

Beginning education of the freshman in universities following the Maslow's need theory of gradation: To medical college of Jiangsu university as an example

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Abstract: The beginning education of the freshman in Universities is the key process to help students adapt to the university life, but the current status of entrance education for college students is not optimistic and effectiveness. In this paper, freshmen entrance education is divided into three stages, entitled "my university", "my collective", "my schoolwork" under the guidance of Maslow's hierarchy of needs theory, combining with previous working experience in education and the psychological demand for freshmen enrolled. With the help of a variety of education carriers and education forms, it has formed the unique entrance education mode and practice, and achieved good results.

Keywords: Entrance Education, University Freshmen, Maslow's Hierarchy of Needs Theory

Beginning education of the freshman in Universities is the starting and basic points of the whole higher education. It directly influences the development and growth of the students, and as well as related to the nurturance of a college study style and school spirit. How freshmen adapt to the University learning life in a relatively short period, is not only a problem to freshmen, but also a challenge for the Universities^[1]. Since the times of Maslow's hierarchy of needs theory was proposed, it had a profound impact on many fields and a lot of guidance and values for freshmen education work. So the correct understanding and application of Maslow's hierarchy of needs theory is significant to improve the enrollment of the university freshman.

1. Introduction to the Theory of Maslow's Hierarchy of Needs

Maslow is the main founder and important representative personage of western humanism psychology. In 1943, he put forward the hierarchy of needs theory for the first time in the famous paper "Theory of human motivation"^[2]. The theory illustrated that the internal force of the individual growth and

development is motivation. But motivation is composed of the various needs, for example, physiological, safety, social, respect and self-actualization needs. Every level's demands and satisfactions will determine the individual personality. (1) Physiological needs: This is the most original, basic and important dynamic action. If the demands such as water, food, sleep and breath are not met the physiological function of people will not properly be operated. (2) Safety need: It refers to the stability of people, In other words, it means a sense of security, Examples includes: health, resources, property, morality and family ethics, (3) Emotional and sense of belonging needs: Everyone hopes to receive mutual concern and care. Emotional needs are more important than physiological needs. Examples include: friendship, love and sexual intimacy. (4) Respect needs: Respect could mean self respect, confidence, achievement, and respect for each other. Everyone wants to have a stable social status, personal ability and achievements recognized by the society. If realized, it can increase the confidence levels of people. (5) Self-realization needs: This includes moral, creativity and problem solving ability of individuals. This is the highest level of need and helps people to achieve personal goals and ambitions. It also enhances their personal capacity to a maximum extent thereby

reaching the realm of self realization^[2].

2. College Students Psychological Demand Analysis following the Guidance of Maslow's Hierarchy of Needs Theory

As a freshmen graduate from high school and enter the University, a complete strange environment, on the one hand they are full of wonderful fantasies and expectations; on the other hand they are more confused and puzzled on how to spend the university life. And thus psychological needs are more urgent. According to Maslow's hierarchy of needs theory, the psychological needs of university freshmen are mainly in: (1) Physiological and security needs: Specific performance is not adapted to the college life; and strange environment brings insecurity. (2) Social needs: University freshmen leave the original social support system, and are eager to establish good interpersonal relationships in their new environment, to join the new group; where they could get the motivation, confidence and sense of belonging from. (3) The need to respect. Changes in the external environment make the University Freshmen bewildered and confused in self-knowledge. (4) The needs of knowledge. Because the University teaching mode has changed greatly, learning maladjustment is common in the freshmen; therefore the new knowledge should be the focus of their attention. (5) Self-actualization needs: For college students, their self-actualization is to perfect personality, develop their potential, achieve all-round development and make contributions to society so as to realize the value of life.

3. Maslow's Hierarchy of Needs Theory in School Education

According to Maslow's hierarchy of needs theory and the demand analysis of freshmen, the entrance education is divided into three themes: "my university", "the collective", "my academic planning" throughout the first school year; which make the freshmen adapt to college life, find safety, enjoy social life as well as gain respect^[3].

(A)"My university" -- focuses on the new survival needs and establish the reasonable system of assisted living.

Above all, freshmen face the new and unfamiliar environment after entering the university; therefore the purpose of this phase is to help students be familiar with the campus as soon as possible and obtain help in all aspects. This stage is mainly done in the military training before it ends.

(1) Develop detailed new reception plan by the instructors and student cadre, Party member's students receive arranged escort for the freshmen in the admission procedures, so as to get the basic situation of the students and introduce the related facilities and functions of student apartments, which make sure that students live in peace, make the new report feel the enthusiasm of the university at the first time, the resulting

sense of identity and belonging to university. (2) the organization to visit new campus, such as classroom, library, gym, apartments, dining room, clinic, supermarkets and surrounding environment, such as Banks, hospitals, the post office, near bus stops, etc.; But also to introduce them to department and other functional departments and students of high correlation of main functions and the specific position, all what we do is to make them be familiar with the campus and the external environment, and eliminate the strangeness of the environment as soon as possible.(3) Invite senior students as a elder brother, the elder sister respectively from the campus and life in the form of PPT, such as paper, play three modules to freshmen to teach college students growth strategy. Campus Article Introduce campus layout, traffic, learning organization, loving campus and so on, and the use of IC card the scope and methods; Military training life article introduces the common problems of preparedness, network of fair use, essential items to purchase, the reasonable arrangement of living expenses, etc.; Play introduction of local places of interest, for freshmen in food, clothing, shelter, transportation, entertainment and so on provides a good help. (4) Organize new students to visit the history museum. Combined with panel content and items on display to and introduce the school situation, historical evolution, professional construction, teaching training, recruitment of students employment situation and a series of scientific and technological achievements and outstanding alumni to new students, which can help them understand the school development, familiar with enterprise rapid development achievement, and stimulate the responsibility consciousness and the sense of mission through "school, love the school, nursing, school glorifying." (5) Use the "student handbook" as the main content of new school rules of education, safety education of legal system, strengthen students' sense of organizational discipline, good life habit, education, especially the dormitory for safety education, to strengthen the guard against theft, fraud prevention, fire prevention, prevent MLM publicity and education. Holding safety education theme class meeting, in the form of competitive answer of knowledge is to strengthen the student to master the school regulations comprehensively and systematically, to raise the safety consciousness of the students, to enhance their ability of self-protection, to establish a sense of security responsibility, harmonious and safe campus environment and make the beginning of a new safe, healthy and happy life at university.

(B)"My group" - focus on the new collective sense of belonging, feel the collective warm

In order to make students adapt to the university of collective life as soon as possible, should build love classes, dormitories, students, love the teacher's collective atmosphere, cultivate new collective sense of belonging, sense of honor, make full use of the group in students' growth and development process. The stage from the military training period lasted the second term in June.(1) using military training education and appraisal activities, is to stimulate the student collective sense of honor, to strengthen the new organization and discipline, the concept of time, to cultivate

the quality of bears hardships and stands hard work, hard work, and form a unity consciousness toward a common goal. (2) school can carry out the class cadre selection activities through the cover and recommend ways, make the most of the right to vote and the right to be elected, to strengthen the students awareness, improve the class collective consciousness, enhance their sense of identity, belonging to the class and personal respect, and a timely excitement freshman class for all, all for the class "concept. (3) school can carry out the new adaptive group counselors, then take a class as a unit ,respectively use "we get to know each other", "we know", "household" as the themes to design a series of group counseling activities, which can help them know each other, create a feeling of closeness, and promote the further understanding between members, strengthen community atmosphere, establish personal security for group members in a group, help them make mutual cooperation, mutual trust, mutual support, feel the warmth of the big collective, learn the power of forward. (4) considering the relationship of dormitory, school can develop "under one roof" group of counselors. Due to the existence of errors interpersonal perceptions, bad personality traits and lack of interpersonal skills, many freshmen have to face the situation of interpersonal maladjustment. And interpersonal relationship problems often make a dormitory confused. This activity's goal is to promote trust and cohesion among the members of the bedroom, study the problem occurred in the dormitory after solving strategy. (5) College can organize and demonstrate advanced class rankings defense activities, which can inspire students, inherent enthusiasm to create a good style of study, excellent class collective dormitory civilization , and cultivate students' sense of collective honor, personal responsibility. (6) As long as counselors are kept apprised of the situation through individual talk, group discussion and other forms, the interpersonal aspects of disputes can be timely solved. we can let us Mutual tolerance, mutual understanding , each other. Establish fetion group, qq, micro letter group to further build collective consciousness through new media.

(C) "Study plan" - focus on the needs of students' learning and self-actualization

It is the responsibility and hope of every student that they can realize their own value for society through higher education. College students when they Step into the new campus tend to have stronger sense of curiosity and thirst for knowledge, It is therefore encouraged that school's should carry out the professional education on time to help the students make decisive and informed academic planning before the commencement of their academic work. This phase can be made to continue until the end of the first year. The following can be incorporated into it: (1) teachers can introduce the specialty to freshmen from the description of courses, personnel training, the structure of professional knowledge, training requirements and social employment needs. What most schools must do is to let freshmen know what they should learn, what they should care about, what they should pay particular attention to in order to help freshmen

reduce perpetual confusion they encounter so that they can develop clear learning goals towards their chosen careers.

(2) Again, prior to the commencement of their studies, schools should provide fresh students with academic advisors and arrange these students to meet their academic advisors in order to obtain academic counseling and guidance. Academic advisors can help fresh students to further recognize and evaluate themselves to know if they are ready physically, emotionally and psychologically for their chosen program. In that case, they develop the abilities to make clear learning objectives and formulate detailed study plan in the midst of the new environment and the new task. (3) Counselors introduce professional training plan to new students mainly through professional curriculum setting and the credit requirements, which can make their learning tasks more clearer through their stay in the University.. Also, senior students must be invited to advise the freshmen about academic planning, guidance for elective courses. This can provide a platform for sharing their rich experiences with these freshmen as well as , sharing of learning resources, provision of courses, learning, examination counseling all in one service.(4) The style theme activities of advanced mentors can set the examples of learning, inspirations, employment, entrepreneurship and other aspects of life as examples for the students. When freshmen learn from the mentors, they receive enough motivation to walk forward firmly on their paths as they climb the academic ladder. What is more, enlightening is that education must be carried out to strengthen the students' basic knowledge and formulate new ideas and beliefs. (5) School can encourage students to take active part in club activities, to develop their interests, hobbies, prove their abilities and improve their comprehensive quality as a whole. (6) At the end of the semester after the exam, counselors should know the student test scores and those who fail to pass exams are on timely informed of the ranking downstream. Furthermore, according to individual's peculiar situations, teachers should propose different support methods to ensure that "no one is left behind "^[4,5].

4. Major Achievements and Experiences of the New Students Education

Applying the horizon of Maslow's hierarchy of needs theory in Jiangsu university freshmen entrance education mode among the clinical medical class of 2013 freshmen, it can be said that the overall effect of entrance education was good. The 2013 freshmen obviously have better ability to adapt as quickly as possible into the college life, and present strong self-consciousness and initiative to studies .Much to teachers' joy, grade average points of the first semester increased greatly and failure rates decreased significantly. For the first time, the College English Band Four and Six enrollment rates reached 99% and 93%, Again, CET-4 pass rate reached 95.3% for the first time since its inception. All these success are indebted to entrance education program. It can also be stated that, fresh this entrance program has contributed immensely to

student's ability to cultivate a strong organizational discipline; consciousness and make comprehensive quality all-round development. There is about 80% of the new freshman who want to be members of youth corps committee, and finally 50% succeeded in joining these youth groups. And the whole grade forms a healthy, happy, united, aspiring to study and working atmosphere.

College freshmen entrance education program is a long-term and systematic project of great significance to establish long-term effective mechanisms for freshmen education. School's should further improve the system and mechanism of freshmen education by enriching its education content, expanding the education curriculum with innovative forms of education, so as to build highly efficient freshmen education system for a much friendly atmosphere.

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