high schools, and discuss with senior high school teachers face-to-face practical plans to deepen teach-

ing reform and strengthen teaching connection; Regularly hold teaching and research meetings and work exchange meetings attended by teachers of Ideological and political theory courses in Colleges and universities and ideological and political courses in senior high schools, so as to make the connection work scientific and institutionalized; Organize universities and senior high schools to jointly carry out subject research, strengthen the contact and communication between schools, clarify the problems existing in the connection between universities and senior high schools, jointly tackle key problems and study countermeasures.

The construction of Ideological and political education exchange platform in colleges and universities and high schools must be implemented in the system, which mainly depends on the support of the competent education department and the leaders in charge of Ideological and political education in Colleges and high schools.

(2) Establish a set of Scientific and Standardized Guarantee Mechanism for the Connection System of Ideological and Political Education

Doing a good job in the connection between Ideological and political education in colleges and high schools is a long-term and complex process. On the one hand, it is related to the improvement of the education and teaching system of Ideological and political education itself, on the other hand, it is also related to the coordination with its relevant functional departments and the coordination of relevant rules and regulations. To ensure the long-term, continuity and effectiveness of this work, we must form a management system of mutual connection between colleges and high schools, such as leadership system management, ideological and political education curriculum management, ideological and political education rules and regulations management and ideological and political education environment management. Form a mutually acceptable evaluation system of Ideological and political education.

The 13th five-year plan for the development of national education proposes to strengthen systematic planning and top-level design, take the socialist core values as the guide, scientifically formulate the moral education objectives of different ages and all kinds of education at all levels, and realize the education of all personnel, the whole process and all-round education. Give full play to the role of moral education and ideological and political theory courses as the main channels, deeply tap the educational role of curriculum materials, systematically promote curriculum reform and textbook revision, and promote the theoretical system of socialism with Chinese characteristics into textbooks, classrooms and minds, so as to make moral education and ideological and political education in primary and secondary schools from shallow to deep, progressive and organic connection.

In fact, although the ideological and political education in senior high school has attracted people's attention, and the educational concept of people-oriented and ideological and political education first has been accepted and recognized by more and more schools, however, senior high school faces the pressure of college entrance examination and often encounters the contradiction between the current situation of ideological and political education is still in the second tier, and the college entrance examination admission rate has become the standard for evaluating schools and the basis for assessing teachers. The educational thought of "morality first" needs to be strengthened, the professional ethics construction of some teachers needs to be strengthened, the safeguard

measures of Ideological and political education are not strong enough, the evaluation system of Ideological and political education lags behind, and the atmosphere of Ideological and political education in schools is not strong. How to effectively implement ideological and political education in school education has become an urgent issue for many high and high schools.

Therefore, at present, it is necessary to study and discuss how to take the ideological and political education as the focus of school work, establish and improve a set of perfect evaluation system of Ideological and political education, actively provide guarantee and services for improving students' subject quality, overcome the constraints of multiple factors such as social environment and family education, actively deal with problems and take some effective countermeasures, In order to help strengthen ideological and political education.

# Strengthen the Guidance of Connecting and Cultivating Talents Between Colleges and High Schools

(1) Colleges and Universities Carry out Career Planning Guidance in Senior High Schools

With the reform of college entrance examination in some provinces and cities, for example, Zhejiang Province and Shanghai have implemented the method of proposing the scope of examination subjects for students according to their majors or major categories. On this basis, Zhejiang has made it clear that students are admitted according to their majors. High school students' requirements for professional choice ability are becoming increasingly prominent. High schools in these provinces and cities have opened or strengthened career courses, but the effects are mixed. Senior high school is a period in which students' self-consciousness, personality, talents and interests gradually form and develop. It is also a key period for academic development and professional ideal establishment. Colleges and universities should send some experts and scholars to the high school campus for guidance and put forward constructive suggestions on the connection of career planning between high school and colleges, so as to closely connect the education of high school and colleges.

First, the experts sent by colleges and universities should put forward specific and feasible requirements for the academic planning of senior high school. It is suggested to divide the academic planning into three levels: short-term (one semester), medium-term (one year) and long-term (the whole senior high school stage), urge students to complete their academic planning, and remind students to revise and adjust the plan at any time, so that students can better complete their studies.

Second, experts should also focus on students' ideological activities, cultivate students' quality and ability from the perspective of nonprofessional knowledge, let students understand their actual situation, enable students to strengthen the learning of comprehensive knowledge, guide students to expand their knowledge reserves and abilities from multiple angles and levels, and put forward valuable suggestions for cultivating compound talents in senior high school.

Third, experts should give lectures on different topics in senior high school to help students have an overall direction and grasp of their senior high school career, make senior high school students have a good transition when moving towards college campus, make senior high school students understand the talent types and ability requirements required by modern colleges and universities, and formulate their own development plans

(2) Colleges and Universities Actively Explore the Ways and Carriers of the Connection of Ideological and Political Education

Ideological and political education in Colleges and universities should not only take into account the actual needs of students, "focus on students, care for students and serve students", but also closely focus on "the major task of cultivating builders and successors of the socialist cause with all-round development of morality, intelligence, physique and beauty", "Constantly improve students' ideological level, political awareness, moral quality and cultural literacy, so that students can become talents with both political integrity and ability and all-round development." Therefore, colleges and universities should actively explore how to organically connect the employment goal of college students, the goal of colleges and universities and the goal of Ideological and political education in Senior High School under the new situation, especially the ideological and political education of freshmen.

In this regard, many colleges and universities have made practical and theoretical explorations. For example, after the freshmen enter the school of Educational Sciences of Lingnan Normal University, the counselors and head teachers group the freshmen according to the freshmen's college entrance examination results, skills and psychological test results, and establish a learning community through the setting of the study system, the construction of the support system and the construction of the incentive system, It has helped a large number of new students successfully complete the transition from high school to university, promoted the "high" of college students and the "big" of adults, created an overpass connecting "high" and "big", and formed students' autonomous learning habits, collaborative innovation consciousness, excellent professional skills, innovative thinking, employment competitiveness and strong high-quality study style in Colleges and universities. Some scholars also believe that it is necessary to improve the time management ability of freshmen and set up time management skill training courses; Carry out career planning education for freshmen; In terms of student management mode, we have achieved a "soft landing" for the connection between middle school and university. For example, some colleges and universities require freshmen to go to the classroom for two hours of self-study every night, which has achieved good results.

## Funding

This paper is a phased achievement of the special project of Ideological and political education of the Ministry of Education [NO. 19JDSZ1002].

Zhejiang Provincial University Ideological and Political Famous Teacher Studio, Song Bin Famous Teacher Studio, Zhejiang Education Office Letter [2020] No. 6

### References

Cui, C. (2014). On the connection of Ideological and political education courses between high school and University. *Journal of Liaoning Institute of education administration*, (1).

Tang, X, X. (2016). Research on the connection between high school ideological and political course and university "Introduction to the basic principles of Marxism". *Research on Ideological and political course,* (4).

M, P. Cavanaugh (1993). Collaboration: A link between the High School and the University. *Clearing* House: (66):335-338.

Wang, S. Y. (2013). Research on the connection between Ideological and political courses in colleges and universities and political courses in middle schools. *School party construction and ideological education*, (7).

Bian, X. C. (2015). The impact of the new round of college entrance examination reform on secondary education and countermeasures. *China Education Journal*, (7).

Liu, J. (2015). Reexamination of high school career planning education under the background of college entrance examination reform, *Research on education development*, (10).

Deng, Q. W. (2016). Learning Community: an overpass connecting "high" and "big" -- practical exploration of building a learning community for college students. *Journal of higher education*, (14).

Yang, Y. L. (2009). Reflections on the training of time management ability for freshmen. *Journal of the National Institute of education administration*, (9).