great impact on the whole society. After the outbreak of the epidemic, it has seriously affected the life values of college students and their understanding of life values. Some college students' cognitive bias has led to extreme events. From the perspective of development, life education group counseling is the need of people in contemporary society to pursue spiritual civilization, the need to implement and implement life education policies, and the need for individual self-exploration and growth, which is conducive to promoting the development and progress of life education. In terms of theoretical significance, since the beginning of life education in China, there have been relatively few practical studies on life education, especially in the form of group psychological counseling. For life education in the early stage of development in China, this study enriches the forms of life education and provides a new research method for future life education research. Promote the further development of life education and the construction of related disciplines. Set. From the perspective of practice, life education for depressed college students promotes the better development of life education in Colleges and universities, and provides systematic and targeted countermeasures for the development of life education courses in Colleges and universities. While promoting the development of College Students' life education, it will also point out the direction for the in-depth practice and research of College Students' life education. It is also conducive to the development of College Students' mental health, the maintenance of depressed college students' mental health and sound personality, and provide empirical basis and theoretical guidance for the development of College Students' mental health education, which is of great clinical significance.

Subjects and Methods: Analyze the impact of major epidemic on College Students' life values and the necessity of carrying out life values education; This paper introduces the PDCA cycle theory, introduces the connotation of PDCA cycle, and analyzes the feasibility of the application of PDCA cycle in the education of College Students' life values; Using PDCA cycle principle to carry out college students' life values education. SCL-90 scale was used to test the effect of students.

Results: During the major epidemic period, it is effective and feasible to use PDCA cycle to educate college students on life values, and solve the problems of life values faced by college students in different periods of 2019 coronavirus disease. PDCA cycle can constantly find and solve new problems and improve the effect of College Students' life values education.

Conclusion: Practice has proved that it is feasible to apply PDCA cycle to the education of College Students' life values, and the educational effect can be submitted. However, the application of PDCA cycle in college students' life values education has some limitations. We should accurately find the causes of the problems and formulate effective countermeasures. Cycle and time are not easy to control. This is also a problem to be solved in the later stage of PDCA cycle applied to college students' life values education. Therefore, we should: The premise of implementing life education is to establish a correct goal of life education, and pay attention to the two goals of instrumental and developmental life education. The goal of life education should not only prevent the occurrence of life damaging events, but also help students learn to protect life and improve their knowledge and skills of life survival while helping students understand the meaning of life and live in harmony with nature through scientific life education. Enhance the ability of life to withstand setbacks, so as to promote the better development of life. The goal of life education should also pay attention to starting from the perspective of students, vary from person to person, adhere to people-oriented, respect the law of students' development, and encourage students to creatively develop their own potential.

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### POSTGRADUATE TRAINING MODEL COMBINING RESEARCH PROJECTS, SUBJECT COMPETITIONS, PAPERS AND EMOTIONAL BEHAVIOR CHANGE EDUCATION: A MULTI CASE STUDY

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Background: Scientific research projects and discipline competitions play a vital role in cultivating postgraduates’ innovation ability and engineering practice ability. Thesis writing is an important part of postgraduate training. Mental health education is an important part of graduate education. It is of great theoretical and practical significance to construct the postgraduate training mode combining the above four elements to realize efficient and high-quality education. The purpose of this study is to explore the role of the model in promoting the changes of students' emotional behavior.

Topics and Methods: Using the text survey method, this paper analyzes the award-winning projects of graduate innovation fund project undertaken by graduate students of Xijing University, Chinese graduate innovation practice series, Chinese "Internet" student innovation and entrepreneurship competition and other disciplines. Competition and papers. At the same time, the study investigated the students' emotional behavior towards the training mode. This study adopts (1) positive emotion scale. Panas emotion scale developed by Watson et al. It is widely used to measure emotions. The scale includes two dimensions: positive emotion and negative emotion. Assessing regulatory emotional self-efficacy in three countries (RES) was compiled by Caprara in 2008 and applied by many scholars to measure emotional regulatory self-efficacy. Considering the cultural differences, Tian Xueying revised the scale in China in...
combination with the current social situation in China. The total score of the test result scale is consistent with Cronbach's of all dimensions with the coefficients are > 0.7, with good acceptability and high reliability. The scale has a total of 12 items, including four dimensions: expressing positive emotional self-efficacy (POS), regulating positive emotional self-efficacy (MPOs), regulating depression/pain emotional self-efficacy (DES) and regulating anger or anger emotional self-efficacy (ANG). Using the five-level scale method, the scores correspond to 1 ~ 5 points respectively. The correlation between each dimension is low and has a certain independence, but it is closely related to the total score, which reflects the good structural validity of the scale.

**Results:** From 2012 to 2019, mechanical graduate students applied for the establishment of 77 graduate innovation fund projects, and 92.8% of the students received the support of innovation fund. From 2014 to 2021, a total of 122 discipline competition teams for postgraduates majoring in machinery were established. A total of 76 awards were won in the series of Chinese graduate innovation practice competitions, accounting for 62% of the total awards. Based on the analysis of the papers of graduates from 2015 to 2020, 34.3% of the papers were funded by the innovation fund and participated in the discipline competition with the results of the fund. It can be seen from table 1 that the average score of the total score of emotional regulation self-efficacy is (42.31 ± 7.59) (the score range is 16 ~ 60), indicating that the emotional regulation self-efficacy of college students is higher than the midline level, the score of POS dimension is (12.14 ± 2.39) (the score range is 3 ~ 15), the score of MPOs dimension is (10.94 ± 2.45) (the score range is 3 ~ 15), and the score of Des dimension is (9.50 ± 2.98) (the score range is 3 ~ 15). The score of Ang dimension is (9.72 ± 2.63) (the score range is 3 ~ 15), indicating that there is a certain structural imbalance in the process of dealing with emotions.

**Conclusion:** Xijing University has explored and constructed an efficient and high-quality professional postgraduate training mode from the four dimensions of scientific research projects, discipline competitions, dissertations and mental health education, so as to make graduate education pay more attention to the cultivation of innovation and engineering. Practice provides a useful reference for the cultivation of high-level applied technology talents.

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**INCENTIVE EFFECT AND EMOTION REGULATION TECHNOLOGY ON INNOVATION BEHAVIOR**

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**Background:** This paper attempts to explain the impact mechanism of information technology on enterprise innovation ability, in order to put forward policy suggestions to optimize information resources and improve enterprise innovation ability. It has become an important strategic choice for China to connect with the world under the background of independent information construction. Information technology has become an important contribution to China's economic development. Information technology provides convenient conditions for the optimal allocation of various innovation elements in enterprise innovation activities. At the same time, the application of information technology also plays an important role in improving the efficiency of innovation activities and emotion regulation.

**Research Objects and Methods:** Based on the subjective survey data of Chinese enterprises by the world bank, taking the intensity of enterprise innovation output as the dependent variable and the degree of enterprise informatization as the core independent variable. The relevant influencing factors mainly include network economy, financing constraints and technology imitation. In order to alleviate the possible endogenous problems, this paper uses ivtobit model combined with the concept of maximum likelihood method for empirical research. In order to verify the impact of technological innovation on emotion, this study used relevant scales to investigate. (1) Positive emotion scale. The Panas emotion scale developed by Wason et al. is widely used to measure emotion. The scale includes two dimensions: positive emotion and negative emotion. The sample is from full-time postgraduates and undergraduates in a university in Shanghai. 210 students (1 graduate class and 4 undergraduate classes) were randomly divided into 46 teams with an average size of 4.57. The age of the subjects ranged from 19 to 25 years old, with an average of 21.45 years old. Women accounted for 76.1% of the total sample, and men accounted for 23.9%. All subjects are required to complete a campus recruitment project in the form of a team simulating the employer in about two months. This project is designed according to the curriculum requirements of talent evaluation. Before the formal implementation of the project, the subjects were randomly divided into groups. The implementation cycle of the whole project is 9-11 weeks (two classes per week, a total of 90 minutes), including three main links: project preparation, project implementation and project summary. Among them, the preparation link is 2-3 weeks, mainly to complete the formulation of the overall recruitment plan and determine the recruitment target post, set post evaluation model, design evaluation technical scheme, prepare test questions and evaluation form, etc. The implementation link is 3-4 weeks, mainly completing the tasks of publishing recruitment information, collecting and screening resumes, notifying interviewers, organizing interviews, and scoring by examiners. The summary link is 3-4 weeks, which mainly completes the tasks of discussing and summarizing the evaluation results of candidates, issuing evaluation reports, project reports, and submitting final reports. In the whole process of project implementation, in addition to completing the corresponding project tasks in class, the project team also needs to make sufficient preparations and conduct more interaction and discussion after class.

**Results:** The regression results showed that the enterprise informatization coefficient was positive. This shows that there is a positive correlation between enterprise application of information technology and innovation. This means that the higher the application level of information technology in enterprises, the more innovation output. Chinese enterprises should increase it (Information Technology) investment, use information technology to optimize the allocation of enterprise innovation elements and enhance enterprise innovation ability. Some factors are closely related to innovation behavior. There is a significant positive correlation between e-commerce and enterprise innovation. Companies engaged in e-commerce activities have higher innovation probability than companies not engaged in e-commerce activities. In other