

## **Research on Ability Cultivation and Humanistic Education in English Education Based on Student-Based Education Concept**

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**Abstract:** English Teaching is an Important Part of Modern Education. to Cultivate Students' Comprehensive English Listening, Speaking, Reading and Writing Abilities and Implement Humanistic Education in English Teaching Are the Requirements of Quality Education for English Education. Therefore, It is Especially Important to Emphasize the Shaping of College Students' Personality and Morality, the Enlightenment of Wisdom and the Cultivation of Innovative Thinking Ability, and the Overall Improvement of Their Humanistic Quality. This Paper Discusses the Application of Student-Based Education in English Teaching, Emphasizing That Students Should Be Understood and Analyzed in English Teaching, Students' Classroom Performance Should Be Observed, and Teaching Methods Should Be Continuously Studied and Explored. in Order to Improve the Quality and Level of College English Teaching, Teachers Should Change Their Teaching Concepts, Pay Attention to the Unity of Instrumental and Humanistic Qualities in College English Teaching, Strengthen the Cultivation of College Students' English Learning Ability, Enhance Their Humanistic Qualities, and Further Enhance Their Comprehensive Qualities.

### **1. Introduction**

Modern Education Aims At Promoting the All-Round Development of Human Beings. Unesco Proposed in 2002 That the All-Round Development of Human Beings is First Manifested in Various Aspects Such as Body and Soul, Intelligence and Emotion, Creativity and Sensitivity, Autonomy and Responsibility, Social Conscience and Contract, and National, Cultural and Spiritual Values [1]. Although College English is a Basic Course with Skills, as a Language, English is Closely Connected with Western Culture. the Continuous Dissemination of Advanced Western Ideas and Cultures in Foreign Language Education and the Continuous Absorption of the Essence of Chinese and Western Cultures in the Process of Cultural Comparison between China and the West Can Enable Foreign Language Learners to Understand and Master Humanistic Knowledge More Comprehensively and Deeply [2]. However, More Emphasis is Placed on the Teaching of Basic Knowledge of Language and the Cultivation of Students' Comprehensive Ability to Use Language. on the Whole, the Cultivation of Students' Humanistic Quality, the Guidance of Their Outlook on Life and Values, and the Cultivation and Shaping of Morality in the Teaching Process Are Still Neglected [3]. Paying Attention to the Cultivation of Students' Ability and Integrating Humanistic Education in English Teaching is an Important Way to Realize Students' All-Round Development and to Realize the Goal of Understanding the World with English as a Window.

### **2. Student-Based Education Theory**

The Essence and Basic Principle of Student-Based Education is to Respect Students, and the Key to Respect Students is That We Should Not Only Understand Students Internally from Their Learning Nature and Learning Potential, But Also Understand Students Externally from Their Independent Personality, Unique Internal Natural Law and Independent Spiritual Life, Etc. [4]. At the Same Time, Modern Cognitive Psychology Holds That Students Actively Participate in the Whole Learning Process, Which Can Be Called Autonomous Learning. Before Learning Activities Begin, Students Can Define Their Goals and Make Learning Plans. in Addition, Education Depends

on Students' Lives, and Students, as Independent Individuals, Not Only Have Unlimited Potential, But Also Have Self-Independence Different from Others [5]. in the Process of Learning, We Can Control the Learning Process, Find out Suitable Learning Methods and Know How to Adjust Ourselves. Summary and Self-Reflection after Learning Activities Can Make Up for Deficiencies after Finding Them. This Kind of Learning is Autonomous Learning. All the Students' Existing Experience, Knowledge and Wisdom Are the Source of Their Learning Motivation and Energy Pool, and Other Resources Must Be Organically Combined with Students' Resources in Order to Give Full Play to Their Maximum Effectiveness [6]. from the Analysis of Cooperative Learning, We Can See That Cooperative Learning Takes Group Activities as Its Basic Teaching Form, That is to Say, Cooperative Learning is Also a Kind of Mutual Aid Learning. the Purpose of Relying on Students is to Give Full Play to Students' Autonomy, Give Them Space to Carry out Independent Activities, Make Them in a Relaxed and Pleasant Classroom Teaching Atmosphere, and Thus Stimulate Their Interest in Learning.

### **3. Connotation of Ability Cultivation and Humanistic Education**

#### **3.1 The Cultivation of English Ability**

No matter the basic English education or the higher English education, it will put forward requirements to cultivate students' comprehensive ability to use English. Ability mainly includes three parts: language ability, communicative ability and learning ability [7]. Language quality includes language knowledge, language skills and cross-cultural communication ability, which belongs to the category of science and technology education, while cultural quality, emotional quality and value quality belong to the category of humanistic education. English language ability refers to the ability of students to master English knowledge and complete tasks such as listening, speaking, reading, writing and translating. It also includes social language ability, pragmatic ability, textual ability and strategic ability [8]. Learning ability refers to the ability of students to manage learning tasks themselves, which can be generally implemented through strategy training. The ability of English communication is based on language ability, and also includes social language ability, pragmatic ability and strategic ability. The ultimate goal of English education is also the cultivation of humanistic spirit. To implement humanistic education, we must implement value education on the basis of ability cultivation.

#### **3.2 Connotation of Humanistic Education**

Humanistic education refers to the education that lays the necessary foundation for students' personality development and all-round progress as well as their lifelong learning. In essence, humanistic spirit refers to a people-oriented and people-centered spirit. Its core is to reveal the meaning of human existence, reflect the value and dignity of human beings, and pursue the perfection and free development of human beings. At present, in our country's college English teaching, many teachers still adhere to this traditional teaching method. Classroom teaching attaches great importance to theoretical knowledge and skills education [9]. Judging from the teaching content, most of the current college English classroom teaching content is still limited to the language itself. Language is regarded as a purely symbolic system and there is a cultural "vacuum". Humanistic education emphasizes value education, attaches great importance to morality and promotes value rationality [10]. Different from the traditional education, which emphasizes the instrumental rationality of knowledge, humanistic education advocates perceptual education of morality and values. Humanistic spirit embodies people's pursuit of ideals, beliefs, morals and emotions. Therefore, cultivating humanistic spirit is an important part of university education. Universities are places where humanistic spirit is nurtured. The implementation of humanistic education is based on value processing, and humanistic education is value education.

## **4. The Importance of Ability Cultivation and Humanistic Education in English Education**

### **4.1 Ability Education is the Requirement of Quality Education**

Although we have been calling for quality-oriented education, English teaching is still based on examination-oriented education, including senior high school entrance examination, college entrance examination and college entrance examination of four or six levels. In addition, some English teachers in colleges and universities are still at the initial stage although they have also incorporated humanistic education into English teaching. Learning English language is not only a process of learning English skills, but also a process of improving humanistic quality. Language is the way and process of human cognition of the world and expression. Human cognition and expression are always accompanied by emotion, subjective tendency, vagueness and unique thinking modes formed by various nationalities in their respective historical, cultural and geographical environments. The students' learning of English is still focused on explaining the key points to the teachers. Their poor listening, speaking, reading and writing skills have led to the common "dumb English". Therefore, when designing college English courses, full consideration should also be given to the cultivation of students' cultural quality and the teaching of international cultural knowledge. The humanistic quality of contemporary college students mainly includes social responsibility, psychological endurance, sound personality and broad cultural vision. Especially with the advent of globalization, society has put forward higher requirements for the quality and ability of college students. The difficulty in language application lies not in the arrangement of various factors expressing logical relations, but in the grasp of the national spirit of language.

### **4.2 The Humanity of Language Itself Requires the Humanity of Its Teaching**

As we all know, English teaching is not only a language tool, but also an important carrier of humanistic knowledge and disciplines. On the contrary, it is more magnificent against a simple background. Similarly, a person who is not showily dressed but dignified, serious and virtuous is awesome. Humanistic education in college English teaching is the basic requirement of this course. Language is the carrier of culture and has rich humanistic connotation. This shows that the implementation of quality education and humanistic education is an all-round systematic project, involving all aspects related to teaching. Only when human beings create languages can civilization develop. Language is not only a tool for spreading civilization, but also a major part of civilization itself. This humanistic attribute of language requires us to carry out humanistic education in teaching. Feeling and understanding, and internalizing and integrating these humanistic knowledge into their own consciousness, thoughts and emotions, so that they can be contained in their inner world and seen in actions, thus improving their psychological quality and spiritual realm, and establishing the correct pursuit of life and value orientation. Take curriculum evaluation as an example. When evaluation becomes a substitute for testing, quality education becomes a castle in the air and a mirage. To implement quality education, we must promote the all-round development of students. Although the educational concept of improving students' humanistic quality has attracted more and more attention, how to carry out humanistic education in college English teaching is still a problem that college English educators must explore.

## **5. Measures to Promote Ability Cultivation in English Teaching**

### **5.1 The Cultivation of English Listening and Speaking Ability**

Listening and speaking ability is a weakness in English education in our country, which is mainly caused by students' difficulty in speaking and teachers' lack of guidance. Proficient use of English in social life practice is our ultimate goal in teaching and learning English. Therefore, the first thing we need to do is to understand the foreign language first, and then effectively convert the meaning expressed in English and Chinese. In addition to its profound historical and cultural foundation, English is also a bridge for cultural exchanges between many countries, integrating the cultural spirits of different nations. The teaching method of situational simulation can be used to

create a more relaxed environment for students to guide them. For example, it is a common and effective way to cultivate students' listening and speaking ability in English teaching to let students have role-playing dialogues on important passages of some texts. When teaching English-Chinese mutual translation, it is necessary to emphasize that it cannot be used: word-for-word translation, but to use a variety of translation techniques according to different contexts and situations, so as to obtain a translation that truly meets the requirements. Teaching should not only guide students to learn and accept the excellent western culture, but also strengthen students' correct understanding of the national culture. On the basis of a thorough understanding of the key and difficult points of the text, we will train our listening and speaking ability. Teachers should use oral English teaching in their teaching to create an environment for English listening and speaking.

## **5.2 The Cultivation of Writing Ability**

Writing ability is an important link in English teaching in high schools or universities, requiring students to elaborate and give their own comments according to diagrams or a simple phenomenon. It is required to write a reading report. This task can not only improve students' English reading level, but also increase students' literary and cultural literacy. The phenomenon of educational technicalization occupies a large proportion in classroom education, thus compressing the space for the development of humanistic education. In this regard, we should accumulate more common and typical sentences and vocabulary in our daily study to improve our ability to use words. For words in teaching, teachers should not only require students to complete their understanding of their memory and meaning. It can be cultivated and strengthened through this way. In English teaching, students should be trained to appreciate excellent works and discover and dig the thoughts and feelings contained in language materials. Words are the basis of writing, just as bricks and tiles are the basis of building. However, learning words is only the first step. Only by using and practicing more can we lay a solid foundation for English writing.

## **5.3 Cultivation of Reading and Translation Ability**

Teachers should require students to read the text aloud and read after class, such as English newspapers, magazines and short articles. When reading, we should pay attention to the repeated words and sentences and understand the context and collocation in which they are used. Tolerate students' speech errors, do not advocate direct correction of language errors, nor interrupt students' coherent language expression with frequent error correction. Excessive error correction will only cause students' fear. Let every student have the opportunity to show himself and show himself. In this way, the students' self-confidence and expression ability have also been greatly improved. Secondly, the form of games is used in English classroom learning to solve some difficult words. As long as teaching takes into account students' learning characteristics, provides enough learning time for students, and gives appropriate help in learning methods and strategies, effectively cultivates students' learning interest and stimulates students' thirst for knowledge, then the vast majority of students can master their own learning. Teachers should pay special attention to the methods of guiding reading. Some students cannot correctly choose the structure center suitable for their extracurricular reading materials and articles. They need teachers' help. The aim is to develop and promote the development potential of each student in an all-round way and to the maximum extent, so that all students can do their best to learn and finally achieve the teaching purpose.

# **6. Humanistic Education Measures in English Education**

## **6.1 To Improve the Humanistic Quality of English Teachers**

To carry out humanistic education in English teaching, teachers are the implementers to achieve this goal. Teachers' own humanistic quality also needs to be improved accordingly. Teachers should understand and digest the contents of the teaching materials, and on this basis, summarize the humanistic knowledge in English teaching materials, so as to integrate college English with humanistic education, and enable students to improve their humanistic quality while learning

college English knowledge. In line with the teaching idea of seeking common ground while reserving differences, we should carry out comparative education between eastern and western cultures. In the teaching process, teachers should consciously compare and analyze the Chinese and western cultures, find out the differences, and make choices based on understanding. The dominant position in teaching can meet students' needs of self-esteem, self-reliance, self-determination and self-realization from different aspects. However, if teachers themselves cannot understand these humanistic knowledge, they cannot effectively use these resources to complete English teaching. Finally, optimizing humanistic education in college English teaching can make the originally boring college English courses more interesting and increase students' interest in learning college English.

## **6.2 Change the Form of Classroom Teaching and English Evaluation**

As an educational institution, the school's teaching activities need to be assessed by teaching evaluations such as examinations and further studies, while humanistic education focuses on the cultivation of students' values and thoughts. The gap between the two results in that humanistic education can only stay in theory and is difficult to implement. Language is related to national culture and historical knowledge. Through college English learning, students can not only have normal English communication and dialogue, but also understand western cultural knowledge and broaden their horizons. Colleges and universities should establish an evaluation mechanism for teachers' humanistic quality, formulate relevant systems, measure teachers with objective evaluation criteria, and take the evaluation of humanistic quality as an important component of measuring a teacher's comprehensive ability. Let students truly become the main body of the classroom, participate in humanistic activities, and feel the charm of humanism. Secondly, we should change the original teaching evaluation system and take the growth of students' comprehensive ability as the evaluation standard of teaching quality. To make the evaluation truly reflect the differences in students' multiple intelligences, learning styles and other personality differences, to make the evaluation truly based on language education goals, to reflect the evaluation of humanistic education, and to really play a role in promoting students' development and teaching development.

## **7. Conclusion**

Language is not only a symbol system, nor is it just a tool for people to communicate, but an embodiment of national culture and spirit. Language is not a tool discipline but a humanities discipline. Therefore, humanistic education in college English teaching embodies the essential requirements of education. The majority of English teachers should change their teaching concepts and attach importance to the unity of instrumentality and humanism in college English teaching. Giving full play to the advantages of teaching materials and carrying out humanistic education; Humanistic quality education is of great significance in college teaching. It is feasible for professional English teachers to infiltrate humanistic quality education into students in several major sections of comprehensive English teaching. In the process of implementing student-based teaching in English reading class, teachers should fully trust students, give them imaginary space and a stage for self-display, so that they can truly become masters of the class. Humanistic education is the way and ultimate goal of English teaching, and it is also the meaning of realizing English as a culture. It is of great significance to carry out ability training and humanistic education in English teaching.

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