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Studies on the Development and Promotion of the Spirit of “Heavers” from the Perspective of Ideological and Political Education

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Abstract: The Mount Tai culture has cultivated the spirit of “heavers”, which demonstrated a sense of perseverance and being down-to-earth. In our ideological and political education, this spirit has set an outstanding example for the university students and provided a valuable guidance for the development of their political ideology and good behavior. Ideological and political education should take advantage of the spirit of “Mount Tai heaver” to build a sound ideological and political environment on campus and cultivate more high-quality talents who are equipped with this spirit to inherit and promote it. This article will set its background from the perspective of ideological and political education to discuss the method of developing this spirit for your reference.

Keywords: Ideological and Political Education; the Spirit of “Mount Tai Heavers”; Promoting and Cultivating

Introduction

While pursuing material comforts in modern society, we should also remain a lofty spirit and an ideal and belief. The spirit of “Mount Tai heavers” originated from the local people who make a living by carrying goods to the top of the mountain, which conveys a spirit of perseverance and being down-to-earth, and the sense of responsibility in our times ^[1]. This spirit is necessary for almost all walks of life, which can promote the development of industries and society step by step. University students are the future and backbone of our motherland, and the permeation of this spirit can help students to develop a spirit of hard-working and perseverance. This could also enable students to set lofty aspirations and strive towards their goals step by step and finally become a talent who can contribute to society and the country in the new era.

1. The overview of the spirit of “Mount Tai heaver”

Mount Tai ranks first among the five great mountains in China, it is not only a gift from nature but also considered to foster a 5000-year-long civilization of the spiritual and cultural world of China. Since ancient times, the laboring people living surrounding Mount Tai had been struggling hard to live in harmony with it. They had created an extraordinary lifestyle by carrying goods to the top of the mountain^[2]. This group of people does not have any shortcuts in their work but only to carry heavy burdens with a shoulder pole step by step. In the new era, the spirit of “Mount Tai Heaver” uses their unique spirit to motivate generations of people to overcome difficulties and dauntlessly climb higher, which have contributed to the great rejuvenation of the Chinese nation and displayed the contemporary spirit.

1.1 Firm faith and pursuit

These heavers have a strong desire for a better life; They pursue their goals and beliefs with persistence and have worked out a way to happiness in a fearless manner. They believe that they can finally achieve success by their down-to-earth

efforts and lay a foundation for a better life. They walk from the foot to the top of the mountain. Their shoulder pole connects their firm beliefs in the past with their aspirations in the future. In the ideological and political education for university students, the spirit of heavers should also be implemented to help students develop their firm ideals and faith as well as to establish lofty ambitions. By studying hard and exploration step by step, they could finally figure out a way for the construction of the motherland and the revitalization of the nation. Meanwhile, they can also become a talent who can contribute to modern society and realize their value in life. As we are in a fast-developing modern society and bombarded by a variety of new subjects, university students tend to be impetuous. Hence, the spirit of heavers is essential for them to develop a good learning habit to concentrate better on their professions in the face of various temptations and tests and improve their comprehensive quality. They can strengthen the ideal of communism, unswervingly adhere to the path of development with Chinese characteristics, foster the lofty ideal of serving people and contribute to the modernization of our motherland and its social development.

1.2 The sense of responsibilities

The Mount Tai heavers carry loads of heavy burdens without flinching or evasion, which is a perfect manifestation of their sense of responsibility. No matter how long and arduous the paths are, how heavy the burden, and how hard they work, they always adhere to the spirit of diligence and hard work and take their responsibilities dauntlessly. Because they are not only carrying their own future but the hope of a family, a country, and even a nation. When carrying out ideological and political education for university students, it is very important to cultivate a sense of responsibility, which is a good quality that many students lack. They are supposed to overcome difficulties and take responsibility for their academic challenges. As university students, they need to widen their visions, improve their professional quality, and lay a foundation for the construction of our motherland ^[3]. By developing the spirit of Mount Tai heavers, students can better enrich their spiritual world which enables them to face any difficulties and take responsibility in their future study or work. They are able to tirelessly stand the test, outdo themselves and contribute to the great rejuvenation of the Chinese nation.

1.3 The spirit of being unrelenting

Perseverance plays a crucial role in the work of heavers, who carry over a hundred pounds of heavy loads and walk for seven or eight kilometers every day on the winding Mount Tai. Even faced with such heavy work, they still spare no pains to move forward step by step, which is an exact demonstration of the spirit of heavers. In the ideological and political education of university students, developing a modest, prudent, and unrelenting spirit is necessary and should be considered as a duty for students, who are obliged to overcome academic challenges with their perseverance so as to better grasp their professional knowledge and contribute to the construction of the motherland. In return, they can also make their own life more wonderful.

2. The integration of the spirit of “Mount Tai heavers” and ideological and political education

2.1 Fully tap the potential and take advantage of the spiritual resources of heavers

Due to the limited exposure to the spiritual resources of Mount Tai, university students have not developed a great perception of this spirit. In the modern world today, people tend to be impetuous and profit-seeking. Because they also lack guidance on the spirit of hard work, they are prone to be utilitarian under such an environment. However, the inadequate exploration of the spiritual resources of heavers in our current ideological and political education has resulted in a lack of materials in this area, from which students could have drawn inspiration ^[4]. The cultivation of the spirit of Mount Tai requires students to not only understand the important connotation of this spirit but also to form a sense of identification with it from

the bottom of their hearts. No matter what learning method is adopted, the spiritual resources of heavers shall be fully tapped to allow students to be able to visualize this spirit.

For example, teachers can take students to climb Mount Tai and have them experience the difficulty and greatness of the work of a heaver, enabling them to better understand the core of this spirit. Due to the dwindling number of people working as heavers, few precious historical materials remained. Hence, teachers can adopt the approach of group cooperation to allow students to independently visit the local heavers and carry a survey on their work, mental states, and real feelings, and register the survey report afterward. In a class of ideological and political education, relevant books and survey reports in this respect can be used to help students understand the theoretical knowledge of the spirit. Students can strengthen their understanding by perceiving their previous experiences, which can facilitate the promotion and inheritance of the spirit, promoting the integration of the spirit and the ideological and political education.

2.2 Creating a learning atmosphere for this spirit on campus

The construction of a learning atmosphere plays an important role in the political and ideological education in university, which can help to promote the development of an excellent ideology and morality among students. The efforts of teachers and students and the creation of a good educational atmosphere are essential for students to truly recognize the spirit of heavers and transform the spirit into self-consciousness, only by which can they realize the goal of ideological and political education.

For example, the existing educational programs on ideology and politics in universities can be improved to incorporate the spirit of Mount Tai heavers and make it an important indicator for the evaluation of the ideological and political education of students. Apart from the courses on ideological and political education, the spirit of heavers should also be included in other courses to help students better carry out learning activities and master their professional knowledge. Universities can also create a campus culture that promotes this spirit by constructing clubs or organizing knowledge contests, enabling students to be nurtured by the spirit at every moment. For instance, libraries can add some books and materials about heavers and their spirit or design some brochures to promote this spirit. Moreover, organizing some relevant campus events can also encourage students to develop a sound value and behavior to cope with their shortcomings, which allows students to learn the important core of the spirit positively.

2.3 Suggestions on how to improve the spirit of heavers

The quality of ideological and political education for university students can only be improved by establishing a scientific and feasible system in this area. Therefore, universities should make constant improvements and adjustments on their cultivation schemes of the spirit of heavers according to the actual situation of the university as well as the personality and the progress of the students.

Firstly, it is necessary to set a general objective for the cultivation of the spirit, which can help to come up with separate objectives for different stages. By methods of questionnaires, class meetings, and Student Council seminars, young people can share their views on the spirit of heavers, which can help universities to set teaching objectives more accurately and scientifically.

Secondly, by designing a scientific and feasible curriculum and by incorporating practical activities, students can develop an objective perception of the spirit and form their unique understandings. Moreover, they could be motivated to develop a sense of identification with the spirit to better understand and assimilate it. This is not only the content covered by the course but also the main method to develop the spirit of heavers.

Finally, the objective and content of the course are evaluated according to students' actual performance and their changes in values. The teaching information should be effectively evaluated and assessed to identify the problems in teaching and rectify them in time, which can help to figure out the way and the content of developing the spirit of heavers for university students. Students should be encouraged to form a sound spirit and moral fiber, correct their attitudes on the study, improve their learning ability and performance, so as to realize their self-value when they enter the workforce in the future.

and contribute to the construction of the motherland.

2.4 The communication platforms for the spirit of heavens

The major purpose of ideological and political education is to help students align their knowledge, practice, and values so as to shape a lofty character. Therefore, universities can motivate students with the spirit of heavens by the methods such as academic salons, brochures, books, and newspapers in their ideological and political education. In addition, universities can also take advantage of social platforms to help students apply their professional knowledge in the social context, which could act as guidance for their own practical experience. Thereby achieving the ultimate goal of education. By creating a university website, tertiary institutions can always promote the spirit of heavens online. They can post the typical characters and their stories according to current events, so students can objectively evaluate the connotation and significance of the spirit of heavens, so as to enhance the role of ideological and political education. Besides, higher education institutions can also use micro-films to set off a wave of discussions on the Internet, engaging students' interests to watch and appreciate the videos related to the spirit, from which they will have a deeper understanding of their good qualities of hard work and perseverance, inspiring them to motivate themselves to devote to the real life.

Conclusion

The spirit of heavens is one of the concrete manifestations of the spirit of the times. It represents the pursuit for hard work and simplicity of the working people of our country, which is a key spiritual drive for social development and national progress, and also a mental force to realize the great rejuvenation of the Chinese nation. Developing the spirit of heavens via ideological and political education can motivate students to study harder, build up lofty ambitions, make steady progress toward their goals in a relentless and persevering manner, dauntlessly assume the historical missions and social responsibilities from our time, as well as become a high-quality talent who could make contributions to our country and society.

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