
An Analysis of the Present Situation of College Students 'Autonomous Learning Ability and Its Improvement Strategy in the Context of the New Age

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Abstract

Based on the teaching practice, the author puts forward the strategy of strengthening the guidance of learning law and cultivating the ability of college students to study independently.

Keywords

College students 'ability to study independently; Status analysis; Promotion strategy.

1. Self-learning ability is both a social need and a lifelong need for learning

The American futurologist Aertwen•tuofule poignantly pointed out: "The illiterate in the future are no longer illiterate people, but people who have not learned how to learn, and do not learn to improve, and do not seek information. Therefore, learning is a living condition of people in the 21st century.

Learning ability is the expression of the ability to survive, and it is also the basis of human comprehensive ability. A person's learning ability often determines the level of a person's competitiveness, and it is more related to the career development of students throughout their lives. Through continuous learning, in the career development, If you stop learning, you will fall behind, and in today's society, you will be eliminated. The key to school education is to help students learn. They can actively seek knowledge, broaden their knowledge base and improve their learning ability. China is carrying out a new round of basic education curriculum reform. Its main goal is to change students 'traditional learning methods and cultivate students' learning ability. Higher education as a means of training higher talents for the society should not be the end of students 'study, but a bridge of lifelong learning. What is more important is to teach students to learn and put the cultivation of students 'learning ability in an important position. At the same time, students can learn knowledge and major, they can learn methods, learn strategies, develop and improve their learning ability. They have strong learning ability. College students can cope with the rapidly changing and dazzling new knowledge and quickly adapt to the new needs of society.

2. Analysis on the status quo of college students 'autonomous learning ability

The results show that the status of college students 'autonomous learning ability is not optimistic. Knowledge acquisition and application ability, learning process self-monitoring ability, learning resources management and application ability are only at a moderate level[1].The problems reflected by college students 'learning ability are quite common, and there are still quite a few incommensurate with the transition from high school to university. The problems reflected in the learning capacity of those with poorer results are also more prominent; Among the many factors that affect students 'learning, learning ability is the most important and most important factor[2].At present, there are some problems in college students 'autonomous learning ability.

2.1 Weak motivation and weak will to learn

At present, some college students have lower expectations for themselves, less motivation for learning, lack of interest and enthusiasm for professional learning, and even have an aversion to learning.

2.2 Unadapted to the University's learning environment and poor learning outcomes

Some college students are accustomed to the supervision and guidance of the classroom teaching of middle school teachers, and they can not adapt to the learning environment of the university quickly after entering University. The teaching content can not be digested and absorbed actively, and the learning effect is poor.

2.3 Teaching of teachers in the classroom focuses on content and teaches neglect instruction

University educational means and teaching methods can not fully adapt to the students' ideological changes and psychological characteristics, which is another reason why students have poor learning ability. If teachers do not attach importance to organizing teaching, the classroom lacks appeal to students; Most teachers pay attention to the explanation of knowledge content in class, and pay less attention to the cultivation of students' learning ability. They do not consciously guide and cultivate students' good learning habits and methods. In addition, the disconnection between theoretical teaching and social practice is also an important factor that causes some students' interest.

3. Strategies for Cultivating College Students' Self-study Ability

Modern teaching theory holds that teaching activities are bilateral activities of teacher-student interaction. According to this view, teaching activities attach more importance to the unification of teaching law and learning law. Teachers must do a good job of teaching design and allow students to "live" in the classroom; The teaching method is guided by the teaching method to cultivate students' learning ability; Strengthen skills assessment and improve students' ability to do things[3] Liaobaolian believes that measures should be taken from three aspects: theoretical connection with practice, stimulate interest in learning; Perfect learning organization, emphasis on motivation and guidance; Pay attention to the "learning method" guidance and improve learning ability[4] In the teaching practice of the past few years, we use the "learning learning" as the starting point for students to strengthen the teaching method guidance throughout the entire teaching process, from how teachers improve teaching, and how to guide students to learn two aspects, Explore the way to cultivate the ability of college students' autonomous learning.

3.1 Improve classroom teaching, stimulate interest in learning and develop students' self-learning ability

3.1.1 Optimizing teaching content and establishing a rational knowledge structure

In a sense, learning is the process of acquiring new knowledge using existing knowledge and experience. In the past, science teaching in colleges and universities paid more attention to the subject knowledge system. Some teaching courses are difficult and difficult, and students are studying hard. Over time, we lose the motivation to learn. Pay attention to the adjustment and optimization of teaching content, improve teaching content, remove hard-to-read and outdated content, and add content that reflects the new level of scientific and technological development. Reducing the content of memory knowledge and increasing the practice of thinking ability training; To reduce the burden on students and give them more time and space to develop their excellence.

3.1.2 Use of multimedia tools to stimulate interest in learning

Bruner thinks, "Interest is the best teacher." In teaching methods, we should encourage the use of advanced tools, make full use of information technology, use multimedia courseware combined with pictures, texts, and sounds to teach, reproduce the principles, structures, phenomena, scenes, and processes of things, and concretize abstract concepts. Static structure dynamic, enhance the intuition of teaching, stimulate interest in learning, so that students can fully mobilize potential learning ability.

3.1.3 Improved teaching methods and improved thinking

Confucius had long pointed out: "Learning without thinking is useless, thinking without learning. Learning can not be separated from thinking. Therefore, in order to improve learning ability, we must pay attention to thinking problems and enable students to learn to think. For this reason, teachers should attach great importance to the training of students' thinking ability in teaching. In classroom teaching, change the traditional indoctrination teaching model. In teaching, we actively build a multi-dimensional interactive classroom teaching system, adopt research-style, heuristic, discussion-style, thematic teaching methods, and fully activate the classroom, so that students' thinking becomes active, and the thinking activities of educational objects are put into practice. In the environment of finding problems and solving problems, passive acceptance enters the active learning state. For example, in teaching, students are encouraged to dare and be good at raising problems. After the question is put forward, the students are guided to think vertically and horizontally, inspire them to find answers, and encourage students to boldly discuss and argue. This will not only enable students to understand the contents of the study in depth. And can cultivate students' ability to think independently and explore deeply.

3.2 Focus on the guidance of learning law to cultivate college students' autonomous learning ability

"Learning to learn" is not only important to the effective learning of college students, but also can make students use it for a lifetime. The guidance of learning law is to guide students to learn to use scientific learning strategies. Learning strategy is an important component of learning ability. It refers to the specific learning methods, skills and their regulation in learning activities; It is a learning strategy formed by gradually understanding the skills and skills of mastering knowledge in the process of learning, accumulating experience, and gradually changing from quantity to quality through continuous internalization[5].

Academic instruction is not only a teacher's consciousness, but also an integral part of teacher preparation. Among them, the teacher puts forward the pre-study outline before the class to guide the students to pay attention to grasp the teacher's thoughts, grasp the key points, difficulties, and improve the ability to take notes; For the study of some important concepts, theories, operating procedures, etc., teachers should guide students to study carefully, so that students can learn to read, improve the ability of analysis, induction, and synthesis; In order to help students consolidate and review after class and expand their learning, teachers will arrange some comprehensive homework in the school year or school year to allow students to think independently and sum up the problems so as to cultivate students' ability to collect information and process and organize. In order to gradually cultivate independent, inquiry learning ability.

3.2.1 Lead students to study carefully so that students can truly learn to read

Before entering the University, students have read and studied for many years. However, many students still can not read books, are not good at reading books, can not independently obtain effective information from materials, and can not grasp the key points and key points. Often absent-minded to read the teaching materials, there is not much, the students will be attributed to it all for the inability to read, waiting for the teacher to tell him in class, can not read, the door to self-study will be difficult to open. Day after day, The situation of passive learning can not be completely changed.

A professor at the University of New Hampshire believes that people use fast food to treat reading and hope to swallow as much information as possible into their stomachs. This concept of reading is wrong. He proposed the concept of "slow reading." In his own classroom, he encouraged students to return to the old method of aloud reading and reciting, helping them to start again to "think" and "taste" words[6]. Inspired by this, the author believes that teachers should lead students in the teaching process to learn to read, especially to master the method of careful study. Careful study is the most important step in the reading process. Especially when science studies certain important concepts and theories, Let students analyze and find out key words and their connections, grasp their connotation, extension and application conditions, etc.. For example, the study of the concept of "environmental impact assessment". The definition includes two levels: one is the technical method, and the other is

the management system; Its connotation includes four aspects of evaluation object, evaluation unit, evaluation method and system implementation. By simple mechanical memory, students often have a half-understanding and memory is not solid. We lead students to read word by word, find out key words, and analyze the relationship between them. After a period of hands-on practice, students gradually master the method of slow reading, which is very beneficial to their later life and work.

3.2.2 Emphasis on process and method guidance to cultivate students 'scientific thinking methods and exploration ability

In today's rapid development of science and technology, it is even more important for a person to master the use of scientific methods than to master specific knowledge. The German educator Des Dorje said: "Incompetent teachers force students to accept true knowledge, and excellent teachers teach students to actively seek true knowledge.", "Teachers should not be in a hurry to explain their views to students. They should inspire students to seek answers and take the initiative to master knowledge." "A qualified teacher must not only teach students how to build buildings, but also teach students how to make bricks and tiles. And we must work with students to build and teach students the ability to build houses.[7] As teachers in the new era, classroom teaching can not only "pour" knowledge to students. We must adopt the method of inquiry teaching, pay attention to the guidance of scientific research processes and methods, and allow students to rely on observation and experiments to obtain emotional materials under the guidance of teachers. Through logical thinking(such as comparison, analysis, synthesis, induction, deduction, and mathematical methods, etc.) and imagination, a series of scientific thinking abstractions are carried out, from the phenomenon to the essence, from the perceptual to the rational, and the initiative to obtain knowledge, For experimental teaching, we encourage students to ask questions. Students are encouraged to design and develop their own experimental programs, conduct experiments, collect evidence, and give their own explanations and evaluations of the results. Through personal experience and experience of scientific exploration activities, students have enhanced their interest in learning chemistry and learned the basic methods of scientific exploration. Gradually develop the capacity for scientific inquiry.

3.2.3 Diversity of assignments and integration into subject assessment to develop students 'comprehensive learning skills

The comprehensive learning ability of students is reflected in the ability to effectively obtain and use information and effectively solve problems. This is an important aspect of college students 'adaptation to society. Teachers arrange some large-scale homework such as papers, investigation reports, and teaching plans according to teaching requirements to guide students. Group cooperation, To improve students 'ability to study and study independently, we have incorporated the work into the performance of the subject assessment. For example, the assessment of "Introduction to Environmental Protection", Students are asked to write papers or surveys on environmental protection through classroom study and reference. The assessment of the "Environmental Impact Assessment" course is to arrange large-scale operations. We provide students with case materials for construction projects and allow students to do environmental impact reporting forms. In the process of completing the work, students take questions to think, study, and conduct investigations. Unify the acquisition of knowledge and the improvement of practical ability. In the course of chemistry teaching, we instruct the students to write out the teaching design of a teaching topic and try it out in the class. On the basis of carefully studying and analyzing the curriculum goals and teaching materials, the students clearly define the teaching goals, teaching priorities, and difficulties in the class hours. And through the search for information to obtain relevant knowledge, quality class courseware, students to negotiate with each other, design their own teaching plans and constantly improve. Through these training, the students 'ability to learn independently, but also train students' team awareness, Improved cooperation ability.

With the rapid development of science and technology and the continuous emergence of new knowledge, lifelong learning has gradually become the basic way of human survival. For contemporary college students, having strong independent learning ability to cope with the

continuous learning needs is to meet their job needs. During college, college students should enhance their awareness of "learning to learn", attach importance to the acquisition of learning methods and strategies, actively learn and consciously develop, and become "I want to learn" as "I want to learn". To improve the ability of self-learning and the comprehensive quality of the individual, to meet the needs of future job and self-development.

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