

patriotic ideals for young people and realize mainstream value education the ultimate goal.

In BNTU, to inform students and employees, a news portal times (times.bntu.by) has been created, which contains all the news related to the work of the university. This news is duplicated in the telegram channel «BNTU | BNTU» and on the Instagram page [1]. Such a triad is currently the minimum standard for organizations and enterprises of all levels and types of ownership. The response allows you to get a voting system («likes»), polls, the functions of which are implemented in instant messengers and on the news portal [2].

List of references

1. List of news – Belarusian National Technical University [Electronic resource]. – Access mode: <https://times.bntu.by/>. – Date of access: 20.03.2023.

2. The program of patriotic education of the population for 2022–2025 [Electronic resource]. – Access mode: <https://edu.gov.by/programma-patrioticheskogo-vospitaniya/>. – Date of access: 20.03.2023.

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The impact of the relationship between teaching, research and social services on university teachers

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Annotation:

Teaching, scientific research and social service are the three basic tasks of university teachers. This paper analyzes college teachers' understanding of the three major tasks and the relationship between them. The coordination and balance of the three can promote the growth of the inner ability of college teachers.

The practice of the development of higher education shows that the high comprehensive quality of teachers is the foundation of the development of higher education. Only when the level of cultivation of teachers is improved can the level of education be guaranteed and the height of students' development can be ensured. Teaching, scientific research and social service are the three important functions of colleges and universities, and they are the work content of teachers. The three are inseparable.

Teaching quality and scientific research level are important indicators to measure the quality of an institution of higher learning. Social service is the return of colleges and universities to the society, and it is an important aspect to measure the social influence of colleges and universities. Although teaching and scientific research are relatively independent, they are a dialectical unity with internal connections, complement each other, and promote each other, while teaching, scientific research and social development promote each other. However, the inappropriate evaluation system and professional title evaluation system make the contradiction between the three more prominent, and the phenomenon of emphasizing scientific research rather than teaching and emphasizing social services is more common [1, p. 115–118].

How to coordinate the contradictions between the three, not only highlight the leading position of teaching, but also strengthen scientific research, to achieve the ultimate purpose of serving the society. Comprehensively improving the internal ability of teachers is a problem to be solved by college teachers and even decision makers.

Misunderstanding of the relationship between teaching, scientific research and social services

Teaching centered. Among the three major functions of colleges and universities, teaching, scientific research, and social services, teaching and personnel training are always the first. To evaluate the quality of a university depends on the achievements of scientific research, but also on the quality of personnel training, especially for teaching and research-oriented universities. Teaching is the core of a teacher's work, the first priority, and the foundation of scientific research and social services [2, p. 23–29]. At the same time, it also leads to the fact that the level of knowledge cannot be improved with the development of the times, and it has gone to the extreme of ignoring scientific research ability, and to a certain extent, the cultivation of students' innovative ability and practical ability is not in place.

Scientific research is an important way to acquire new knowledge and new technology, which can effectively improve the quality of teaching. Only continuous scientific research can enrich the connotation of the subject, expand the knowledge of the subject, and improve the teaching level. At present, due to the unreasonable and incomprehensive evaluation mechanism for teachers in colleges and universities, some teachers have appeared to focus on scientific research and neglect teaching, especially young teachers. Status has a more direct impact, and it also means that there is no problem with the evaluation of professional titles. The selection of teaching awards is often based on the level of scientific research, and is still based on scientific research results. Teachers who are generally recognized as having better teaching effects are not selected, which dampens the enthusiasm of teachers who are devoted to teaching, and further. As a result, teachers have no intention of teaching and concentrate their energy on writing articles and scientific research projects.

Correctly handle the dialectical relationship between teaching, scientific research and social service

Mutual promotion of teaching and research. Teaching and scientific research in colleges and universities are in a dialectical unity, complement each other and promote each other. Undergraduate teaching is a creative academic activity, and its teaching content should reflect the latest scientific research. Teachers' scientific research activities should be closely integrated with teaching, and at the same time attract students to participate in scientific research projects, so that teaching can benefit both. But at present, there is a phenomenon that teachers' scientific research does not promote teaching, especially undergraduate teaching. Nowadays, most of the scientific research topics of college teachers are master and doctoral students engaged in related research, and few undergraduates really participate in scientific research, so it is difficult to truly appreciate the charm of advanced science [3, p. 5–10].

Combination of teaching and social service. The cultivation of social practice ability can increase students' hands-on ability and social perception and make relevant preparations for entering the society. It also enables students to integrate into society smoothly after graduation, and makes the theoretical knowledge learned practical. But at present, the combination of teaching and social services in colleges and universities is not very close. Only during the teaching practice can students get in touch with practice.

Combination of scientific research and social service. At present, the level of scientific research in colleges and universities is relatively high, but most of them still stay at the theoretical level, and the current evaluation of college titles is out of touch with the market. Teachers work hard to write articles and apply for projects, which lacks the motivation to transform scientific research results into practice. In addition, relevant policies are also constrained. Transformation of scientific and technological achievements [4, p. 259].

But the ultimate goal of scientific research is to serve the society. How to combine the two is a problem that teachers should seriously consider.

Countermeasures to Realize the Combination of Teaching.

The smooth development of the combination of teaching, scientific research, and social services requires the escort of relevant school mechanisms. We can make full use of the evaluation of professional titles in colleges and universities, abandon the one-size-fits-all evaluation mechanism of scientific research, fully affirm the status of teaching and social services in teacher evaluation, and strive to balance the relationship between the three, stimulate the potential of teachers, and improve the overall level of the school. Different targeting methods can be adopted according to different teacher groups [5, p. 46].

Conclusion. Teaching, scientific research and social service are the three major functions of colleges and universities, and these three functions are dialectically unified and cannot be dispensed with. Through this series of measures, the combination of teaching, scientific research and social practice will be strengthened, and students' practical and hands-on ability will be truly improved. Teachers and students will work together to complete the three major functions of colleges and universities.

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Mental burden reduction for chinese students

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Annotation:

«Burden reduction» is based on reducing the psychological burden of students, reduce their academic burden, and strive to improve their learning effect. Cultivate students' ability to learn independently, thereby reducing the burden on students, improving the quality of teaching, and enabling students to learn effectively. Students carry out scientific psychological burden reduction, return students to a healthy psychology, and promote the diversified development of students.

Now, all walks of life and the news media are calling for a reduction in the burden on students. Overburdening of students often refers to the «dominant» overburdening of students' academic burden and the need to «reduce the burden». However, in reality, there is still a «hidden burden» that cannot be ignored, that is, students' psychological burden is too heavy and their mental pressure is too great, which is not conducive to the healthy growth of students.

The source of students' psychological pressure. Generally speaking, the psychological pressure of students mainly comes from two aspects. One, from school. The school education method is inappropriate, and the teacher's education method is inappropriate. Will increase the psychological pressure of students, and even make their hearts traumatized. For ex-