

## *Short Research Article*

# Analysis of the Role of College Students' Career Planning on the Growth of Undergraduate Students

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### ***Abstract***

*Career education is started in kindergarten in western countries. On the contrary, in our country, only when we meet the career bottleneck can we start our own career planning. Therefore, on the basis of self exploration and career exploration, we should scientifically plan our own career development and reasonably position our career goals, these are of great importance to the interests, learning objectives, future career planning, lifelong learning outlook, outlook on life and values of undergraduate students in the new era.*

### ***Keywords***

*career planning, academic planning, college students' growth*

### **1. Correct and Reasonable Career Planning can Cultivate Students' Real Interest in Learning**

Interest is the best teacher in one's life, especially for the students of the main force of higher education in our country. Since they entered the university campus, freshmen are busy adapting to the study and life of the University and experiencing the colorful life of the university at the same time; Sophomores always feel that it is still early, and there are still two years of college time to work hard. Postgraduate entrance examination or employment is not a problem to be considered now; The so-called "senior students" who entered the junior year began to have troubles. The two propositions of postgraduate entrance examination or employment began to roll and suffer in their minds. After getting familiar with the law of university study and life style, the time of junior soon passed. In the twinkling of an eye, it was the graduation season and job hunting season of senior year that many students realized that finding a job was not as simple as they thought. After four years of college, the students have not yet understood whether their interests are their major, and let alone their future interests. Finally, many undergraduate students, after four years of university training, when they graduate to find a job, they are not very keen on finding jobs in the relevant industries they have studied, but are free to find jobs.

In this way, how can college students survive in a competitive society? How to realize one's life goal and ideal? How can we become the successor of the construction of socialism with Chinese characteristics in the new era? According to the book of "rites", the doctrine of the mean says that everything is done in advance, and it will be abandoned if it is not predicted (Yang, 2005). Therefore, it is of great significance to guide the undergraduates of colleges and universities in the new era to reasonably plan their own growth path, scientifically plan them and make clear their development goals.

## **2. The Correct and Reasonable Career Planning can Help Students Set up the Right Goals**

The goal, for an undergraduate, is not only the driving force of success, but also a monument on the way of life. It can ultimately lead the future of an undergraduate, and constantly promote the progress of undergraduate students in the process of achieving the goal, which plays an important guiding role in their growth. What kind of life goal that a person chooses, whether he is firm and persistent to this goal, will play an important role in the realization of his future career goal and the realization of his life values and outlook on life. At the same time, the decomposition of small goals is the driving force for students to continue to move forward. The sense of achievement to achieve each small goal will continue to lead their life in the future, which has a great impact on the personal development of undergraduate students.

The goal setting can be achieved through the scientific career planning of undergraduate students. It generally refers to the individual college students, through their own conditions and objective factors, on the basis of comprehensive study and self-evaluation, combined with the characteristics of the current era, tailor-made career development goals for college students. At the same time, it includes the development of a variety of learning and related training plans and implementation strategies in order to achieve the career development goals. All of these require students themselves and be able to make follow-up goals in line with their actual situation according to the time nodes set in the planning objectives, and complete them with high quality.

As the career planning of undergraduates is a complex systematic project, the project requires effective guidance and scientific analysis of various factors such as students themselves, schools and social employment department. For undergraduate students themselves, it is not only the goal of career planning, life trajectory and the way of choice, but also includes the flexible and effective use of various psychological, educational, management and other technical means to continuously carry out self exploration, self-assessment and revision, and find a better path, so as to realize the whole life Face development, to achieve their ultimate goal of life.

## **3. Correct and Reasonable Career Planning can Promote Undergraduate Lifelong Learning**

Learning lifelong learning, the ability to be a person, and the principle of doing things are undoubtedly more important than the professional skills certificates of various subjects, CET-4 and CET-6, and

computer grade examination that undergraduates have to complete in their four-year study period. In the new era, undergraduates should pay attention to the cultivation of three lifelong learning abilities. One is the ability of self-management, including time, emotion and health management. The second is the ability of goal decomposition. In various learning activities and the task of goal decomposition, undergraduates must complete but always neglected task -- plan their life and study in the undergraduate stage with their own lifelong career goals. In this process, we must follow the principles of concrete operability, quantification, necessary adjustment and consistency, and the principle of complementary incentive and challenge. The third is the ability of self-reliance and self-improvement. The self-reliance of undergraduates is the premise for them to realize their own personality independence and complete their life goals. Only the students with independent personality and independent personality can self-improvement, and the self-improvement and independent undergraduate students can become the useful talents for the main construction of the society with Chinese characteristics in the new era and realize the dream of a powerful country. Therefore, undergraduates should combine their original knowledge accumulation, reasonable construction of their own knowledge structure and goal decomposition ability, and cultivate and improve their own quality. Only in this way can they find a suitable point in the initial stage of their career, and reasonably decompose their goals in the intermediate stage, and finally complete their own life planning, so as to realize their long-term development in life Exhibition.

#### **4. Correct and Reasonable Career Planning can Help Students to Establish a Correct Outlook on Life and Values**

In the “Analects of Confucius, Zixia” said, “if you study well, you will become an official” (Yang, 2006). “Excellent” not only refers to the excellent academic performance of undergraduates, but also refers to the excellent personal quality, noble personality sentiment, healthy psychology and standard behavior obtained through constant study at ordinary times. And “official” not only refers to “official career”, in today’s era background, more should be all walks of life in the current society. College Students’ career planning in the new era is a series of activities or processes designed in advance to achieve their life goals under the background of the new era, and this series of activities or processes must be carried out according to certain steps (He, 2018). The first step in the basic steps of career planning is to establish lofty life goals and aspirations. This step is also the most critical step in career planning. It reflects the real inner thoughts of Undergraduates in the new era, and directly affects people’s lifelong struggle enthusiasm and goals. In today’s new era, undergraduates must connect their life planning goals with the needs of the country, society and people. Historical experience has proved that career planning that does not conform to the background of the times will never succeed. The background of the new era requires undergraduate students to have the spirit of hard work and strong national self-esteem and pride. The correct and reasonable career planning is to integrate the fine tradition of the Chinese nation and the excellent cultural patriotic education into the patriotic education

of undergraduate students, so that the undergraduate students can inherit and carry forward in their daily study and life. Students in the ideological and political education in the University, combined with our history and culture, at the same time, we use campus media to publicize the traditional virtues of our country, let the lessons of history deeply understand our undergraduate students, and let them deeply feel their own life goals. Only when they are combined with the goals of the nation, can they truly realize their cognitive ideals.

For undergraduate students living in the background of socialism with Chinese characteristics in the new era of Xi Jinping, occupation career planning is to do what China should do in the university stage, do what they want to do and do, and finally grow up to be what they want.

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