

Study on the Training Program of College Students' Autonomous Learning Ability Based on Hybrid Teaching Model

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Abstract: The cultivation of autonomous learning ability of college students is an important part of the talent training program in colleges and universities. At present, colleges and universities have carried out the reform of teaching mode to cultivate more outstanding talents with higher quality. In this paper, we will analyze the improvement plan of self-learning ability of college students based on mixed teaching mode from the direction of students' self-learning ability.

1. Generation of Hybrid Education Model

Our country is in the rising period of continuous development and innovation, the change of knowledge is very fast, and the demand for human resources is increasing. In order to contribute more high-quality talents to social development, colleges and universities have made scientific and reasonable improvements to the traditional teaching mode, and have more combined with the actual environment to transform into a mixed teaching mode. The application of this model has different requirements for students' autonomous learning ability than the traditional model. What is the relationship between the new hybrid teaching mode and students' autonomous learning ability? In this article we will discuss one by one.

The traditional mode of education is based on textbooks, classroom (Fig .1-1), teacher's teaching by words and deeds, and transmission to students by books and teachers' knowledge reserve. This kind of education mode is more and more front-end in the development of information technology in our country, and the training defect of talents is gradually obvious under the social background of Internet information all-encompassing, and gradually can not keep up with the pace of the times and meet the training standard of the society's demand for talents[1]In order to adapt to the changes of the times and keep up with the pace of the times, colleges and universities began to add modern educational methods supported by information technology in the traditional educational mode after multi-practice investigation. Adding multi-element forms the mixed education mode of "online early self-learning "+" offline classroom resolution supplement ". This model effectively links modern technology with traditional teaching methods, and has made remarkable progress in the training quality of outstanding talents.



Figure 1 Talent development

2. The Stimulation and Cultivation of Students' Autonomous Learning Ability

Whether it is traditional education mode or mixed education mode, there are requirements for students' self-learning consciousness and ability. Especially in the mixed education mode, the carrier of students' learning knowledge has evolved from a single textbook to a colorful and colorful Internet like a kaleidoscope. Without the supervision of teachers, students need stronger autonomous learning ability to arrange their own learning time. Also need to have strict self-control ability to resist the various entertainment temptations on the Internet of things. Students in these layers of obstruction and temptation, unswervingly adhere to learning, self-learning ability must be multi-faceted exercise.

2.1. Seeking Self-Encouragement

The strength of students' self-learning ability depends on how much students' interest in learning and the degree of achievement they have achieved in learning. Let students have the consciousness that learning is a very happy thing. A sense of achievement in learning can stimulate interest in learning[2]The interest in learning will always support the will to learn. The more determined the will to learn, the more focused in the process of learning, the less affected by other factors unrelated to learning on the network temptation, learning efficiency will be greatly improved. The more self-learning the students will be. Therefore, to enhance students' autonomous learning ability, first of all, is to find self-encouragement, increase confidence, so that the will to learn firm. The cultivation of students' learning achievement requires other people's affirmation and praise of students' learning achievement, such as teachers, classmates, family members or social enterprises. This is also the motivation support for students to learn independently. Learning motivation has, learning will have, learning interest also has, the ability of students to learn independently has a strong promotion guarantee.



Figure 2 Talent development

2.2. Planning of Learning Methods

Learning is also a method and step by step, in advance to do a good job of learning planning, according to the content of the course, the goal of learning reasonable allocation of time, when more suitable to do what, each link is clear pace, clear goals. Effective learning planning avoids a lot of learning[3]Learning problems such as unnecessary, increasing the task of learning, lengthening the time spent on learning, and killing the will of autonomous learning. Make the students' learning process more relaxed and enjoyable. greatly improve the efficiency of students' autonomous learning.

2.3. Self-Regulation

The mixed teaching mode greatly relaxes the teacher's ability to control the students' learning, and the online self-learning mode also makes the students influence each other together, supervise the learning and improve the learning atmosphere. This kind of foster education method, let the student self-learning need to have more powerful self-control ability to supervise oneself to study at all times, ignore the outside world. After all, autonomous learning interest has, autonomous learning

program is also planned, if there is no certain self-control, self-psychological adjustment ability, learning half of the mind is not on the study, then planning no matter how much is not practical use. In addition, students also need to sum up and think about their own shortcomings in the learning process according to the results of autonomous learning, whether they have reached the expected standards, and how to correct in the later autonomous learning process. In order to self-learning ability and learning quality can be significantly improved.

3. The Relationship between Hybrid Education Model and Students' Autonomous Learning Ability

In the mixed teaching mode, online autonomous learning requires students to complete their knowledge learning without the supervision and management of teachers. This teaching method puts learning knowledge in front of the classroom narration, and requires students to rely on themselves to have enough knowledge online in advance. Students become the subject of knowledge cognition and have more time allocation to learn. For class (Figure 1-3)[4]The dynamic stage can be carried out better, students can only make more efforts in the pre-class online autonomous learning stage, according to their own knowledge acceptance degree to choose the progress of learning, effectively promote the improvement of students' autonomous learning ability. Students' self-learning can be improved, online self-learning stage completed more quality, after the completion of pre-class learning interaction between teachers and students is more perfect. The better the learning effect of the mixed education model. In the case of mutual stimulation and mutual supervision, the mixed education model and students' autonomous learning ability form a virtuous circle of helping each other.



Figure 3 Talent development

4. Cultivation and Improvement of Students' Autonomous Learning Ability under Hybrid Education Model

4.1. Experienced Lecturers are Important

Although the mixed teaching mode pays more attention to students' autonomous learning, the role of teachers in the teaching process is still very important. After students have completed autonomous learning, they need to be taught more detailed and three-dimensional practical experience in class. A high-quality team of teachers can bring students a more comfortable course experience in the course of teaching. Let students feel that learning is no longer a boring thing, learning can also become very pleasant. Therefore, experienced and outstanding lecturers are more able to explain in class, cooperate with students in interaction, stimulate students' interest in knowledge learning, and cultivate students' awareness of autonomous learning. It can also adapt to the change of the mixed teaching mode, and find out the problems of correcting the mixed teaching mode in practice in time, and increase the teaching quality.

4.2. Appropriate Instructional Design is Important

In practice, the mixed education model is not suitable for some special courses. For example, theoretical regulations more professional is not suitable for practical exercises, and the need for self-learning is not very necessary for majors that need practical operation to show the results of learning. This requires colleges and universities to adjust the teaching mode according to the students' professional needs. According to the needs of professional courses, " tailor-made "a set of teaching plot design more in line with the needs of curriculum development, the mixed teaching model and the actual teaching needs are skillfully combined to bring students a better curriculum experience, more conducive to the cultivation of students' autonomous learning ability.

4.3. Appropriate Evaluation Incentives are Important

Different from the traditional teaching mode, the mixed education mode pays more attention to whether the students' performance on the learning process is excellent or not, and the cultivation and investigation of the students' comprehensive quality are more comprehensive. For example: in the stage of students' online autonomous learning, using electronic evaluation software program to let students self-test the results of autonomous learning, and compared with other students' autonomous learning achievements, stimulate students' self-motivated learning. Question answering stage in class exercise[5]Teachers comment on the quality of students' learning before class and the performance of their classroom activities, and reward and encourage students who have excellent performance, which not only make students more aware of their own shortcomings and future direction of improvement, but also promote students' competitive psychology in autonomous learning, enhance students' autonomous learning ability and improve their learning efficiency.

5. Conclusion

The mixed teaching mode is more in line with the needs of the current talent training than the traditional teaching mode, and the mixed teaching mode has higher requirements for students' autonomous learning ability than the traditional teaching mode. And under the mixed teaching mode, students' autonomous learning ability is also improved more in daily learning, which promotes the all-round development of students, increases students' competitiveness in the future employment, and ensures the employment rate of schools and students. It is concluded that the cultivation of students' autonomous learning ability lies in the unremitting efforts of all aspects, and the mixed teaching mode is more conducive to the cultivation of students' autonomous learning ability. Therefore, the mixed teaching mode needs to be widely used in colleges and universities.

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