

# Analysis of the Role of "Lighthouse" Concept in the Cultivation of Postgraduate Education

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## Article Info

Volume 83

Page Number: 574 - 585

Publication Issue:

July-August 2020

## Article History

Article Received: 06 June 2020

Revised: 29 June 2020

Accepted: 14 July 2020

Publication: 25 July 2020

## Abstract

Today, the proposition of human resources, as the first decisive element to the economic and social development, has become more obvious. Talent has become the core factor in comprehensive national strength competition. With the development of post graduate education in China, post graduate students, as high-level talents, will inevitably become the focus of training of the country. This paper attempts to find a comprehensive training mode of post graduate education through an innovative study of the educational thought of Virginia Woolf's stream of consciousness novel "To the Lighthouse".

**Keywords:** Post Graduate, To the Lighthouse

## 1. Introduction

After periods of start-up, setback, exploration, recovery and development, China's postgraduate education has entered a period of great development (optimization breakthrough). The type of postgraduate students is diversified. The enrollment scale of postgraduate students is increasing year by year, and the number of students in school continues to grow. With the increasing number of postgraduate enrollment, it has put forward higher requirements for the postgraduate management work [1][2]. At present, postgraduate students are under pressure to go to school at their own expense and choose their own jobs, and they are just at the age of marriage, with strict academic requirements, strong motivation for achievement, and high professional expectations. Under the influence of many internal and external factors, they often need to bear a lot of pressure from the economy, marriage, education, interpersonal relationship and employment. Once the pressure exceeds the individual's tolerance, it often affects their physical and mental health. Hongxia Fan and Yuan Zhang surveyed the demand of mental health

service for postgraduates through the compilation of the "Mental Health Service Demand Table" in the "Investigation and Analysis on the Demand of Mental Health Service for Postgraduates" [3]. The result showed that the total demand score for mental health services of postgraduate students is 160.9609, far exceeding the theoretical median of 135, which indicates that postgraduate students have large mental health service needs, but postgraduate mental health education is obviously lagging behind undergraduates. It is believed that there are following reasons:

- Postgraduate students are more mature than undergraduates. From this point of view, it is often felt that postgraduate students no longer need the care of teachers and family members like undergraduates, and lack of attention to their mentality changes and mental health. "Compared with the undergraduate education context, there has been relatively little attention to supporting the mental health and wellness of master's and doctoral students," said

CGS(Council of Graduate Schools) President Suzanne T. Ortega <sup>[4]</sup>.

➤ The number of postgraduate students in colleges and universities is relatively small compared with the number of undergraduates, and the investment in various policies and human and material resources is also relatively small.

➤ There are relatively few studies on the specialized and professional research methods and educational concepts for postgraduate students. Taking a database as an example, the number of search results obtained by postgraduate psychology is 10,207, which is much lower than the number of search results (61,355 items) based on the psychology of undergraduate students.

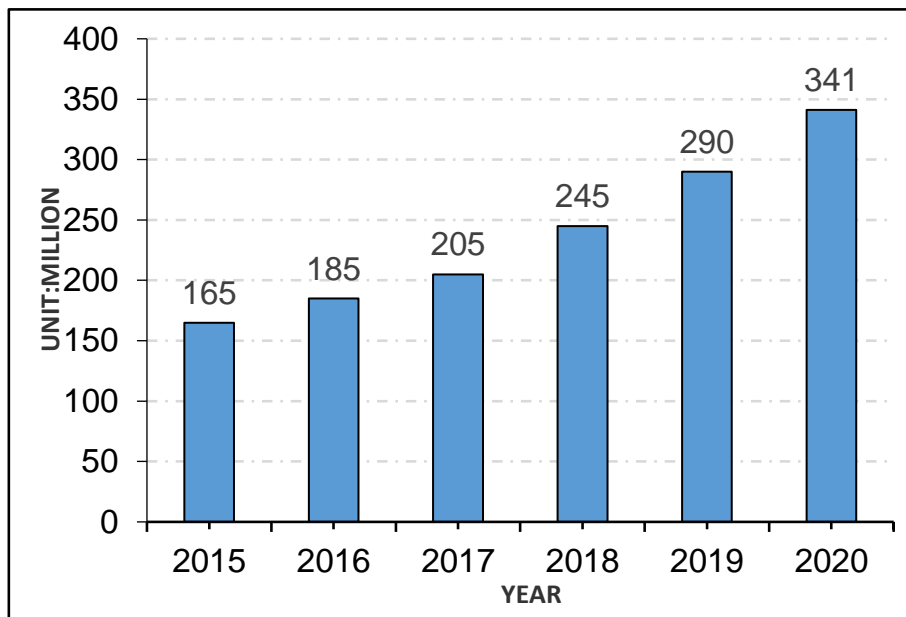


Fig.1. The Number of Chinese Postgraduate Candidates from 2016 to 2020

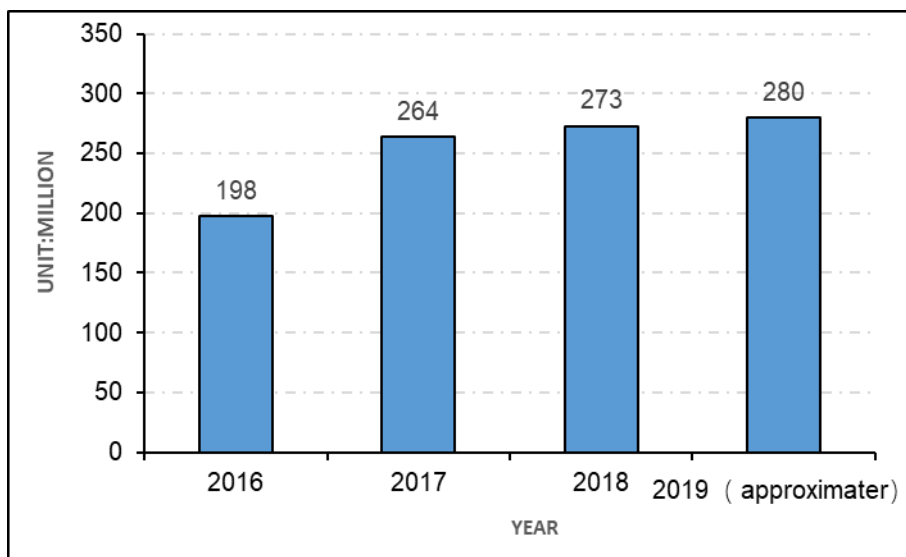


Fig.2. The Number of Chinese Postgraduates in School from 2016 to 2019

In summary, to adapt to the high-speed development of Chinese society, postgraduate students as a high-level talent to lead social and economic development should not only have the intelligent qualities to meet the needs of the times, but also have a good psychological will, a positive and healthy attitude and a good spirit of cooperation. Postgraduate students are the highest academic population. Whether they can be healthy or not is directly related to the success or failure of China's socialist modernization construction and the realization of the great rejuvenation dream of the Chinese nation. In this regard, attaching importance to postgraduate mental health issues and strengthening postgraduate mental health education have significant and far-reaching strategic significance.

As the main position of postgraduate education, colleges and universities must pay attention to the improvement of their ideological and mental health levels while focusing on improving the professional knowledge and scientific research ability of postgraduate students. This requires our postgraduate management staff constantly explore new management theories and methods, and guide the postgraduate students to develop in a positive direction.

## 2. Similar Research Status at Home and Abroad

In the early years, the Canadian psychologist Herb suggested that the cultivation of postgraduate research ability should not be taught by teachers, nor in the course of studying research methods, but specifically learned through the mentoring relationship between teachers and students. He saw the importance of the tutor's words, deeds and edification.

Yuchun Du and others study the role of tutors in postgraduate mental health education [5]. He proposes the positive role of tutors in postgraduate mental health education from five levels: institutional guarantee, role orientation, awareness training, relationship building, psychological crisis prevention and intervention.

Hongzhen Zhou believes that the innovative use of the "three education" concept (that is, full-education, all-round education, whole-process education) to guide postgraduate mental health education, which can effectively solve the contradiction between the growing mental health needs and development imbalance of postgraduate students [6].

Bo Lu believes that the long-term mechanism of postgraduate moral education, needs to be constructed from the integration of ideals and beliefs, study morality, physical and mental health, and social practice [7].

Dengyong Sun proposes the development of postgraduate mental health education requires the school and mental health education center, college, tutor team and dormitory closely cooperate to build a "five in one" mental health education. Chunlan Cheng mentions the role of mobilizing postgraduate tutors, counselors, class teachers, administrative staff, teaching assistants, and logistics personnel in all aspects [8]. Through educating, researching, practicing, managing, serving, cultivating and organizing platforms, cooperation, synergy, promotion and joint education mechanism, it forms a full, comprehensive, full-course and all-round education pattern [9].

Haiqing Luan mentions the establishment of educational goals to promote adaptation. The educational principles aims at promoting self-education, the education model based on service support, the education team with full participation, and the process-oriented educational evaluation [10]. It specifically points out the practical feasibility of "peer" counseling.

These studies have put forward their own countermeasures for postgraduate psychological health problems and postgraduate training from different angles. We believe that we should actively play the "lighthouse" effect of "demonstration" and "peer generation", and form a comprehensive cultivation system from multiple perspectives in order to truly solve the problem of postgraduate education.

### 3. Brief of the Research on "To the Lighthouse"

Virginia Woolf (1882-1941) was a famous modern British writer, critic and essayist. She was regarded as one of the greatest novelists of the 20th century. "To the Lighthouse" was her best work, the masterpiece of the consciousness novel. This work focused on portraying the rich inner world of the characters, full of feminism. Most scholars at home and abroad study the book from the perspective of feminism. At the same time, some scholars have studied from the fields of modern literary criticism, philosophy, aesthetics, etc. This paper attempts to study "To the Lighthouse" from a new perspective, exploring the theoretical light that it infiltrates, and actively applying it to the education and training of postgraduate students.

### 4. Concept and Educational Thought of "Lighthouse" in "To the Lighthouse"

As a representative of the stream of consciousness novels, "To the Lighthouse" is a basic plot of how an intellectual family can make a lighthouse trip. The time span is ten years, and it is compressed into two days and one night to show. Deep consciousness reveals the hidden soul and inner world. By studying the contents and ideas of the book, we find that the interpretation of its "lighthouse" concept has a strong guiding significance for postgraduate education.

The symbolic image is used many times in the book, and its core image is the lighthouse. There are two symbolic statements about the lighthouse:

#### 4.1 Mrs. Ramsay is a Lighthouse.

The first is Mrs. Ramsay's image beauty. The white lighthouse stands in the blue sea, and it stands out in the hazy smoke, bringing a beautiful feeling. Mrs. Ramsay is also with the beauty of a torch-like radiance, and her husband, Mr. Ramsay, the artist Lily, the ruthless Mr. Tansley, Mr. Bankes, and so on, have praised her beauty <sup>[11]</sup>.

Next is the Mrs. Ramsay's soul. The lighthouse symbolizes light, warmth and love, a dazzling or faint tower light in the vast sea, establishing order in

disorder and chaos and guiding the way for people and creating harmony. Mrs. Ramsay's generosity and fraternity bring care and warmth to everyone. She cares for the children and her husband in a meticulous way. When her husband is disappointed and lonely, she gives him praise and comfort. She also spreads this love to people all around, and gives sympathy and generosity to those who need help. She is also good at home and socializing. At her well-prepared dinner, she mobilizes everyone's enthusiasm and strives to create a harmonious and friendly atmosphere, prompting relatives and friends together in harmony.

Starting from Mrs. Ramsay's "lighthouse" effect, there are several lighthouses that light up the postgraduate group's souls:

- Youth organizations: postgraduate students are in their youth which is the most active period in their lives. They have a strong thirst for ideas in different fields and a high speed and enthusiasm for accepting new things. They like to be more relaxed, diverse, free and practical. The new organizational model requires greater and deeper self-needs, and youth organizations can achieve their expectations to a certain extent. Youth organizations (youth self-organizations) refer to youth NGOs that are spontaneously established, self-developed, self-operating, and self-governing. They have a certain size and have a constitution and organizational framework. Youth organizations have the functions of communication and care, interest union, joy sharing, finding belonging, social services, etc. Postgraduate management can use its cohesion and centripetal force to carry forward its positive side, making it a lighthouse for graduate students to show their youthful charm.
- Postgraduate student union: As a group of postgraduate students, the postgraduate student union is not only their support for activities, but also their common home of thought. First of all, we must ensure the autonomy, independence and grass-roots nature of the

union, so that it truly represents the rights and interests of the postgraduate students, reflects the wishes of postgraduate students, and is responsible for postgraduate work and postgraduate students. Secondly, facing the increasingly diversified personal needs of postgraduate students, postgraduate student union will carry out different activities according to the needs of different groups, mobilize everyone's enthusiasm, and report everyone's needs to the education administrators such as counselors in a timely manner, so that the postgraduate students will become everyone's "close friend" and a lighthouse for the postgraduate group.

- Class leaders and typical representatives: Class leaders or typical representatives are in the postgraduate group. Their behavior and performance are displayed in everyone, so they can play the following three roles: First is the demonstration role. A typical example is a banner that represents the direction of everyone's efforts. The advanced model is a concrete presentation of the postgraduate education content. Everyone can perceive the behavior and quality that postgraduate students should have, and thus constrain and adjust their behavior, which will gradually approach the goal of our education. The second is the guiding role. After demonstrating the role of class leaders or typical representatives, they will form a kind of orientation in the postgraduate group to guide postgraduate students to make value judgments and behavior choices. By propagating typical deeds, they can create a positive atmosphere like Mrs. Ramsay, forming a spiritual power, which in turn translates into conscious action for everyone. The third is the incentive role. The spirit embodied in the class leaders and typical figures is more able to arouse the emotional resonance of everyone, their fighting spirit and confidence.

#### 4.2 The Ramsey Couple is the Lighthouses.

The lighthouse symbolizes the perfect combination of male and female, rationality and sensibility. The lighthouse stands in the sea, with rocks at the foot. The sea breeds life, and the gentle sea waters the sentient beings, representing the motherhood and tenderness of women; the rock is hard and huge, a symbol of strength, representing the strength of men. The tower is straight and firm, a positive incarnation according to Freud's symbolism theory, while the tower light is warm and soft, with a feminine beauty. In this sense, the lighthouse is the perfect fusion of men and women. Just like the life of the Ramsey couple, it is always the unity of rationality and sensibility, the blend of truth and fraternity. Mr. Ramsay's character is solitary, over-emphasizing logic and reason, often seemingly inhuman, in stark contrast to Mrs. Ramsay who is kind and enthusiastic. However, the two complement each other and live in harmony, eventually reaching the lighthouse trip of his son James and achieving the growth of his son and the maturity of his character [12].

For the postgraduate group, the second lighthouse is tutor and counselor. How do they achieve the educational effect of working together as effectively as a parent?

Postgraduate tutors are the first person responsible for postgraduate education. They not only have certain attainments in their knowledge, but also have high moral sentiments, and are loyal to the educational business and dedication to scientific research. They are naturally revered and even worshipped by students. Their "aura" makes postgraduate students have a certain "fear of distance" and "natural identity" for their tutors. Postgraduate students have a psychological set of academic and scientific knowledge, and they are afraid to expect to communicate and guide their inner thoughts. Therefore, the postgraduate tutors should be like Mr. Ramsay, under the dignified appearance, practice what they preach and raise the frequency of exchanges with postgraduate students,

so that postgraduate students can participate in and benefit from their own research projects. Tutors can guide their career plans and ideas, outlook on life and ideals, and grant graduate students the skills and rational thinking to adapt to society.

Postgraduate counselors are responsible for postgraduate ideological and political education, moral education, mental health education, and life management services. They are postgraduates' spiritual and life instructors. Faced with the transition from campus to society, the accumulation of postgraduate psychological problems will be more prominent. Counselors should play the maternal tenderness and brilliance in their work. They should use the professional knowledge of psychology and management to guide the students, clear road signs and guidelines. The direction of success guides them to establish correct values and solve their worries, becoming a warm haven for

postgraduate students.

Postgraduate tutors and counselors should form a regular communication mechanism, conduct comprehensive research on the situation of postgraduate students, formulate targeted educational programs, and play a "combined force" and "complementary" role in postgraduate ideological education [13], in order to realize the organic combination of rationality and sensibility.

### 5. Establish the “3+2 Lighthouse Model”

Based on the study of "To the Lighthouse", for the management and education of postgraduate students, we must gradually build the "3+2" lighthouse model (Figure), condensing the strength of all parties, clearing the haze for the academic, psychological and life of postgraduate students to make postgraduate students truly grow into talents. The specific measures are as follows:

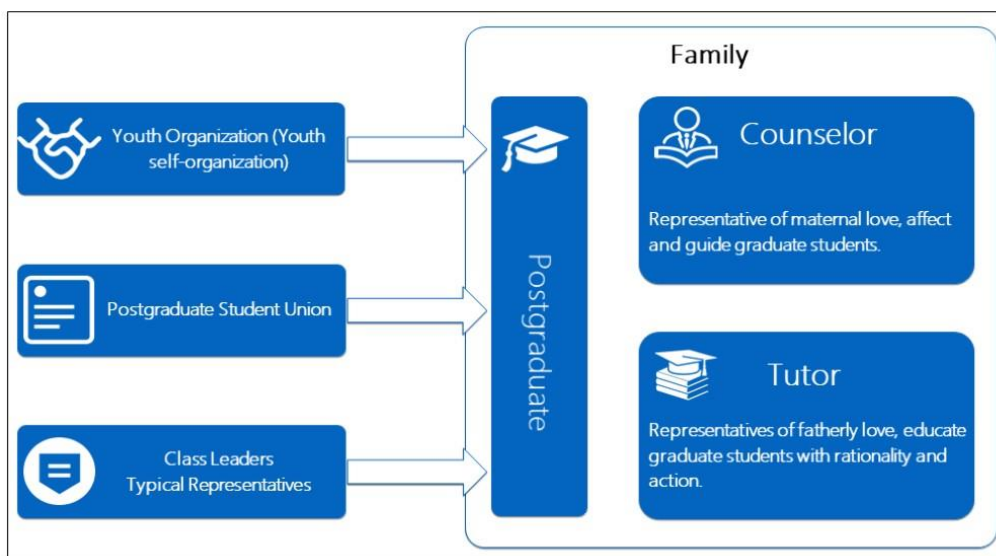


Fig.3. the Schematic Diagram of "3 + 2" Lighthouse Mode

➤ For postgraduate management, on one hand, it can use youth organizations to cultivate postgraduate students' subjective awareness and participation awareness, so that youth organizations can become a platform for graduate students' emotional belonging, exercise ability, and self-worth. On the other hand, it can promote the socialization of youth

politics through youth organizations. This is beneficial to postgraduate management and also promotes social stability. Youth's political socialization refers to the process by which a particular group of youth, under the influence of social factors, participates in socio-political life and political practice to form political attitudes, values and behaviors that are

consistent with their society [14], or through education, to make young students accept a certain political ideology to promote the process of political unification.

- The postgraduate students will use WeChat group and QQ group to form regular consultations and talks, understand and meet the real needs of postgraduate students, and carry out corresponding activities to target different needs of postgraduate students (research focused, job determined, demand chaotic), so that postgraduate students can become a "lighthouse" that can be relied upon and trusted.
- Actively explore typical events and figures, conduct timely publicity of exemplary postgraduate students, and arrange these "good-performing" postgraduate students to give lectures and help other postgraduate students, so that everyone can move closer to the "advanced lighthouse". Select class leader strictly, with strict requirements, and formulate their internal tasks to be done, to make them truly unite and take the lead.
- In accordance with the requirements of the postgraduate tutors by school, it further includes the development and growth of postgraduate students in the regular assessment of the tutors, and provides the hardware environment for the tutors to help them set up teams to promote the masters' spirit and integrate personal development for the postgraduates. Cultivate postgraduates' good sense of cooperation, so that postgraduate students can learn to study and behave in a unconsciously influenced way, achieving balanced development in all aspects under the influence of the scientific research practice and the rational thinking of the tutor,
- Further strengthen the support for counselors, provide corresponding assistance to their study, further education, and skill training, and realize that counselors can maintain their

mental health and also have high psychological counseling knowledge and good communication skills in order to calmly cope with the psychological problems faced by postgraduate students, encourage counselors to fully exert their flexibility. Strengthen communication and exchanges with postgraduate students, and often pay attention to the psychological dynamics of postgraduate students, so as to timely discover their psychological problems and provide appropriate and correct assistance to them.

- Establish a system of regular meetings and exchanges between postgraduate students and tutors to achieve the perfect integration of education and training.

## 6. Conclusions

In summary, through the study of the image and concept of the lighthouse in "To the Lighthouse", it should explore and form a comprehensive system of postgraduate education, and promote and apply it to guide the postgraduate students, guide them to form correct cognition, own mature personality charm and improve their mental health. On the one hand, it achieves the nip of social unrest in the bud; On the other hand, postgraduate students, as the new goal of realizing the new era and the mainstay of the great Chinese dream, will lay a solid foundation for their better adaption, service and development of the society in the future.

## Acknowledgement

This research is sponsored by the Research Project on Teaching Reform of Undergraduate Colleges in Shandong Province (Grant No. Z2016M061), the Postgraduate tutor's ability improvement project of Shandong University of Finance and Economics (No. SCY1808).

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