

concentrate. However, excessive online teaching time may make this group of students more easily distracted. Academic performance analysis shows that a reasonable blended teaching ratio can effectively improve the academic performance of ADHD students.

**Conclusions.** The online blended teaching model based on educational psychology in vocational colleges positively impacts ADHD students. Still, it also needs to be adjusted and optimized according to the characteristics of these students to achieve educational fairness and improve educational effectiveness.

## The guidance of curriculum ideological and political education and university management on students with BD

Hui Zhu

School of Foreign Languages, Qilu Normal University, Ji nan, 250200, China

**Background.** As an essential direction of higher education reform, curriculum thinking and politics aims to guide and shape students' thoughts and behaviors in their daily study and life through curriculum content and educational methods. As a common psychological disorder, bipolar disorder (BD) has an essential influence on the research and life of college students. This study explores the effect of ideological and political integration in guiding students with bipolar disorder.

**Subjects and Methods.** The study employed a random selection process to choose a cohort of 500 college students, among whom 50 had been diagnosed with bipolar disorder. The research employed a combination of questionnaires, in-depth interviews, and psychological tests while assessing the patients' condition using the Hamilton Depression Scale (HAMD). The collected data were subsequently analyzed using SPSS 24.0.

**Results.** The study found that the student management mode of ideological and political integration can effectively improve the psychological adaptability of students with bipolar disorder. 75% of the students with bipolar disorder said that their emotional fluctuations are reduced, and their learning motivation and concentration are improved under this management mode. In addition, this management style also enhances their recognition and acceptance of social and school norms.

**Conclusions.** The integration of ideological and political education in curriculum management has a positive guiding effect on students with bipolar disorder, which can help them better adapt to school life and improve their academic and mental health levels. It is recommended that universities further strengthen the research and application of this management method to serve the majority of students better.

## Combining educational psychology with ideological and political education to alleviate employment anxiety among college students

Xiaobo Wang<sup>1\*</sup> and Jiao Chen<sup>2</sup>

<sup>1</sup>Chengdu Normal University, Chengdu 611131, China and <sup>2</sup>Dafeng Primary School, Chengdu 611130, China

\*Corresponding author.

**Background.** With the popularization of higher education, the employment competition faced by college students is becoming increasingly fierce, leading to many college students experiencing employment anxiety disorders. This study combines the principles of educational psychology and ideological and political education methods, aiming to construct and implement an innovative teaching model and explore its practical effects on alleviating employment anxiety disorders among college students.

**Subjects and Methods.** This study selected 1,000 graduating college students, 500 as the experimental group receiving innovative teaching modes and 500 as the control group. The experiment lasted for three months, and the employment anxiety disorder of two groups of students was evaluated using the Hamilton Anxiety Scale (HAMA) Beck Anxiety Inventory (BAI). We use SPSS 24.0 to process the data.

**Results.** The data showed that the employment anxiety index of college students in the experimental group was significantly lower than that of the control group ( $P < 0.05$ ). In addition, the students in the experimental group showed high confidence and positive attitude in employment strategy planning, self-efficacy, and career orientation.

**Conclusions.** The innovative teaching model that combines educational psychology and ideological and political education significantly alleviates the employment anxiety disorder of college students and can help them face employment challenges healthier and more actively. It is recommended that more universities introduce such innovative models to provide more comprehensive and in-depth employment guidance for college students.

## Cultivating new applied financial investment talents in students with social anxiety disorder

Tao Lu

Shaanxi Technical College of Finance & Economics, Xianyang 712000, China

**Background.** To adapt to the development of the industry, universities actively explore the training mode of applied financial