Teaching Reform of Mental Health Education under the Background of Internet Plus

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Abstract
Mental health education in colleges and universities is an indispensable part of education. All along, the psychological problems of college students are the focus of school and social concern. With the continuous development of society, college students have different degrees of mental health problems, such as loneliness, depression, confusion, and value deficiency, which also reflects the shortcomings of education in colleges and universities. The characteristics and advantages of “Internet plus” era promote the reform process of teaching mode of mental health education in colleges and universities. This paper first analyzes the positive impact of the mental health education and teaching in colleges and universities and the problems existing in traditional mental health education and teaching in the context of the Internet plus, and then further puts forward effective countermeasures for the reform of the teaching mode of mental health education in colleges and universities by using Internet plus. The practice proves that in the context of Internet plus, the teaching mode of mental health education can effectively improve the teaching quality and the teaching effect.

Keywords: Internet Plus, Mental Health, Teaching Mode, Virtual Server, Big Data

1. INTRODUCTION
The psychological health of college students is worrying, therefore, colleges and universities should strengthen the mental health education, the advent of information age, and the birth of the Internet, and affect our lives and learning methods at the same time, but also to reform the teaching mode of mental health education of colleges and universities and puts forward new requirements (Crick and Dodge, 2007). Contemporary college students are in the pursuit of excitement, love fresh period, therefore, colleges and universities according to the characteristics of the students, the use of the Internet for the reform of the teaching mode of health education, looking for more accords with the requirements of the times and the students learning requirements of mental health teaching methods, so as to promote the development of College Students' mental health (Rabiner and Coie, 2008).

Internet plus background, for college students to provide a new world, through the network, college students can not talk about and vent, due to the lack of accurate discrimination ability of college students, therefore, in the face of uneven network culture and alien culture, resulting in the Internet environment has brought about negative emotions (Peterson and Park, 2010). So, Internet plus background, college mental health education teacher's responsibility is more and more big, not only to teach students the knowledge of mental health, but also to let the students to correctly identify and correct reception of network culture, so that they can go to the dregs and take the essence, so as to promote their physical and mental health development (Brissette, Scheier and Carver, 2012). Relying on the network, it can effectively enrich the teaching resources, teaching methods for teachers in Colleges and universities to provide new ideas, at the same time, teachers guide students to choose network psychological courses of high quality, make them in a complex network environment, to maintain good state of mind. In addition, due to Internet plus the impact of mental health, the traditional teaching method has been unable to keep up with the trend of social development, but also can not meet the needs of contemporary students, so, it also put forward higher requirements for teaching methods of college mental health education, mental health as a teacher, to change the traditional teaching ideas, actively innovate on the teaching method, the new idea of the Internet into teaching, so as to effectively improve the efficiency of mental health education.

Internet plus background of college mental health teaching positive role. "Internet plus" on mental health teaching way of extension. The traditional way of teaching college mental health is not only limited in diversification, invariant space, its way mainly through psychological lectures, classroom teaching, mental health and psychological counseling, teacher face-to-face consultation, failed to meet the requirements of the
psychological development of College students. However, in the Internet plus background, the university mental health teaching adds new ways to solve the problem of space limitation, the mental health teaching mode for the extension, relying on the Internet to students to spread knowledge of mental health, the diversification of College Students' learning mode. "Internet plus" is conducive to grasp the psychological trend of the students. For the mental health of college students in the traditional teaching, awareness of mental health is not correct, there is a large part of the students have mental health problems, has no positive solution, and students will not talk, but will not consult the teacher, it is unable to understand the mental health status of students in the psychological health of College teachers (Scheier and Carver, 2010). However, in the Internet plus background, students generally use the Internet to express their innermost thoughts, as well as various Tucao and talk, then through the network, teachers can use virtual anonymity and openness, network, to master the college students' psychological dynamic, so as to understand their mental health are at the same time, timely and effective intervention, so as to promote the development of students' psychological health. "Internet plus" to promote the curriculum reform. Internet plus teaching, network teaching is not. But the difference between the first, the information is very rich, rich in mental health curriculum resources, it also reflects the life and art curriculum resources under the background of Internet plus. Life is to make curriculum resources more grounded, while art makes curriculum resources more lively. The Internet plus thought into the college mental health teaching mode, teaching content will be effective through the image resources and life situation of art show in front of students, make the teaching method more intuitive, to provide protection for teachers effective teaching. At the same time, Internet plus background, relying on the video audio courseware, PPT, website, APP, database and learning resources, the course of digital resources, these resources to fully demonstrate the convenient, innovative, fun, cross platform operation, accurate content and other characteristics, like this needs more in line with the teaching mode of contemporary college students.

2. INTERNET PLUS" TO PROVIDE NEW IDEAS FOR MENTAL HEALTH EDUCATION IN COLLEGES AND UNIVERSITIES

The traditional way of education, namely: teacher oriented, education method, is easy to produce reverse psychology students, while in education, the equality between teachers and students, is a problem worthy of our attention. Educators and educators can have an equal relationship, which is the basis of achieving effective educational goals and establishing democratic teacher-student relationship. This kind of freedom and equality is displayed in the dialogue between teachers and students in class, and this dialogue is the most true exchange of ideas between teachers and students (Johnson, 2012). Freire pointed out: "cannot be reduced to one person to another person" indoctrination "thinking and behavior, can not become to be the dialogue" consumer "the simple exchange of ideas, not a dialogue of several people on behalf of others named the world." Thus, the basic standard of the relationship between teachers and students is equal. Because the Internet fully reflects the concealment and virtuality, it provides a certain basis for the equal relationship between teachers and students. In order to promote the students to take the initiative to communicate with the teacher, largely to let teachers master the mental health status of students in a timely manner in the exchange process, as soon as possible to solve problems in time, so as to improve the effectiveness of mental health education. Through the Internet, the network resources will be integrated to provide a new network carrier for the development of health education in Colleges and universities. The Internet show the static and dynamic, with abundant knowledge resources in the Internet, improving university students' psychological health to participate in teaching activities, can grasp the knowledge points, so as to realize the depth of interaction between teachers and students. Internet plus to promote mental health education in Colleges and universities, regional break time and space constraints, so as to provide a new way of mental health education in Colleges and universities.

3. THE EFFECTIVE COUNTERMEASURES OF MENTAL HEALTH EDUCATION TEACHING MODE REFORM UNDER THE BACKGROUND OF INTERNET PLUS

3.1. The Reform of Education Curriculum

Under the background of the Internet, the traditional classroom teaching has changed completely, and the combination of audio, video, pictures and text has been used to teach, instead of merely the plane teaching of chalk and blackboard. Most colleges and universities have also carried out teaching digital education resources full coverage project. Therefore, it is urgent to reform the curriculum of mental health education in Colleges and universities, which can be started from the following points.

First, the teaching ground. Through the establishment of multimedia teaching sites, the use of network teaching. The network has instant display function, can make full use of the characteristics, auxiliary teaching, make the teaching more convenient and fast, so as to improve the teaching quality of mental health education in Colleges and universities. The Internet has a huge information storage function, and has a wealth of knowledge resources, use the search engine of this function, you can get more college mental health education resources,
such as "psychological interview", this is a psychological column of CCTV, the psychological crisis and psychological stress, analyze and solve the case, these are is an excellent teaching resource, the content is very suitable for contemporary college students, but because of copyright issues, may not be able to download. But when teaching, the teacher through the network, you can directly enter the link to watch, and the use of Web site instant play, through the network into the live watch. With the development of 4G network, most of the students will use mobile phone to the Internet, teachers can use this, through a variety of social networking, APP chat software, the establishment of school or class mental health exchange group, before the class, the teacher will give students homework through the exchange of mass, so that students in the class, finally, mental health communication in the classroom. Modern college students' interpersonal communication way is generally carried out through chat software, such as WeChat, QQ and so on, the teacher should use chat software, chat group, for teachers and students to establish a more convenient high-speed communication channels, a variety of psychological problems online to answer students, so as to promote teachers and students harmonious teacher-student relationship. This also reflects the teacher's non power influence, so as to play a role in students. At the same time, the subscription function of WeChat platform can also be used to introduce more mental health subscriptions to develop students' knowledge horizons.

Second, teaching methods. Innovation of teaching activities. The first is the innovation of teaching methods through social networks. Virtual social way of college students is diverse, including micro-blog, WeChat, University City, the teacher can make full use of the function of the network, the establishment of a group of teachers and students, such as WeChat, the teacher can create a group of teachers and students to share, not only can not affected by time and space, geographical restrictions, release of mental health teaching the content, including pictures, text, video based learning materials, learning materials can also be uploaded to share files, to facilitate student learning. At the same time, students can discuss and communicate with each other in the group, and when they have problems, they can solve them directly to the teacher. Teachers can more easily grasp the learning dynamics of students. Secondly, it can be taught through behavior training and role play. Psychological quality mainly includes: organizational ability, thinking ability, expression ability, social ability. The cultivation of psychological quality is the primary task of mental health education. Therefore, it is particularly important to improve the psychological quality of College students. When teaching, the teacher can formulate mental health related training tasks, to the students to complete. Class, design context pattern, let students play the role in real life, or insert performance in teaching, as well as in front of the class through a mobile phone video player in the class, the teacher led the students to the video feedback by discussion, exchange of ideas. Or for the difficulties in mental health curriculum, making short time micro video, through the micro class way, make it easier for students to find learning skills. And the search for hot topics about mental health in the network, at the same time, according to the law of College Students' psychological development, organize all kinds of role training.

Third, teach students in accordance with their aptitude. The majors of college students are related to students' thinking mode, learning style and life style (Tan, Zheng and Zhang, 2013). College students is a group, they have a lot of personality, but also have many common problems, students will be subject to a different professional characteristics, therefore, the college students' psychological needs is different, this is a difficult problem of psychological health of College teachers. Therefore, the teacher should through the modern Internet, to grasp the college students' mental health problems, and through the different professional characteristics are analyzed, such as marketing majors, to consumer psychology, for students majored in tourism management, tourism psychology can be.

3.2. Building Network Mental Health Education Teaching Staff

For college students, the teacher's influence is not only invisible, but also huge and long-term. Under the background of Internet plus, the teacher applies the development vision, uses modern information technology, integrates resources, needs innovative consciousness, and integrates innovative ideas into teaching (Bonzo and Hermosilla, 2012). Network knowledge is complex, and fragmentation of information, students can not systematically study, the knowledge is floating on the surface, unable to build a complete cognitive system, while excessive reliance on mobile phones. So, for the teaching of knowledge, the teacher should be open, through the multimedia technology into the teaching, show professional knowledge to students, and to find the latest case through the Internet, to analyze the existing problems of mental health of students, teaching content will be more innovative, to enable students to actively participate in the learning process. Solving the psychological problems of college students can not be solved only by a single way, the teacher can integrate various forms of education, so as to show in the classroom. With the popularization of mental health teaching, we can solve their current psychological problems. At the same time, teachers communicate and communicate with each other, share their own teaching experience, and actively carry out teaching and scientific research activities to lay a solid foundation for teaching innovation and improving their teaching level.
3.3. The Evaluation Mechanism for Creating the Mental Health Status of College Students

Under the background of the Internet, in view of students' health psychological problems, colleges and universities should establish a mental health assessment mechanism, in order to promote their mental health development. The mental health teacher with rich teaching experience, formed a team to develop Internet plus action plan will be Internet plus into the teaching process, students' psychological health, build a feasible and effective evaluation mechanism on their behavior, language, performance analysis, and give the assessment of their psychological state, can effectively grasp the psychological dynamics of students, found problems in a timely manner, as soon as possible to correct the adverse psychological intervention. For example, for teaching, it will be necessary to run the evaluation mechanism, a detailed explanation of the concept of evaluation mechanism of psychological health status, so that they fully grasp the psychological defense mechanism, and after class, asking them to assess mechanism to access the network psychology, may fully grasp the psychological dynamics of students, understand their psychological problems, so as to make the classroom teaching more efficient.

3.4. Establishment of College Students’ Network Psychological Files

First, the creation of network psychological files (Harter, Frost and Jakubowski, 2014). For the new students into the campus, psychological test, psychological test data to collect their information; second, creating a network of psychological testing system, psychological test mode and the contents of regular updates, which matched the times; second, the method of "real education" testing, to grasp their psychological dynamics. To improve college students' psychological prevention, the main objective is to establish a network of psychological archives of colleges and universities, therefore, should build a perfect class management system, aiming at the psychological problems of the students make timely report system, construction of the mental health supervision mechanism, and construct the visiting student psychological information feedback system. For some students with abnormal mental tendency, teachers should first give feedback to prevent possible events.

4. INTERNET TECHNOLOGY

4.1. Dynamic Migration of Virtual Server

There is significant value in the tight integration of server, storage and network aspects. Allocate resource on the target host. Provide access(re-zone/re-mask) to the virtual server storage on the target host. Move the required network resources and state. Move the virtual server in-memory state to target host. De-allocating resources on the source host. Dynamic migration of virtual server in system resource pool is shown as Figure1.

![Figure 1. Dynamic migration of virtual server in system resource pool](image)

4.2. Distributed Storage Technology

The basic data shared by the application system is all put into the unified data storage pool, and the unified data storage pool is provided to provide the corresponding service (Parker and Asher, 2013). API applications can use query, add, modify, etc., all kinds of application systems no longer save and maintain these data, for all kinds of applications private related data maintenance and control. This data storage pool, which we call data development platform, unifies the coding rules, data element definitions and so on. Distributed storage technology frame is shown as Figure2.
4.3. J2EE Application Server Level

After adding the layer of high-speed data cache, the logic changes to the following brief process: first, go to the high-speed data cache server to query whether the required data exists or not. If the data does not exist, the database is operated and the data is serialized and stored on a high-speed data cache server. If the data exists, it is directly acquired from the cache server and serialized to the corresponding Java object. And the data cache server also needs to provide data expiration function. And the data cache server can use multiple machines to form a large pool of memory cache, data exists in the data cache on the server which is based on the corresponding key value of hash to obtain the corresponding specific data cache server and storage and retrieval. Dynamic cache process is shown as Figure 3.
4.3. Technical Architecture of BA System based on Big Data

In the application system, is not only the relational data are non relational data are needed for analysis, for example, Office log files and so on; and in many data (relational and non relational) growth to a certain extent (such as some of the Internet should be used), doing data analysis at must use the Hadoop framework to deal with the massive cluster of machines. Architecture of BA system based on big data is shown as Figure 4.

![Architecture of BA system based on big data](image)

5. CONCLUSIONS

Thus, Internet plus background, to promote the reform of college mental health education model. In order to make the reform work can be carried out smoothly, the universities should fully understand the implications of Internet plus, for college students' mental health education at the same time, we should actively use the Internet, innovation and optimization of the mental health education, to build a meet the development needs of the times, but also conform to the needs of the learning mode of psychological health education of contemporary college students. In addition, the psychological health of college teachers should be based on traditional teaching mode, into the Internet plus thought, to improve teaching methods, effective and timely understanding of students' psychological health problems, to correct the problem, to help students establish a correct outlook on life, and promote students' healthy development.

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