

The Enlightenment of Self-improvement Methods in Chinese Excellent Traditional Culture on Psychological Education in Colleges and Universities

Kaili Ren¹

¹ Southwest Jiaotong University, Chengdu, Sichuan, China

¹ Corresponding author. Email: renkaili@swjtu.edu.cn

ABSTRACT

The excellent traditional culture of China is a treasure of the Chinese nation and its self-improvement methods contain rich psychological education resources. The ultimate goal of psychological education in colleges and universities is to promote the overall development of students. This article explores the enlightenment of self-improvement methods in the excellent traditional Chinese culture on psychological education in colleges and universities. Colleges and universities should establish a student-centered education philosophy, integrate the self-improvement methods of traditional Chinese culture into psychological education work, combine with classroom teaching, cultural activities, consultation and intervention, and teacher team construction, innovate psychological education methods, guide students to develop correct living habits and values, cultivate students' comprehensive development and positive personality, and safeguard the psychological health and growth of college students.

Keywords: Excellent traditional Chinese culture, Self-improvement methods, Psychological education.

1. INTRODUCTION

The self-improvement methods in the excellent traditional Chinese culture, as an ideological system that has been passed down for thousands of years, contain rich psychological wisdom and practical value. This article aims to explore the enlightenment of self-improvement methods in excellent traditional Chinese culture on psychological education in colleges and universities, so as to provide new ideas and methods for psychological education in colleges and universities.

2. THE CONNOTATION AND VALUE OF PSYCHOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES

This study first explores the connotation and value of psychological education in colleges and universities in the new era, and analyzes the psychological health issues of college students in the new era.

2.1 The Connotation of Psychological Education in Colleges and Universities

Psychological education in colleges and universities refers to educating people through psychological means.[1] Psychological education is an atmosphere, an idea, and a method and technology.[2] The author believes that psychological education is the sublimation of the dimension of psychological health education, which includes both implementing psychological health education from the perspective of education and using various methods to improve the psychological quality of college students, and also combining various educational methods to foster character and civic virtue from the perspective of psychology to promote the comprehensive development of college students. "Psychology" and "educating people" are dialectically unified in social practice.

2.2 The Value of Psychological Education in Colleges and Universities

Psychological education in colleges and universities can help students overcome psychological problems such as learning pressure, interpersonal problems, and emotional frustration, improve their psychological quality, enhance their psychological pressure resistance ability, make them better adapt to college life, and promote their psychological health. Psychological education in colleges and universities also focuses on shaping a positive mindset and values, improving students' comprehensive quality, and promoting their overall development. Colleges and universities shoulder the heavy responsibility of cultivating the backbone force of future society. Psychological education can cultivate more healthy and positive talents for society and make contributions to social development and progress.[3] At the same time, through conducting research on issues related to psychological health based on educating people, colleges and universities have created a new situation in psychological health education and found breakthroughs and new development directions in the development of psychological health education.

2.3 The Analysis of College Students' Psychological Health Problems

China is in a period of social development and transformation, and the intense competitive environment and mixed public opinion environment are intertwined, making college students bear unprecedented psychological pressure and become a high-risk group of psychological problems. Some college students have a weak sense of enterprise, manifested as a lack of positive motivation and enthusiasm in learning and life, and a lack of goals and aspirations to pursue excellence. Some are not strong in their ability to resist setbacks, which is manifested in the lack of ability to cope and adjust when encountering setbacks and difficulties, resulting in large emotional fluctuations, increased psychological pressure, and decreased sense of self-worth. Some have tense interpersonal relationships, manifested as feeling uncomfortable, tense, and difficult in interpersonal interactions. Some are indifferent to their country and lack identification and affection for the country. Their thoughts tend to be individualistic, pursuing the realization of self-worth, and ignoring the interests of the country and the collective. The fundamental reason for college students' psychological problems is not only the

development of personality and moral cultivation, but also the loss of cultural awareness and confusion of values.

3. THE VALUE OF SELF-IMPROVEMENT METHODS IN EXCELLENT TRADITIONAL CHINESE CULTURE IN PSYCHOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES

The cultivation methods in excellent traditional Chinese culture can provide cultural and theoretical support for psychological education, enrich the content and methods of psychological education, improve the affinity and pertinence of psychological education, and have high educational value.

3.1 Providing Cultural and Theoretical Support for Psychological Education

Self-improvement methods in excellent traditional Chinese culture are ways and ideas of cultivating one's mind and morality. This kind of ideas embodies the thought of emphasizing individual inner harmony and harmony with the outside world in traditional Chinese culture, and is an important cultural and theoretical support for the localization of psychological education in Chinese colleges and universities. The first is to sublimate the spiritual world, emphasizing people's inner cultivation and paying attention to spiritual cultivation, which not only can enhance people's spiritual world, but also can help people maintain inner peace and stability when dealing with pressure and challenges. The second is to promote the advocacy of moral cultivation, emphasizing moral cultivation and paying attention to moral and ethical education, which can cultivate college students' self-restraint and sense of responsibility, correctly establish their outlook on life, values, and morality, and cultivate their self-restraint and sense of responsibility. The third is to cultivate a sense of social responsibility, emphasizing the relationship between individuals and society, and advocating that individuals assume social responsibility, which can help college students better understand their roles and responsibilities in society, thereby promoting family-country sentiment and collectivism. The fourth is to help with emotional management, emphasizing emotional management and emotional regulation, which can help college

students better control their emotions, and improve emotional intelligence and social skills. At the same time, these self-improvement methods also help college students deeply understand the essence of Chinese culture, and improve their cultural self-confidence and national pride.

3.2 Enriching the Content and Methods of Psychological Education

Self-improvement methods in excellent traditional Chinese culture emphasize the process of personal self-cultivation and self-improvement, providing rich content and methods for psychological education in colleges and universities, helping students grow healthily, forge ahead actively, and become youths of the new era with national sentiments and responsibilities. Firstly, they emphasize self-reflection and self-improvement, such as the Confucian idea of "self-introspection should be practiced on a daily basis", emphasizing individual self-examination and self-correction, which helps cultivate college students' self-cognition and self-perfection abilities.[4] Secondly, they focus on individual spiritual purification and psychological balance, such as the Taoist idea of "governance by non-interference", which achieves control and regulation of the external environment, helping to alleviate the pressure and anxiety of college students, and improving their psychological adaptability and coping ability. Thirdly, they emphasize self-education and self-perfection, such as the Confucian cultivation thought of "studying deep into the root of matter, digging into the heart of fact to find the correct answer and knowledge, having sincerity, maintaining a true heart, developing our own self, keeping the family in a harmonious environment, governing the country peacefully with education and good governmental policies, and ruling the whole world in a peaceful manner with good ruling policies", and propose to improve the moral quality and self-realm of individuals through self-education and self-perfection.

3.3 Improving the Affinity and Pertinence of Psychological Education

The self-improvement methods in excellent traditional Chinese culture have a high affinity and pertinence, which can help college psychological education better integrate into students' inner world and more accurately meet their psychological needs. First, they pay attention to the balance and harmony within the individual, with a strong affinity. For

example, the "benevolent heart" in Confucianism, the "saintly heart" in Taoism, and the "compassionate heart" in Buddhism are all aimed at achieving harmony with others and society through enhancing the balance and harmony within the individual, which can be deeply rooted in the hearts of the people, arouse empathy and recognition among students, and enhance the affinity of psychological education in colleges and universities. Second, they provide different coping methods and suggestions for different psychological problems, which are highly targeted. For example, in terms of emotional distress, the Confucian concepts of "governing people with etiquette" and "gentlemen make money in a right way" can help students establish correct interpersonal relationships and emotional views. In terms of stress management, the "governance by non-interference" and "letting nature take its course" in Taoism can help students resolve stress and maintain inner peace. These self-improvement methods are highly targeted and can better help students cope with various psychological problems.

4. COLLEGE PSYCHOLOGICAL EDUCATION RESOURCES FOR SELF-IMPROVEMENT METHODS IN EXCELLENT TRADITIONAL CHINESE CULTURE

The way of self-cultivation in the excellent traditional Chinese culture contains rich resources for psychological education in colleges and universities, including the development goal of self-improvement, the will quality of self-improvement, the balanced mood of moderation and quietness, optimistic and broad-minded positive mental attitude, the code of benevolence, loyalty and forgiveness, the family and country feelings of governing the country, the detached spirit of insight, and the healthy concept of self-cultivation.

4.1 The Development Goals for Self-perfection

The core of the self-improvement methods in excellent traditional Chinese culture lies in "self-cultivation", that is, achieving the improvement of moral standards through self-cultivation and self-perfection. This "self-perfection" has similarities with the "self-realization" in contemporary psychology, both emphasizing that individuals achieve their optimal state through continuous self-improvement. For example, "studying the nature of

things" in "The Great Learning" advocates deepening the understanding of life and the world through observation and research, thereby continuously improving oneself. The "self-introspection should be practiced on a daily basis" in "The Analects of Confucius" advocates constantly reflecting on one's own words and deeds, discovering existing problems and correcting them in a timely manner, thereby continuously improving moral level and personality charm. These thoughts of self-perfection emphasize personal inner cultivation and self-improvement, and ultimately achieve family and social harmony and stability through personal self-perfection and development. In psychological education in colleges and universities, these ideas can be used to guide students to explore themselves, explore their potential, expand their horizons, improve their self-cognition and comprehensive literacy, and enable them to better achieve their goals of self-perfection and development in the process of growth.

4.2 The Volitional Quality of Constantly Striving for Personal Progress

In the self-improvement methods of excellent traditional Chinese culture, the volitional quality of constantly striving for personal progress is a positive spiritual pursuit, which teaches people to have firm beliefs and determination, to persevere indomitably in the face of difficulties and challenges, and not to give up easily. For example, in "Yi Zhuan", "Heaven walks strong, gentlemen consistently strive for self-improvement" emphasizes the need for individuals to constantly improve themselves, constantly strive for self-improvement, and be strong and promising. [5] In "Mencius", "hone his will, strain his bones and muscles, and make his body hungry" emphasizes that it takes hard work and practice to achieve true wisdom and achievement. These thoughts express the willpower of perseverance, which can help college students establish a correct outlook on life and values, enhance self-confidence and self-esteem, stimulate enthusiasm and subjective initiative, constantly pursue progress and improve themselves, and become positive and responsible youths of the new era.

4.3 The Balanced Emotion of Neutralization and Tranquility

The principle of neutralization and tranquility in the self-improvement methods of excellent traditional Chinese culture can guide people to maintain emotional balance, stability, and inner peace, making their mood more open and profound. For example, the "neutrality without bias" in "The Doctrine of the Mean" advocates maintaining a balance between various conflicting forces and pursuing internal harmony and stability. The "Tao way follows nature" in the "Tao Te Ching" emphasizes conforming to natural laws and living in a natural way, thereby achieving balance and harmony between body and mind. "The (state of) emptiness should be broken to the utmost degree, and that of stillness guarded with unwearied vigor" in the "Tao Te Ching" means that only by maintaining inner balance and tranquility and achieving harmony and unity between the mind and body can it enable people to better face external challenges. The thought of neutralization and tranquility can guide students to deal with pressure and challenges more calmly, better control their emotions, adjust their learning and living conditions, better cope with setbacks and difficulties, improve their psychological resilience and adaptability, and better face future challenges.

4.4 The Positive Attitude of Optimism and Broadmindedness

The positive attitude of optimism and broadmindedness in the self-improvement methods of excellent traditional Chinese culture emphasizes that a positive and optimistic attitude can enable people to enjoy hardships and overcome setbacks. For example, in "The Analects of Confucius", "With a single bamboo dish of rice, a single gourd dish of drink, and living in his mean Narrow Lane, while others could not have ended the stress, he did not allow his joy to be affected by it" expresses an optimistic attitude of living in poverty and contentment, and faces the real environment with an optimistic and positive attitude. "Everybody can do something; when I have nothing with me, the nature will give me another thousand pieces" expresses a confident, firm, and optimistic attitude towards life, inspiring people to believe in their abilities, not to give up easily, to strengthen confidence, and to constantly pursue their goals and dreams. These optimistic and broad-minded positive attitudes can guide college students to actively respond to challenges and pressures, face

problems more firmly, confidently, and courageously, actively solve problems, cultivate their self-confidence, resilience, and creativity, and promote their psychological health and comprehensive development.

4.5 The Life Principles of Benevolence, Loyalty and Forgiveness

The life principles of benevolence, loyalty and forgiveness in the self-improvement methods of excellent traditional Chinese culture emphasize people's proper attitudes and codes of conduct towards interpersonal and social relationships, encourage people to respect and care for others, treat others with morality and goodwill, treat society responsibly, and maintain social harmony. For example, in "Mencius", "extend the respect of the aged in one's family to that of other families; extend the love of the young ones in one's family to that of other families" emphasizes not only respecting one's parents and elders, but also respecting the elders and young of others, and extending one's love and care to others. In "The Analects of Confucius", "Don't do to others what you don't want others to do to you" emphasizes not to impose things you don't like on others, expressing love and understanding for others. These life principles of benevolence, loyalty and forgiveness can help college students better understand the relationship between themselves, others, and society, improve their moral quality and cultivation, and make positive contributions to personal growth and social development.

4.6 The Family-Country Sentiment in Governing the Country and Ruling the World

In the self-improvement methods in excellent traditional Chinese culture, the family-country sentiment that governs the country and rules the world emphasizes the individual's sense of responsibility and mission, and advocates that individuals make contributions to the family, society, country, and nation. For example, in "The Great Learning", "developing our own self, keeping the family in a harmonious environment, governing the country peacefully with education and good governmental policies, and ruling the whole world in a peaceful manner with good ruling policies" emphasizes that one should always keep the great interests of the country in mind, constantly improve oneself, achieve both moral integrity and talent, and achieve social harmony and stability.[6][7] In Gu

Yanwu's "Rizhilu Zhengshi", "Everyone is responsible for his country's rise or fall" emphasizes that the rise and fall of a country is related to every ordinary person, and everyone should do their part to contribute to the development and prosperity of the country. Such family-country sentiment in governing the country and ruling the world can inspire college students' patriotism, make them more socially responsible, guide them to have a correct view of the interests of the people, and actively contribute to the development of the country and society.

4.7 The Detached Spirit of Discovering One's True Heart and Seeing One's True Nature

The detached spirit of discovering one's true heart and seeing one's true nature in the self-improvement methods of Chinese excellent traditional culture emphasizes the purification and cultivation of the soul, the recognition of one's own nature, the transcendence of worldly noise and disturbance, and the attainment of inner peace and transcendence. For example, "The best of men is like water. Water benefits all things and does not compete with them" in the "Tao Te Ching" emphasizes that individuals should learn to transcend themselves, not be dominated by selfish desires, and should have a mind and realm that transcends themselves. "Fundamentally there is not a single thing. Where can any dust be attracted?" in the "Platform Sutra" guides people to transcend matter and return to their true nature, recognize themselves from the depths of their hearts, explore their own nature, transcend self-limitations and superficial desires, and achieve inner peace and the realization of self-worth. The detached spirit of discovering one's true heart and seeing one's true nature can guide college students to cultivate a spiritual realm of detachment, help them better understand themselves, better face setbacks and difficulties, cultivate harmony and peace in the depths of their hearts, obtain deeper spiritual satisfaction while pursuing personal development, enhance their self-confidence and self-control ability, reduce stress and anxiety, and improve their psychological health.

4.8 The Health Concept of Cultivating One's Mind and Character

The health concept of cultivating one's mind and character in the excellent traditional Chinese culture emphasizes that the health of the body and

the balance of the soul are mutually complementary, that is, the state of health is mutually complementary from the inside and outside. Only by coordinating and balancing the inside and outside can one achieve a healthy state. For example, "The nature lives with me in symbolism and everything is with me as a whole" in "Zhuang Zi" emphasizes the unity of heaven and man, the integration of man and nature, and the attainment of a healthy state of both body and mind. In "Huangdi Neijing", "Don't wait until you have a disease to treat it, but prevent it before you get sick" emphasizes the treatment of a disease that has not yet emerged through prevention and health care, rather than waiting until the disease has developed into a substantial disease. The health concept of cultivating one's mind and character can help college students develop healthy living habits and positive attitudes towards life, actively prevent diseases, promote physical, psychological, and spiritual balance and harmony, and thereby achieve the goal of physical and psychological health.

5. THE ENLIGHTENMENT OF PSYCHOLOGICAL EDUCATION IN COLLEGES AND UNIVERSITIES BASED ON THE SELF-IMPROVEMENT METHODS IN EXCELLENT TRADITIONAL CHINESE CULTURE

The cultivation of character in excellent traditional Chinese culture has many inspirations for psychological education in universities. It is necessary to focus on student development, combine it with classroom teaching, campus culture, consultation and intervention, and teacher training to innovate and carry out psychological education work well.

5.1 Focusing on Student Development and Innovating High Standard Psychological Education Concepts

The concept of psychological education centered on student development should not only emphasize students' knowledge learning, but also pay attention to their physical and psychological health, psychological quality, interpersonal development, and other aspects to promote their overall growth. In concrete practice, first, it is necessary to carry out personalized education, pay attention to the individual characteristics of students, teach students in accordance with their

aptitude, pay attention to stimulating their potential and interest, and promote their comprehensive development. Second, it is necessary to pay attention to emotional education, enhance students' emotional experience, improve their emotional expression ability, and enable them to continuously enhance their perceptual understanding, thereby improving their interpersonal skills. Third, it is needed to popularize health education, impart health knowledge and healthy lifestyles to students, and improve their ability to conduct physical and psychological health care. Fourth, it is needed to carry out vocational planning education, focusing on providing vocational planning education to students, and helping them establish a correct outlook on choice of occupation, employment, and career.

5.2 Combining with Classroom Teaching to Build High-quality Psychological Education Classroom

It is a creative exploration to combine the self-improvement methods in excellent traditional Chinese culture with classroom teaching. Integrating the philosophy of life and the concept of self-cultivation in excellent traditional Chinese literature into classroom teaching can help students establish correct values, outlook on life, and health, and promote their growth. In concrete practice, firstly, it is necessary to integrate classic texts, select suitable classic texts from excellent traditional Chinese culture, incorporate the concept of self-improvement methods into classroom teaching, focus on cultivating students' internal cultivation and self management abilities, and guide students to understand the meaning and values of life. Secondly, it is necessary to have cultural experience. Through classroom experiences and activities, students can personally experience the self-improvement methods in excellent traditional Chinese culture, such as holding traditional culture experience camps, practicing moral behaviors, etc. Through thinking and practice, students' self-cognition and self-management abilities can be cultivated. Thirdly, it is important to establish situational teaching, which can be used in teaching to enable students to experience the self-improvement methods of excellent traditional Chinese culture in actual situations, deepen their understanding and memory, guide them to explore themselves, and strengthen their self-cognition and emotional management abilities.

5.3 Combining with Campus Culture to Create High-quality Psychological Education Activities

Combining the self-improvement methods of excellent traditional Chinese culture with campus culture to create high-quality psychological education activities can help students gain a deeper understanding of the values and moral norms of excellent traditional Chinese culture, and deepen the sense of national identity and pride. In specific practice, first, activities themed on excellent traditional Chinese culture should be held, such as traditional cultural experiences, calligraphy competitions, poetry recitations, etc. Through these activities, students can feel the charm and connotation of traditional culture, and enhance their sense of identity and responsibility for cultural heritage. Second, activities aimed at cultivating one's mind and character, such as Tai Chi and meditation, can be organized to guide students to master some self-regulation skills, improve their self-awareness and self-management abilities, and enhance their psychological quality. Third, schools should organize activities oriented towards family-country sentiment, and organize various forms of patriotic education activities to guide students to establish a correct outlook on life and values, cultivate their sense of social responsibility, and stimulate patriotism. Fourth, activities with the theme of innovation and entrepreneurship can be held to enable students to experience the joy of practice and the power of innovation. At the same time, students can be guided to understand the innovative and entrepreneurial spirit in the excellent traditional Chinese culture, inspiring their enthusiasm and interest in innovation and entrepreneurship.

5.4 Combining Counseling and Intervention to Innovate High-level Psychological Education Methods

Combining the self-improvement methods of excellent traditional Chinese culture with psychological counseling and crisis intervention is a way to innovate the psychological education methods in colleges and universities. The values of being kind to others, respecting others, and caring for society emphasized in the excellent traditional Chinese culture coincide with the values of psychological counseling and crisis intervention in colleges and universities. In the work of psychological consultation and crisis intervention, students can be guided to conduct psychological

adjustment and self-management by learning from the self-improvement methods of excellent traditional Chinese culture, so as to achieve the purpose of preventing and alleviating psychological problems. In concrete practice, on the one hand, in psychological counseling work, students can be guided to relax their body and mind, enhance their self-consciousness and control, and improve their psychological state through meditation, sitting still, and breathing in the self-improvement methods. They can also learn from the values of benevolence, loyalty and forgiveness, and humility in excellent traditional Chinese culture to guide students to establish good interpersonal relationships and enhance their self-cognition and emotional intelligence. On the other hand, in crisis intervention work, students can be guided to seek internal strength and beliefs through the self-improvement methods in excellent traditional Chinese culture, enhance psychological resilience and coping ability, and can also learn from the family-country sentiment, the spirit of benevolence, etc. in excellent traditional Chinese culture to recognize their own social responsibilities and mission pursuit.

5.5 Combining with Teacher Training to Build a High-quality Psychological Education Team

Combining the self-improvement methods of excellent traditional Chinese culture with the cultivation of psychological education teachers in colleges and universities can effectively improve the professional quality and comprehensive ability of psychological education teachers in colleges and universities, thereby better achieving the goal of psychological education centered on student development. In specific practice, firstly, it is necessary to strengthen the construction of teachers, recruit talents with traditional cultural backgrounds and professional knowledge of psychology, inject traditional cultural elements into the team of psychological education teachers, and organize psychological education teachers to systematically learn the self-improvement methods of excellent traditional Chinese culture, understand the principles and values therein, and apply them to their own psychological education work. Secondly, it is necessary to innovate teaching models, guide teachers to adopt open teaching models, focus on cultivating students' autonomous learning and thinking abilities, combine traditional cultural elements with psychological theory, design courses and practical activities with traditional cultural

characteristics, and cultivate students' moral sentiment and humanistic qualities. Thirdly, it is needed to strengthen interdisciplinary cooperation, establish interdisciplinary teaching and research cooperation mechanisms, combine traditional culture with disciplines such as psychology, pedagogy, and culturology, and explore the application of traditional culture in psychological education.

6. CONCLUSION

This article discusses the enlightenment of self-improvement methods in Chinese excellent traditional culture on psychological education in colleges and universities, and expounds the connotation of psychological education, the psychological education resources of self-improvement methods, and the combination with psychological education. The self-improvement methods in the excellent traditional Chinese culture have an important enlightening effect on the psychological education work in colleges and universities. Colleges and universities should inherit the essence of traditional culture, combine with the needs of modern education, actively explore new ways of psychological education work, and provide better support and protection for the psychological health and growth of students.

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