

## The revelation of psychological effect on class management

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**Abstract:** The psychology of Cai "effect and primacy effect has a strong reference value for the construction and management of the class, this article will start from the explanation of Cai" effect and primacy effect and the inspiration for class management, expounds its organization and management for the class and other reference value.

**Keywords:** Cai "effect, primacy effect, class, revelation

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### 一、Cai "effect

#### (一) The explanation of effect

The average person has a remarkable memory for what has been accomplished and what has already been done, but always remembers something that has been broken, unfinished, or unfinished. People naturally have a driving force through the work, because of the motivation which they want to complete has been satisfied, people often forget to work; if the work has not been completed, they will be impressed by the same motivation. It can also be extended as "what is not available is the best."

In 1927<sup>th</sup>, Psychologist Cai Geni did an experiment: the experimenters are divided in two groups—group A and group B, then they work the same mathematical problem. During this time, we do not interfere with group A, let it complete smoothly. But for the other group, we give orders to stop suddenly when they are working. Then let them do the same thing that they did before, it is obvious that group B was better than that of group A. This kind of unfinished, uncomfortable, deeply retained in the memory of the group A, long time can not stand. And those completed, the "desire to achieve" has been satisfied, they easily forget the task.

#### (二) The revelation of effect

- (1) The minimum and highest goals, stage goals and continuous goals should be set when the class sets goals. When we set branch objectives, full consideration should be given to the combination of feasibility and long-term, so that the goals can be durable, continued and systematic. If we can divide the highest and persistent goals into minimum and phased goals, and the highest goal is decomposed into each year, semester, quarter, month to complete the stage goal, the stage goal includes the stage of the lowest and the highest goal, the stage goal system to complete the continuation of the formation of continuous target. Each stage goal is the basis for the next goal, and each continued goal is the continuation of the previous goal. So as to encourage the members of the branch, around the goal of the branch, combine their own development and goals, continue to generate power, and strive continuously.
- (2) We should make full use of the unfinished desire of the members, and set up persistent and serialized activities instead of ending them at one time when we organize class activities. For example, volunteer service can be held several times of a term or each month, each quarter. We can carry out many activities such as going to visit the old people, donating blood, doing volunteer activities, cleaning the city wall, helping maintain something and so on. Or the class meeting will be designed as a series, continue in one continuous line.

Such as the theme of class meeting about dream, it can be divided into weaving dreams, Chasing dreams, building dreams and realizing dreams. And they are distributed and carried out in different grades and series. For the freshmen, they may have some problem such as the object is not clear sense of direction is not strong, lack of motivation to learn, we can weave dream and draw blueprints, we can also weave personal and organizational goals and dreams, as well as the blueprints and plans to achieve the dreams. Through self and environmental assessment (Self-evaluation: it contains personality, values, abilities, interests, motivations and so on, environmental assessment: it contains the talks about your career, the help form your senior, the SWOT analysis of environmental, the understanding about industry and career, your workplace and other forms). Establish their own university goals and academic planning, through brainstorming, discussion, vote and other forms of the establishment of class goals, tasks and responsibilities (containing the phased and continuous goals, the highest and minimum goals), and the plan, implementation plan, milestones and so on when we achieve the goals. For the sophomore, they may face with some problems that how to coordinate activities and

academic relations, and how to keep learning enthusiasm, because of what has been mentioned above ,In the sophomore year, dreams are carried out, focusing on the goals of organization and individuals, meeting the goals of individual and organizational stages through the dream theme meetings, and analyzing whether or not to adjust the next goal appropriately. How to chase dreams? And the way to realize the dreams, the power and passion when they build their dreams will be the biggest problems for the sophomore. For the junior, what they are facing is that the confusion of postgraduate studies or work or study abroad, the entanglement of ideal and reality and the relationship between organization and individual. We can hold the theme class meeting about building dreams, it contains the seniors forum, outstanding alumni interviews, student learning and success stories of the characters of typical learning and personal development review etc., with the freshmen's weaving dreams and the sophomore's chasing dreams and personal goals and clearly sort out the dream milestone event, action, and step by step implementation, organization and individual goals. At last ,before the Senior graduate , we hold the theme class meeting about realizing dreams, combining the growth with the part , we have weaved dreams, chased dreams , built dreams and realized dreams little by little so as to achieve ourselves. Summarize the achievement and harvest, into a sense of belonging and cohesion of the organization, "the heart of Thanks giving her love to forget his alma mater, do not forget the branch.

## 二、Primacy effect

### (一) The explanation of effect

It is also called "the first impression effect", it means that the first impression of something or someone, the influence of the first impression on the later cognition of the object. Therefore, everyone tries to make a good first impression on others on clothes, gestures, facial expressions, etc.

A psychologist once did an experiment: the experimenters are divided in two groups —group A and group B, then they see the same picture. He told the group A that the person in the picture is an incorrigible criminal. Then he told the other group that is a famous scientist. After their looking, the experimenters are ordered to analysis his character according to his appearance .The group A said: sunken eyes hidden sinister, towering forehead shows his unrepentant determination. The group B said: deep eyes showed his deep thinking, a towering forehead indicates his exploring mind about science.

### (二) The elicitation of effect

1、 The first theme class meeting is very important, so it needs to be planed, guided and supervised well. Bring out effect, influence and appeal, enhancing members' sense of belonging to the organization, identity and good will. The first class meeting should have a sense of ceremony, and should be planned, organized well. So as to make remembers in the first contact with these activities, therefore they can feel honor and produce a good first impression, enhance their enthusiasm to participate in the activities.

2、 The class cadres should give a talk about their duty and told their classmates that what they should do ,and how to do to perform duties and their plans () for this class , in the meantime ,they need also clarify their function orientation, the attitude and work program for students and how to be supported and approved by everyone. The inaugural speech is an important part of the democratic election, at the same time from the first effect, but also enhance the class an important way to its first impression and student support and identity.

3、 The class should be based of the primacy effect when reformed. And at the beginning of the reform, we should put in place and get better support and effectiveness. Instead of not taking , indifferent attitude, we should not do things carelessly and be formalism because it is new. If like this, so in the process of reform, it is because the first impression is not good, will affect the class identity and trust issues.

4、 We also need to be based of the primacy effect when we carry out activities, by this way will we have a good start.

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