

## Reflections on Strengthening the Practice Approach of Study Style Construction in Colleges and Universities in the New Period

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**Abstract:** Since the 18th National Congress of the Communist Party of China, General Secretary Xi Jinping has made a series of important dissertations on education work, and has repeatedly emphasized the importance of talent training. Today's "post-95" single child has become the mainstream of current college students, and some new features and problems have emerged in the teaching process of general higher education. Study style is the main starting point for the construction and development of colleges and universities, which directly affects the growth quality of college students in the new era. How to create a good style of study has become an urgent task for ordinary colleges and universities. This paper provides a reference for improving the quality of college teaching and strengthening the construction of academic style by analyzing the current situation and causes of the style of study in ordinary colleges and universities in order to better construct a good study style and put forward an effective way to build a good study style

### 1. Introduction

Since the 18th National Congress of the Communist Party of China, General Secretary Xi Jinping has made a series of important dissertations on education: "Youth is the tomorrow of the motherland, the expectation of the nation, and the future and hope of our party. The whole party should pay attention to youth, concern for the youth, care for the youth, Listening to the voices of young people, being the intimate people of young friends, the enthusiastic people of youth work, and the guides of the young people"; "As a new force for scientific and technological innovation, colleges and universities must innovate talent training mechanisms and educational methods, to train more qualified and innovative talents for the country's modernization drive"; "China's higher education should focus on achieving the struggle goal of 'two hundred years', realize the Chinese dream of the great rejuvenation of the Chinese nation, and continuously cultivate a large number of outstanding talents with both ability and political integrity"; "To be a guide for students to temper their character, to be a guide for students to learn knowledge, to be a guide for students' innovative thinking, to be a guide for students to dedicate their motherland", etc [5]. These dissertations fully emphasize the importance of colleges and universities for the cultivation of talents and the responsibility of being an educator in colleges and universities. It puts forward the ardent hope and trust of the era of quality level for the education business, educator and university education in China.

This article will be based on the author's own observations in the process of teaching and management in colleges and universities, the consensus between teachers and the conversation with the students, rooted in the significance of the construction of the style of study, through the method of inductive analysis, dissected some new characteristics and problems presented in the teaching process of general higher education, and explore the ideas of strengthening the practice of learning style construction in the new period.

## **2. The Significance of the Study Style Construction**

Style of study, in a narrow sense, refers to the comprehensive performance of students' learning objectives, learning attitudes, and learning behaviors. In a broad sense, it is the student's learning atmosphere, the teacher's academic atmosphere and the school's learning atmosphere, etc. The formation of the style of study requires the joint efforts of teachers, students, and school administrators<sup>[1]</sup>.

General Secretary Xi Jinping pointed out that “the problem of study style is a major political issue that affects the success or failure of the party's cause“. Cultivating a good academic style, creating a good learning atmosphere, and building an excellent campus culture, it is the need of cultivating the talents of the new century, the need to realize the all-round development of college students, and the practical significance of advancing and guiding the ideological and political education of college students. It can strengthen the education of college students' ideals and beliefs, patriotism and national spirit, and cultivate the spirit of the times. It will create favorable conditions for college students to establish socialist core values, which will help stimulate the enthusiasm of college students and ensure the quality of college students' talents.

## **3. The Main Body of Colleges and Universities in the New Era: The Current Situation of Contemporary College Students**

Most of the contemporary college students are mostly only children, and they are basically the center of the whole family. The most important task for their growth is to score and go to the university, and other matters are all arranged by parents. As a result, these students lack the necessary social responsibility and exercise, the sense of responsibility and ability to deal with the environment, and the behavioral norms and cultivating students' good behavior habits are relatively lagging<sup>[2]</sup>. These students have the following behavioral characteristics:

### **3.1 Strong self-awareness and less organized discipline**

After the contemporary college students enter ordinary colleges and universities, they change from a highly stressful learning state in the middle school era and a well-organized life stage to a self-managed university life stage. Life and learning styles are quite different than before, the temporary unadapted makes the self-management and discipline awareness of students is weak, the learning of students is lack of motivation and goals, and frequently appearing late in class, absenteeism and early departure. In class learning, “Be physically in the Cao camp but mentally in the Han camp ” has become a normal attitude of playing mobile phones and reading novels, students always ignoring classroom and learning discipline. The students’ collective concept is weak, and never used themselves as a part of the whole class. When they are sick or have something to go to class, they are not asked for leave, and even demand “overlord leave“, completely ignoring the discipline of learning.

### **3.2 Lack of learning motivation and lack of initiative**

College students entering ordinary colleges and universities are mainly divided into the following two categories: First, because of the unsatisfactory score in the college entrance examination, this type of student can only choose a better or preferred major in such a university. These students usually have a clearer learning purpose and a correct attitude, before they entered entering the school, they made corresponding plans for their lives; Second, some students were transferred, and this type of students lack a comprehensive and systematic understanding of the professions they are adjusting, professional thinking of them is extremely unstable. They lack motivation in learning, lack initiative, learn in a passive way, and misunderstanding that community activities are the direction of diversified development in universities, ignoring the in-depth study and exploration of professional knowledge, and even unable to use the school libraries and network data resources effectively. In short, lazy thinking, taking life and learning with the attitude of “the bringing principle“, the homework was handled in the form of online original download or copying

and pasting, the learning atmosphere and attitude is worrying.

### **3.3 The collective concept is relatively weak**

Many contemporary college students develop behavioral habits that are lazy and self-centered. They always use their own behavioral preferences as a code of conduct, lack of collective consciousness, and are unwilling to participate in group activities, or doing it perfunctorily. Reflecting the problem of study style from the bad behavior habits of contemporary college students, fostering education has become an urgent problem to be solved in the practice of study style construction.

## **4. Analysis of the causes of the problem of study style in ordinary colleges and universities**

College students in ordinary colleges and universities have poor living and learning disciplines, lack of initiative, enthusiasm, and have weak sense of collective attitude. There are four reasons for these study style problems:

### **4.1 Deviation between ideal and reality**

In reality, college students are heavy in their studies. They need to learn to face the pressure of learning, employment pressure, and dealing with complex interpersonal relationships. But the ideal university life is full of competition and challenges; it is a life stage where people can freely sway their personality. The difference between these two kinds of understanding is large.

### **4.2 Misunderstanding of Values**

Contemporary college students are influenced by today's complex social environment, diverse social values and family education<sup>[3-4]</sup>. The understanding of the concepts of employment, competition, earning money, rights, etc., makes some college students have obvious utilitarianism while studying, and their learning motivation is also shallower. It also makes students feel that "reading is useless" in a partial way. It is not conducive to students' knowledge of the application and ability to improve.

### **4.3 lack of living ability**

Contemporary college students are quick-minded, independent, and critical. They have keen intuition and interest in advanced technology and new knowledge, but lack the practical experience of "integration of knowledge and action" and the ability to solve practical problems. Their interpersonal communication skills and self-awareness are weak, the ability to adapt to environmental changes and to resist frustration are also poor. In particular, modern electronic media has brought convenience to modern people's lives, but it is a challenge to the self-control ability, anti-temptation, and good-resolving ability of the group of university, middle-school and primary-school students.

### **4.4 Misunderstandings of New Challenges Brought by University Education Functions in the New Period**

General Secretary Xi clearly stated that the "connotative" development of higher education must realize the Chinese dream of the great rejuvenation of the Chinese nation. The Chinese people will continue to cultivate a large number of outstanding talents with both ability and political integrity. We must focus on cultivating innovative, compound and applied talents<sup>[5]</sup>. The mission of higher education is sacred, the task is arduous, and the responsibility is great. It has higher requirements for the teaching ability, academic and scientific research level of college teachers. As a result, college teachers are busy with their own teaching ability and scientific research level, and that makes them have no time to strictly control each student to achieve the desired learning effect, so that students with poor initiative and self-consciousness are more relaxed to their studies and even lose interest and confidence in learning.

## **5. The Practice Path of the Study Style Construction in Ordinary Colleges and Universities**

With the acceleration of economic globalization, talent has become the key to economic and technological competitiveness. The overall quality and ability of college students represent the hope of the country and the nation to a great extent. Therefore, when educators in higher education institutions train socialist builders and successors who accord with the needs of the new era and develop in an all-round way, they should be guided correctly based on the characteristics of the new era college students, based on the style of study, and the causes of it. And it is also an effective exploration to promote the construction of academic style in colleges and universities.

### **5.1 Correct the school spirit and promote the style of study**

Excellent school spirit and teaching style are the foundation for the formation of excellent study styles for college students. In the management of teaching and learning in universities, the management departments at all levels of the school should fully demonstrate a fair, justice and positive work style in the management of teaching and education, and strive to deepen the reform of the system and improve the management mechanism of teaching and education. We should optimize the "soft environment" of scientific research and teaching, encourage and guide the teaching staff to better highlight the situation of equal emphasis on teaching and scientific research, and formulate classified scientific assessment methods based on different types of teachers' job responsibilities and job characteristics. We should also motivate teachers dedicated to their work, stimulating the enthusiasm and creativity of teachers, using a solid teaching knowledge and knowledge structure to improve the classroom quality and efficiency of each class, to create a fun, serious and orderly classroom atmosphere. Let every college education manager have the mission and responsibility of "teaching and educating people", remembering the role of teaching style in the formation of students' good study style, and realizing the best use of talents. Let the study and living environment in university campus be filled with the scientific research style of "honest and trustworthy, objective and fair, obeying the law and obeying the discipline", forming a wind of academic ecological education with "fair and clean, mutual learning and mutual reference, positive and initiative", let students convinced by the teachers' excellent morality, rigorous work attitude, strong sense of professional responsibility, and high professional level. It uses the power of example to infect and influence students' correct attitude towards learning, and promotes that college students can make full use of the university environment to temper their minds, to learn knowledge and skills, to improve the overall quality, and deal with fierce and complex social competition composedly.

### **5.2 Standardization and integration of university management system**

"Nothing can be accomplished without norms or standards", standardized and systematic management system is the basic guarantee for building excellent learning and life discipline. Scientific, sound, standardized, and feasible management systems within and outside the university classroom, pre-school and post-school, closely linked and restricted the content of good education, teaching, student management, and learning systems, it is an effective way to combine college students' behavioral habits education and study style construction. Strict and standardized examination system, attendance system and night dormitory check-up system are the most basic guarantees for college students' working hours and good order. Strictly implement the credit system for examinations in the management of student status, properly retain and implement the retention and transfer to the professional system to supervise and guarantee the quality of college students' education. Strictly formulate scientific and reasonable reward and punishment systems. For the students who are not eager to learn and fail the exams, we should warn them, communicate with their parents in a timely manner, exchange ideas with students to discuss ways to help each other, and implement linkages between family, school, teachers and classmates to guide and help them.

We will implement a "wide-in and strict-out" elimination mechanism, adopt a strict degree system with strict standards and high quality, improve the gold content and social recognition of academic qualifications and degrees, optimize students with "high scores and high energy" to

construct a smooth flow of talent transfer channels, balance of powers and responsibilities and win-win cooperation in the “government-society-college“<sup>[6]</sup>, and encourage students to study hard, establish great ambitions, and have responsibility. Besides, in the course of the university's education, the integrity record of the lifelong relationship is implemented to constrain the college students' bad behavioral awareness, so as to develop good habits of honesty and self-consciousness.

### **5.3 Scientific implementation and management of the award-assist system**

The standardized and scientific implementation and management of the award-assist system helps to promote students' growth and development, encourages students with various reward programs, and enhances students' enthusiasm for learning. Inspirational scholarships, bursaries, work-study programs and other projects can alleviate the economic burden of students which from poor families, so that these students can successfully complete their studies. This way has the same effect as the construction of the style of study. There are many subjects and majors in colleges and universities, on the basis of national policies, due to differences in subjects, majors, and grades, it is necessary to establish a practical, relatively fair, and fair assessment method based on “study as the mainstay, participation in activities and initiative“. It is not advisable to “try to grasp the hair and the beard all at once" and "put the cart before the horse", which will make students misunderstand learning is useless and dampen the students' enthusiasm for learning.

### **5.4 Collaborative co-management of the whole process, full-time and all-round education**

All the faculty and staff of the colleges and universities work together to build a good school spirit and study style. Since the 18th National Congress of the Communist Party of China, our party has focused on the fundamental issue of "what kind of people to cultivate, how to cultivate people, and cultivating people for whom". It is clear that universities should give full play to the enthusiasm, initiative, and creativity of all faculty and staff, and guide all faculty and staff to become the mentor of ideological and political education. We should persist in the ideological and political curriculum and the ideological and political work in the same direction, and establish a joint working mechanism for ideological and political teachers, professional teachers, counselors, and class teachers, and jointly promote the ideological and political education of college students. In daily work, we should pay attention to strengthening the study, practice and communication of faculty and staff, working together to become a life tutor for students to grow up and become close friends of healthy life, and have the ability and know how to help college students solve the problem of bad learning style in a timely and effective manner.

In short, in the practice of study style construction in ordinary colleges and universities, college educators should strive to cultivate college students' awareness of standing at the forefront of the industry with a good school spirit, diligence, rigorous and knowledgeable teaching style, and have a solid theoretical foundation and professional knowledge. We should train students' ability to self-learn and learn new knowledge quickly, to read and retrieve information, to overcome difficulties of psychological tolerance and adjustment, to explore their potential to discover their interests and specialties, to plan their future lives, to make themselves optimistic and happy, and to do the best in their professional practice. In order to serve the country and serve the people, we will cultivate socialist qualified builders and reliable successors who have the feelings of home and country, have the responsibility of the times, and have strong skills.

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