

Study on the strategy of improving self-learning ability of College Students

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Abstract: College students are the main force of social development and construction in China, and at present, autonomous learning is an important topic in higher education research. Therefore, mastering autonomous learning ability is very important for contemporary college students. This paper discusses the reasons that affect college students' self-learning from the aspects of schools, teachers, students and society, and gives the strategies and measures to enhance the self-learning ability of college students according to reasons. It provides useful reference for quality colleges and universities to cultivate students.

1 Introduction

Wen Jiabao, the former Premier of the State Council, was asked by Qian Xuesen when he visited the famous scientist Qian Xuesen: "Why couldn't our school cultivate outstanding talents?" Mr Qian's words make people think that national college entrance examination rate is constant and the investment in higher education is also increasing, but why do students who are trained have no masters, no innovation, and no self-exploration? What is the reason? According to the question, reform innovation team of the school is preparing to study higher vocational colleges. Through the questionnaire analysis and on-site research, this paper explores the fundamental strategies to improve the self-learning ability and innovation ability of college students in China, and provides valuable reference for our college students' autonomous learning and professional ability training. At this stage, students in higher vocational colleges are not strong in learning ability and learning consciousness. In order to cultivate students' innovation, we must

stimulates students' interest in learning and improves the motivation of college students to learn independently.

2 Questionnaire analysis

2.1 Object of investigation

In order to further understand the autonomous learning ability of Higher Vocational College Students in China, and provides reference for teaching reform in higher vocational colleges, the research team selected Jilin Communications Vocational and Technical College as a research case, during 2016 to 2018, we conducted a follow-up survey on three-year college students majoring in logistics management from 2015 to 2017, the total number of students surveyed was 81, and 15 students in 2015, 31 students in 2016, and 35 students in 2017, meanwhile, there are 46 boys and 35 girls among them. The tools used in the survey were questionnaires and on-site visits. The results of the survey are shown in table 1.

Table 1 Survey results of college students' autonomous learning

Serial number	The present situation of autonomous learning	The number of occurrences	proportion(%)
1	Get a clear cognition of strength and weakness in students' learning	24	30
2	Can solve them in time by other people's help or finding information when experience difficulties during learning	26	32.5
3	Basically satisfied with the status of autonomous Learning	22	27.5
4	The time spend on finding materials and learning is more than 50% of the time spend on the Internet every day	30	37.5
5	Be able to summarize and reflect on learning situation in a timely manner	21	26.2
6	Can learn from others' learning methods effectively	28	35
7	Effectively learn from other people's learning methods	41	51.2
8	Be able to organize own time and ensure effective learning	38	47.5

A great deal of information was obtained through research. The survey found that the number of students

2.2 Analysis of survey results

actually studying in vocational colleges is not large, their learning ability is not strong, not interested in learning. Instead, college students use mobile phones to play games, watch TV shows and movies. Moreover, students seldom think independently when they encounter problems. Instead, they turn to the teacher, hoping the teacher can give the answer directly and lack self-awareness and exploration. They are unwilling to draw inferences about the problems encountered in their life and study. Especially in China, the children are the treasures of the family, all the tasks are arranged by the parents. The children develop the habit to rely on others. The result is the lack of the awareness of learning, thinking and innovation. Students' ability of self-management and self-learning are not strong. Some students even show that they have insufficient ability to manage their time, their ability to manage their living space is not strong, and their ability to think independently is weak. Their collaboration is poor with classmates.

According to the existing problems, the school also thought of a lot of methods, including receiving mobile phones, using teaching method of the flip classroom. Teacher call students' name in every class, and make it as one part of the final exam. The college strength the classroom management of instructors and teachers, and think a lots of the methods. Whereas college students face a variety of unfavorable factors in their autonomous learning. How to improve students' ability of autonomous leaning and how to remove obstacles in their learning process is a long way to go for Higher Vocational College students.

3 Analysis of the reasons for the lack of autonomous learning ability of college students

3.1 Teachers' factors

It has to be said that one of the reasons for the lack of autonomous learning ability of today' college students is the teachers themselves. Some teachers teach according to their texts in class, some tell stories in class, and some teach different content from what students should have learned. Teachers themselves lack practical skills, without considering the students' feelings. Students are instilled in theoretical knowledge, and students are mainly passive receptacle. Therefore, some teachers' teaching has greatly stifled students' creative thinking and affected the improvement of autonomous ability. It also separates the relationship between teachers and students, fails to give full play to students' autonomy and creativity, and fails to provide effective guidance for students' self-learning.

3.2 Students' factors

The research team conducted research on students' autonomous learning and found that college students' autonomous awareness is not strong. For example, the

phenomenon of students arriving late and leaving early frequently appeared, and they do not pay attention to lectures and speak in class. There are 90% students in the vocational college take out their mobile phones to see, others play games, watch movies or TV dramas, other students focus their energies on their boyfriend or girlfriend, and they don't care about learning at all. So the self-discipline and self-reliance of some college students need to be strengthened. Although some students study, they still use traditional learning methods, just memorize by rote to cope with the final exam and do not combine theory with practice, which does not stimulate students' interest.

3.3 Social factors

Contemporary college students are affected by many factors in society. The most important thing is the environmental factors. Not only does it involve the teaching methods and concepts used by teachers, but also students are influenced by the learning of the surrounding classmates. However, the indirect factors is the influence of learning environment, family environment and family members. These social factors also affect the cultivation of college students' autonomous learning ability.

4 Effective strategies to enhance college students' self-learning ability

4.1 Schools aspects

Firstly, schools should provide students with a good learning environment and establish a good learning atmosphere from many aspects. Schools should establish a good style of study in the whole school, and establish correct outlook on life, values and world for students. Schools should open laboratories, libraries and computer rooms to students so that they can really enter the learning places, and make students feel interest in learning through practical training, reading and log on the compute. At the same time, the schools should organize more practical training contest such as "Internet +" and applied skills, so as to stimulate students' independent learning interest, improve their ability of autonomous learning, and find happiness in practice.

Secondly, the school should optimize the professional curriculum. According to the needs of society, the school should offer some courses which are popular with students. Students should often go to the enterprise to take up internships. They should learn and practice while is practice and learn, and can unite theory with practice, instead of just staring at textbooks. Let students explore the mysteries of skill in practice, improve their hands-on ability. They can find answers in textbooks when they don't understand, and let the students really fall in love with their major. Because vocational college students like to operate, Schools should give full play to their strengths, stimulate students' practical interest, and reward and punish students for their skill operation.

Third, schools should also break professional barriers, so that students can freely choose their favorite major. The schools should give full play to their potential can provide all the help they can, so that college students can choose their favorite major and study more actively.

Fourth, the reform evaluation system. At this stage, most colleges and universities evaluate students solely on the basis of examination results. Although in Jilin Vocational and Technical College of Communications, students take part in skill contests can instead of the achievements of some subjects of corresponding majors, that is not enough. We should let students participate in teaching activities from the heart. It is necessary to mobilize students 'enthusiasm for self-learning through students' practical operation, their participation in teaching and their on-the-job practice. Therefore, schools should intensify reform, change the evaluation mechanism, and evaluate students in multiple ways and in many aspects, encourage students to participate more and guide them to learn actively.

4.2 Teachers aspects

Especially for students in higher vocational colleges, teachers should strengthen the cultivation of students' learning ability, and help them build up confidence in learning. So teachers should adopt different methods of

education for different students, and teach students in accordance with their aptitude. Teachers should encourage every college student to study according to his or her major and interest, and to find important ways and goals to promote the growth of College students.

While teaching students in accordance with their aptitude, teachers should change their teaching concepts, change teaching methods, and strive to stimulate students' interest in learning. In order to improve the teaching level and practical ability of teachers, the teacher himself should go to the enterprise to practice and study more and become a real double qualified teacher. In order to mobilize the enthusiasm of students, teacher should innovate different teaching methods in the class, such as the use of flipped classroom method (Figure 1), leave the task for the students, let them preview before class, find the information, let the students talk each other in class, the teacher listening, students can make free use of classroom content. So students can make suggestions, discuss with one another, and learn from each other, ultimately, teachers can give comments or achievements based on the performance of students, which can be used as the evaluation basis for the graduation of the final of students. Furthermore, teachers will improve their teaching level through the participation of *Micro-Course Online Video* and *MOOC(massive open online course)*.

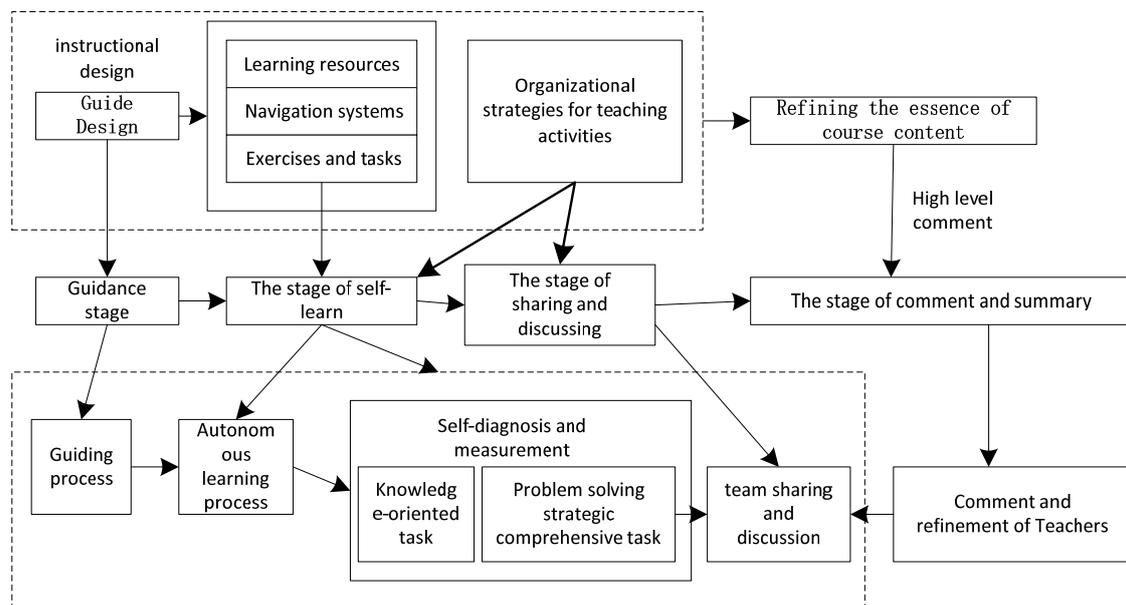


Fig. 1.The work process of flipping classroom teaching

Teachers should strengthen the emotional communication and communication with students In the process of teaching, constantly pay attention to the changes of students' emotions, and actively guide students to study independently, let them know that learning can improve the quality. Furthermore, teachers praise students' progress and make excellence to be a habit for theirs. on the contrary, schools should actively create conditions for teachers to learn and exchange experiences frequently. Schools should actively create conditions for teachers to learn and exchange experiences

frequently.

Schools should also provide more opportunities for teachers to learn and master various theories, let them understand and master the theories, knowledge and skills needed to carry out autonomous learning activities.

4.3 Students aspects

Students are the main body of learning. As a student, the first is to have correct learning attitude and motivation, students' learning must be from the bottom of their heart.

It must be for learning a skill or learning for a better development space, and it is never forced to learn by external forces. For this reason, we should increase active learning and eliminate the situation of passive learning, and students should have a correct attitude and motivation to study. It is not just for a diploma, to increase the motivation for learn. Secondly, students should set a clear goal of struggle. That means every college student should choose his or her goal according to his or her own interests and preferences, they should persevere and set up a long ambition, and they will strive to achieve short-term goals through long-term goals, nevertheless, this goal must be achieved and realized. Finally, in order to achieve their own goals, it is necessary to enhance their own self-control ability, that is to say students should be able to sit on the bench, they must have confidence in solving a certain problem. They are not late for class, do not leave early, do not play with mobile phones, do not whisper, do not disturb the classroom, etc, and they should listen carefully, improve themselves and enhance themselves.

5 Conclusion

All in all, this paper makes an in-depth investigation on the current situation of college students' self-learning ability, and finds out the reasons for the lack of self-learning ability of college students. Then, the author gives effective strategies to improve college students' self-learning ability from three aspects. That is schools should create conditions for students to learn autonomously, teachers should change their teaching methods and cultivate students' interest in autonomous learning, students should set goals and enhance the consciousness of autonomous learning.

Acknowledgment

This research was co-supported by Educational and Scientific Research Leading Group Office of Jilin Province (Project Grant No. GH170146) , and it was co-supported by Higher Education Society of Jilin Province (Project Grant No. 711-77)

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