

Exploration of College Students' Life Cognition Education in the Context of Artificial Intelligence

Hua Zhang Yang¹

¹*Shanghai Normal University, Xuhui, Shanghai, China*

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Corresponding Author

Hua Zhang Yang

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Abstract

The rapid development of artificial intelligence (AI) technology has profoundly affected college students' life cognition. While AI increases students' courage to face life and death and encourages them to enhance the value of life, it also has a certain negative impact on students' choice of means to realise the value of life, as well as their own life and death awareness and life value orientation. Therefore, we should learn to use artificial intelligence technology to play an important role in the ideological and political education of colleges and universities on life education, improve the ability of college students to educate themselves on life education, enhance the role of families in emotionally safeguarding college students' life education, and play the role of society in positively guiding college students' life education. This paper starts from the theory of college students' life cognition in the context of artificial intelligence, clarifies the specific connotation of artificial intelligence and life cognition, further analyses the characteristics of college students' life cognition in the context of artificial intelligence through the method of literature analysis, and focuses on analysing the impact of artificial intelligence on college students' life cognition. Finally, in order to further correctly recognize the relationship between the two, we outline the strategies to promote college students' life cognition education under the background of artificial intelligence from three aspects: school, college students themselves, and family.

1. Introduction

Artificial intelligence, as a key driving force of the new round of technological revolution and industrial transformation, is fundamentally changing the way people produce, live and learn, and is helping human society to enter an intelligent era characterised by human-machine cooperation, cross-border integration and co-creation. With the rapid improvement of science and technology, AI will undoubtedly have a profound impact on our production and lifestyle. The value and meaning of life, as the foundation of all activities, deserves our deep consideration. As the backbone of the future society and the hope of the new era, the value of life of the youth group is particularly important. As the core of the youth group, the life of college students deserves even more careful attention. In real life, however, the phenomenon of college students choosing to give up their lives because of academic pressure, life pressure, emotional conflicts, and so on still exists, and in addition, extreme incidents of college students intentionally killing, injuring, and cruelly mistreating animals because of trivial conflicts have gradually attracted the attention of society. In addition to the extreme incidents of malicious endangerment of life, the phenomenon of "Buddhist," "lying down," and other

phenomena of wasting life is also on the rise among the college student group. Youth is the prosperity of the country, youth is the country strong, they bear the national development and national rejuvenation of the heavy responsibility, at present in the current in the college student groups in the existence of disregard for life, waste of life, should become the focus of attention of higher education, to further improve the life education of college students in the new era has become particularly important. With the rapid development of artificial intelligence technology, will bring many positive effects and favorable conditions in the field of education, but we should still maintain a dialectical and objective attitude towards the technology of artificial intelligence, and make full use of its advantageous advantages under the premise of strengthening the students' life cognitive education, establish a correct attitude to life, and correctly view the use and development of artificial intelligence(Li ,2018).

2. Overview of Relevant Theories of Students' Life Cognition in the Context of

Artificial Intelligence

In order to analyse the impact of AI on college students' life cognition, it is first necessary to clarify its related theories: the specific connotation of AI, the connotation of life cognition, and the characteristics of college students' life cognition in the context of AI. Mastering academic theory is the foundation of practice, and only on the basis of mastering theory can we better analyse the impact of artificial intelligence on the life cognition of contemporary college students.

2.1 Meaning of Artificial Intelligence

Artificial intelligence refers to the technology and application that aims to simulate human intelligence using tools such as computers, software and algorithms, the core of which is to automate some of the intelligent activities of humans and to give machines the ability to perform complex tasks. It has the ability to perceive, reason, judge, learn and solve problems just like humans, thus achieving a leap in intelligence. Artificial intelligence is an extremely complex discipline that integrates the theoretical knowledge system of several disciplines such as computer science, philosophy and psychology. The essence of artificial intelligence is to imitate the process of human thinking, cognition, decision-making and action based on the continuous progress of learning ability and reasoning ability, which is the imitation of the organisational structure of the human brain and the operating mechanism of thinking, and the simulation and materialisation of human intelligence.

2.2 Meaning of Life Cognition

Life Cognition is a person's view and experience of life and death, a psychological quality that develops and deepens from nothing and with age, demonstrating an individual's overall perception of the process of life and the phenomenon of death, which is usually positive or negative, and may also be neutral. The deepening of the perception of life is an ongoing process that is not only influenced by factors such as personal experience, cultural background and education, but also evolves over time and with changes in life. In this process, an individual's understanding of life and death gradually moves from surface to depth and from ambiguity to clarity. Life consciousness is an important psychological quality that develops and deepens as individuals grow. By deepening their understanding of life and death, individuals can know themselves better, develop positive attitudes

towards life, and be mindful of social justice and fairness, thus leading more meaningful and fulfilling lives.

Life awareness education covers a wide range of aspects, such as recognising and understanding the body and death, clarifying the meaning of life's existence, promoting humanistic and social care, emphasising the autonomy and experiential nature of life, and paying attention to stages and differences in education. The study concluded that: the main contents of life education for college students include four aspects: life consciousness (cherishing life, loving life), ethical consciousness (learning to care, learning to be human), harmony consciousness (learning to interact, living in harmony) and responsibility consciousness (active service, giving back to society) (Xu, 2009). Through education and practice in these areas, people are able to better understand the connotation and value of life, and thus cherish and care for life more. For individuals, the deepening of life cognition has far-reaching effects. Firstly, it helps individuals to know themselves better and understand their values, beliefs and life goals. By reflecting on and examining their attitudes towards life and death, individuals can have a clearer understanding of their own inner world and thus make decisions that are more in line with their true inner feelings. Secondly, the deepening of life cognition also helps individuals to establish a more positive attitude towards life. When individuals have a deeper understanding of life and death, they will cherish the life in front of them more and face the challenges and difficulties in life positively. They will pay more attention to their physical and mental health, focus on their relationships with others, and pursue a more meaningful and fulfilling life. In addition, the deepening of life cognition also has a positive impact on the social behaviour of individuals. When individuals have a deeper understanding of life and death, they will respect the life and dignity of others and pay attention to social justice and equity. They will actively participate in social welfare and contribute to social harmony and progress.

2.3 Characteristics of College Students' Life Cognition Under the Background of Artificial Intelligence

Under the background of artificial intelligence, college students' life cognition shows some new characteristics. Their understanding of life is more diversified and complex. With the rapid development of science and technology, the wide application of AI technology in the fields of medical treatment, education and entertainment has made college students rethink the meaning and value of life. No longer limited to the traditional biological perspective, they are beginning to explore the relationship between artificial intelligence and human life, and to think about how to find the uniqueness of human existence in technological progress. Students' views on life are paying more attention to individual differences and personal development. The popularity of AI technology has made educational resources richer and more diverse, and everyone can choose a suitable learning path according to their own interests and needs. This kind of personalised education makes college students pay more attention to self-awareness and self-development, and they begin to think about how to find their own position in the age of artificial intelligence and maximise their personal value. Students' outlook on life is paying more attention to ethical and moral considerations. With the continuous advancement of AI technology, ethical and moral issues are becoming more prominent. While students enjoy the convenience that AI technology brings, they have also begun to think about the possible negative effects of AI. For example, the application of AI in the medical field may raise issues of privacy and data security, while in the field of education it may exacerbate the unequal distribution of educational resources. As a result, university students are beginning to explore how to

strike a balance between technological development and ethics.

College students' perception of life is more focused on interdisciplinary integration and innovation. The development of artificial intelligence technology is not only limited to the field of computer science, but also involves many disciplines such as philosophy, ethics, sociology, psychology, and so on. Students are beginning to realise that they need interdisciplinary knowledge and thinking to fully understand the impact of AI on life. Therefore, they pay more attention to interdisciplinary communication and cooperation in the learning process, and strive to cultivate their innovative ability and comprehensive quality. In the context of AI, the life cognition of college students has the characteristics of diversity, personalisation, ethics and interdisciplinarity. These characteristics not only reflect the deep thinking of today's college students about the meaning of life, but also predict that they will play a more important role in the future society.

3. The Impact of Artificial Intelligence on College Students' Life Cognitive Education

3.1 The Positive Impact of Artificial Intelligence on Students' Life Cognition Education

The rapid development of artificial intelligence technology has not only changed our way of life, but also brought profound changes in the field of education. For college students, the application of artificial intelligence in life cognition education is gradually showing its unique positive impact.

First of all, AI provides college students with more personalised and precise life cognition education. Through big data analysis and machine learning algorithms, education platforms are able to develop personalised learning plans and content based on each student's learning habits, interests and cognitive characteristics. This personalised education not only improves students' learning efficiency, but also helps them better understand the meaning and value of life, thus cultivating a more comprehensive and profound life cognition (Ban & Liu, et al. 2002).

Secondly, the application of AI technology in simulation and virtual reality provides college students with a vivid and intuitive educational experience of life cognition. Through virtual reality technology, students can immerse themselves in the origin, development and evolution of life, and even simulate the feelings of experiencing different life stages. This type of immersive learning not only enhances students' interest in learning, but also helps them understand the complexity and diversity of life more deeply. In addition, AI is able to provide university students with rich educational resources on life awareness. Through the intelligent recommendation system, students can easily access a variety of books, articles, videos and other resources related to life cognition. These resources not only cover traditional life science knowledge, but also include relevant content in many fields such as ethics, psychology, sociology and so on. Through extensive study and reflection, students can build a more comprehensive and in-depth life cognition system. Finally, the application of artificial intelligence in education can also promote interaction and communication between teachers and students. Intelligent education platforms can record students' learning progress and problems in real time, and teachers can adjust their teaching strategies in a timely manner according to these data and provide targeted guidance and assistance. This interaction and communication not only helps students better grasp knowledge, but also develops their critical thinking and problem-solving skills.

The application of artificial intelligence in college students' life awareness education can not only provide a personalised and precise educational experience, but also enhance the intuitiveness and fun of learning through simulation and virtual reality technology, while providing students with rich educational resources and promoting effective interaction between teachers and students. With the continuous advancement of AI technology, the prospect of its application in the field of education

will become even broader, and the positive impact on students' life-cognition education will become even more apparent.

3.2 The Negative Impact of Artificial Intelligence on College Students' Life Cognition Education

The wide application of artificial intelligence technology in the field of education has also brought some negative impacts, which should not be ignored and need to be taken seriously and solved. Firstly, over-reliance on AI may lead to a decline in the independent learning ability of college students. As AI can provide personalised learning plans and content, some students may gradually become accustomed to passively accepting information and neglect the importance of active exploration and thinking. This dependence may weaken students' ability to learn independently and think critically, affecting their in-depth understanding of life perception and independent thinking. Second, the application of AI technology may exacerbate the unequal distribution of educational resources. Although AI provides university students with rich educational resources, not all students can enjoy these resources equally. Students from better-off families may have easier access to advanced smart devices and high-quality educational resources, while students from less well-off families may face a lack of resources (Bi & Sun, 2024). This inequality may further exacerbate social stratification and affect the comprehensiveness and fairness of college students' perception of life. Further, the application of AI technology in education may raise privacy and data security issues. In order to achieve personalised education, AI needs to collect and analyse a large amount of student data, including learning habits, interests and cognitive characteristics. The collection and use of these data may raise the risk of privacy leakage and data misuse, bringing potential security risks to students. Finally, the rapid development of AI technology may lead to an estranged relationship between educators and students. As AI can provide personalised learning plans and content, some students may gradually reduce their interaction and communication with teachers. This estrangement will not only affect the relationship between teachers and students, but may also lead to a lack of necessary guidance and assistance for students in their learning process, affecting their deeper understanding and all-round development of life cognition.

We need to focus on cultivating students' independent learning ability while applying AI technology, ensuring fair distribution of educational resources, protecting students' privacy and data security, and enhancing interaction and communication between teachers and students. Only in this way can we give full play to the positive role of AI in the field of education and promote the comprehensive development of life cognition education for college students.

4. Correctly Grasp the Relationship Between AI Applications and Students' Life Cognition

Xi Jinping stressed that China attaches great importance to the profound impact of AI on education, will actively promote the deep integration of AI and education, promote the transformation and innovation of education, make full use of the advantages of AI, and accelerate the development of education that accompanies everyone throughout life, is equally oriented to everyone, is suitable for everyone, and is more open and flexible (Cheng & Yu, 2025). Correctly grasping the relationship between the application of AI and students' understanding of life will not only help students better

understand the development of science and technology, but also promote their deep thinking about the value of life. In this process, educators and technology developers must work together to ensure that the application of AI technology in education can better serve the development needs of students.

4.1 Educators Should Guide Students to View AI Technology Rationally.

By offering relevant courses and organising special lectures, educators can help students gain an in-depth understanding of the basic principles of AI, its areas of application, and its potential ethical issues. In this way, students can maintain critical thinking and avoid blind worship or fear when interacting with and using these technologies. Educators can invite experts and scientists in the field of AI to share their research results and practical experiences, so that students can have a more intuitive understanding of the current state of development and future trends of AI technology(Hao, 2018). In addition, educators can organise students to participate in the practical operation of AI projects, so that through practical operation, students can have a deeper understanding of the working principles and application scenarios of AI technology. In this way, educators can make better use of AI technology in their future studies and work and contribute to the development of society.

4.2 Colleges and Universities Should Actively Adopt Artificial Intelligence Technology

Colleges and universities are actively adopting artificial intelligence technology to enrich teaching tools and content. For example, intelligent teaching systems can be used for personalised learning, and data analysis can help teachers better understand students' learning progress and difficulties, so that they can provide more targeted guidance and support. In addition, colleges and universities can also offer related courses, such as AI ethics and life sciences and technology, to help students gain a comprehensive understanding of the relationship between AI and life cognition, and an in-depth understanding of the application and impact of AI in modern society. Through these courses, students can not only master subject knowledge, but also develop critical thinking and ethical awareness, laying a solid foundation for future career development in the field of artificial intelligence.

Properly understanding the relationship between AI applications and students' perceptions of life requires the joint efforts of educators, technology developers, and students themselves(Huang, 2024). Through multi-party cooperation and interaction, we can not only promote the development of AI technology while fostering students' deep understanding of and respect for the value of life, but also realise the harmonious symbiosis between science and technology and the humanities, and jointly build a better future.

5. Strategies to Promote College Students' Life Awareness Education in the Context of Artificial Intelligence

The development of artificial intelligence has both positive and negative impacts on contemporary college students, but also triggered how to correctly educate college students on life awareness, from how to play the influence of the main ideological and political education in colleges and universities; college students themselves how to play their own positive role, to recognise themselves as the master of their own lives, so as to form a correct and positive concept of life awareness; the family and the society are inseparable from each other. Organic co-operation, play a good role in the

demonstration of the parents of the family is also a very critical step; Finally, from the whole environment, the whole society how to build a good social care system to do a good job in the social care of college students' life cognition education and other strategies, to promote the smooth progress of the college students' life cognition education (Li, 2017).

5.1 Playing the Important Role of Ideological and Political Education in Colleges and Universities on Life Cognition Education

With the rapid development of science and technology, the explosive growth of information and the increasing pace of life, college student groups are facing unprecedented challenges and pressure. In today's society, ideological and political education in colleges and universities is not only an important part of imparting knowledge and cultivating abilities, but also a key process of shaping students' worldview, outlook on life and values. Especially in life awareness education, ideological and political education in colleges and universities plays a pivotal role, and life awareness education is an indispensable part as an important bridge connecting the inner world of the individual with the external society. Only 36.3% of the college students indicated that their colleges and universities have provided life education, while 36.0% and 27.6% of the college students held the views of “not sure” and “not provided”. It can be seen that many colleges and universities do not carry out life education at present, or the effect of carrying out life education is not good. The disconnection between the theoretical research and practical activities of life education in colleges and universities is an important reason that leads to contemporary college students' “suicide”, “homicide” and “chronic suicide”. (Li, 2018)

5.1.1 Life Awareness Education Is an Important Part of Ideological and Political Education in Colleges and Universities

The aim of life-consciousness education is to help students deeply understand the value, meaning and dignity of life so as to cultivate their consciousness of valuing, respecting and protecting life (Liu, & Wang, et al. 2025). The importance of this kind of education is self-evident, and it affects the future development of each student and the moral style of the whole society. Therefore, it is particularly important and urgent to strengthen ideological and political education in colleges and universities, especially the part of life-consciousness education. The aim of life-consciousness education is to guide students to deeply understand the nature, value, meaning and responsibility of life, and to cultivate their consciousness of valuing, respecting and fearing life. It not only pays attention to students' knowledge and understanding of their own lives, but also stresses the importance of placing individual life in the context of society, nature and even the universe, and leads students to reflect on the breadth and depth of life, so as to form a correct view of life, life and death, and thus achieve harmony between personal value and social value. To realise the harmony and unity of personal value and social value (Lu & Wang, et al. 2025).

5.1.2 Promote the Effect of Ideological and Political Education in Colleges and Universities on Life-Cognition Education

Theoretical guidance, construction of the philosophical framework of life: Ideological and political education in colleges and universities builds a solid philosophical framework of life for students through systematic theoretical lectures, such as the Marxist theory of integral human development, bioethics, and so on. These theories provide students with a scientific basis for knowing and

understanding life, and help them form a scientific and rational concept of life. Through case studies, role-playing, psychological counselling, and other forms of teaching, ideological and political education in colleges and universities can touch the depths of students' emotions so that they can experience the fragility and strength of life, sadness and joy, and separation, and thus value life more highly. In the education of life consciousness, ideological and political education in colleges and universities focuses on guiding students to integrate their personal ideals with the great cause of national development and national rejuvenation, so that in pursuing their personal values they don't forget their social responsibilities and duties, and form a positive and courageous spiritual outlook; practical training. To improve the quality of life: Encourage students to participate in social practice, volunteer service and other activities, and to feel the value and meaning of life through practical actions. Through the organisation of lectures, exhibitions, debates and other activities, students are provided with a platform to understand life sciences from different perspectives and at different levels(Ma & Xu, et al. 2024). These activities not only enrich students' extracurricular lives and train their skills, but also enable them to learn to care for others and to serve society in practice, thus enhancing their own quality of life and sense of social responsibility, and enabling them to deeply appreciate the mystery and value of life in the process of participation.

5.1.3 Ideological and Political Education in Colleges and Universities Should Also Emphasise the Important Role of Mental Health Education in Life Awareness Education

By offering mental health education courses and setting up psychological counselling centres, colleges and universities can help students solve their psychological puzzles and relieve their psychological pressure so as to cultivate their positive, healthy and optimistic mentalities. Such a mentality will not only help students better face life's challenges and difficulties, but also enhance their love and appreciation for life. In the concrete implementation process, ideological and political education in colleges and universities can use a variety of teaching methods to strengthen life-consciousness education(Wang, 2024). For example, students can experience the preciousness and fragility of life in simulated real-life scenarios through interactive teaching methods such as situational simulation and role-playing; and they can also be guided to explore in-depth issues such as bioethics and the value of life through cooperative learning methods such as group discussions and case studies.

5.2 Improving Students' Self-Life-Awareness Education Ability

Self-life awareness education ability refers to an individual's ability to deeply understand and explore the value, meaning and purpose of his or her own life. This ability can help college students to know themselves better, find their own orientation and direction, realize that they are the masters of their own lives, learn to use AI technology to form a self-positive life awareness, and actively participate in a variety of practical activities, combining theoretical knowledge with practice, to further improve their life awareness level. Better understand the diversity and complexity of life, so as to value and respect life more. At the same time, college students should also learn to communicate effectively with others, listen to different views and opinions, so that in the collision of different ideas, the formation of their own unique life perception perspective, to become the true meaning of self-life master. In this way, they can further realise the value of their own lives.

5.2.1 Enhance the Understanding and Application of Artificial Intelligence Technology

College students should proactively improve their comprehensive quality by reading relevant books and literature and actively participating in various academic activities and practical projects. Students can understand the pros and cons of AI technology more comprehensively, form their own independent judgments and opinions, and cultivate critical thinking and independent inquiry ability. Colleges and universities should encourage college students to think independently, be brave to question, and cultivate their critical thinking(Wu, 2023). At the same time, college students should also pay attention to the possible impact of AI technology on society and human life, and cultivate respect and reverence for the value of life. They should also have in-depth exchanges with experts and scholars through attending various lectures, seminars and workshops, so as to gain a deeper understanding of the core principles and cutting-edge developments of AI.

5.2.2 Playing the Main Role of College Students' Self-Realization of Life

In today's era, college students should actively play the main role of life self-knowledge. With the continuous progress and in-depth development of artificial intelligence technology, the controversy over this technology is also increasing. As a group whose values have not yet fully matured, college students are very susceptible to the influence of various ideas. Therefore, they need to clarify their own subjectivity of life and establish a correct concept of life and death through continuous learning and education, so as not to be negatively influenced by erroneous ideas, such as that artificial intelligence will replace human beings.

Self-education plays a crucial role in this process. College students should take the initiative to use AI technology and master the concept of self-life consciousness in a good life consciousness education atmosphere jointly created by the family, school and society. By continuously enriching their theoretical knowledge, college students can better play their own subjective role and become the masters of their own lives, so that they can keep a clear mind and make wise decisions when facing various challenges and controversies.

5.3 Strengthen the Emotional Security of the Family for College Students' Life Awareness Education

As the cradle of individual growth, the family plays a crucial role in the emotional security of college students' life awareness education. In the critical period of college students' pursuit of knowledge, character building and exploration of the meaning of life, the support and companionship of the family is their solid backing(Xi, 2018). In the warm embrace of the family, students can freely express their feelings and ideas and receive the understanding and support of their parents. This kind of barrier-free communication helps them to build self-confidence, independence and resilience, and the emotional security of the family can also encourage students' interest in and exploration of the life sciences.

5.3.1 Strengthening Communication and Cooperation Between Families and Colleges and Universities

Colleges and universities can hold regular parents' meetings and invite experts and scholars to give lectures on education for life so as to draw parents' attention to education for life and enrich their knowledge of education for life. At the same time, parents can take this opportunity to learn about their children's studies and life at university and provide them with more intimate emotional support. Encourage family members to participate in life awareness activities. Families can organise outdoor

adventures, plant and animal observation and other parent-child activities so that children can experience the mystery and beauty of life in practice. Parents can stimulate their curiosity about life sciences by watching life science documentaries and discussing bioethical issues with their children. This kind of academic exchange, combining family and school education, can not only broaden the knowledge horizon of students, but also deepen their understanding and reverence for the mysteries of life.

In addition, the emotional security of the family is also important in preventing psychological problems among students. In the highly competitive university environment, college students face tremendous academic pressure and interpersonal challenges(Xi, 2019). Family care and support can provide them with a haven for their souls, help them to relieve pressure in time and prevent the onset of mental health problems. These activities can not only improve the relationship between family members, but also cultivate students' observation and thinking skills.

5.3.2 The Exemplary Role of Parental Life Awareness

Parents are the first people with whom children come into contact, and their words and teachings have a profound influence on their children's worldview and outlook on life. A family environment full of love and care can help children to develop respect and value for life from an early age. When these children grow up to be college students, they will be more inclined to actively explore the meaning of life and maintain an attitude of reverence and gratitude for life. At the same time, parents should respect their children's personality and choices, give them enough free space to explore the value of life, parents should also maintain regular communication and exchange with their children, understand their thoughts and confusion, provide timely emotional support and help, and play the role of parents as role models for the education of life consciousness, Teaching by example is greater than teaching by words, guiding students to deal correctly with gains and losses, successes and failures, and cultivating their ability to resist setbacks and optimism.

6. Conclusion

The rapid development of AI technology has profoundly affected the life outlook of college students, who, as the builders and heirs of socialism with Chinese characteristics in the new era, should face the development of AI technology and have a correct understanding of the meaning and value of life. Improving college students' ability to educate themselves about life perception is a systematic project that requires the joint efforts of colleges and universities, families, society and other parties(Yang & Jing, 2018). Through the implementation of measures such as strengthening life science education, focusing on mental health education, promoting social practice and volunteer service, cultivating critical thinking and independent research ability, creating a positive campus cultural atmosphere, and strengthening family-school cooperation and social support, we believe that we can effectively improve college students' ability to educate themselves about life, lay a solid foundation for their future development and the harmonious progress of society, and further realise the value of self-life, strengthen the Party's overall guidance of education, continuously promote the reform of the education system and mechanism, and push forward the cause of education in the new era to make historic achievements and pattern changes, and the construction of a strong education country to take a solid step forward(Zhou, 2023).

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