

# **A Practical Study on the Cultivation of College Students' Autonomous Learning Ability**

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**Abstract:** This paper wants to study the autonomous learning ability of college students. In order to fulfill this purpose, this paper use “case study” and “practical study” methodologies to research the cultivation of college students' autonomous learning ability. At last, this paper finds some problems of autonomous learning ability, such as “pay too much attention to form and ignore the connotation of autonomous learning” and “Teachers' classroom control ability needs to be improved”, etc. To solve these problems, this paper gives several practical suggests at the part of conclusion and discussion.

## **1. Introduction**

Autonomous learning is a kind of learning method that learners, under the guidance and influence of teachers [1], take themselves as learning subjects and improve themselves through self-examination and reflection.

First, change the teaching concept and stimulate students' interest in learning. The teaching idea guides the whole teaching process and affects the evaluation of classroom teaching effect. After entering high school, students have a strong sense of autonomy [2]; they are eager to express their ideas [3]. According to the characteristics of students, college teachers can turn the classroom into a stage for students to show themselves, guide them to participate in class discussions actively, and play the central role of students [4].

Second, innovate teaching methods and create a pleasant classroom atmosphere [5]. Teachers can use multimedia technology to optimize the design of teaching content, reduce students' cognitive barriers, give students the choice of space, let them actively find, analyze, and solve problems [6].

Third, we should sum up our experience and promote teaching and learning [7]. Learning is a long-term social activity in one's life [8]. Everyone needs to learn from others [9]. Through teaching practice, students and teachers are connected, teachers and students exchange their ideas, and understand the critical role of both sides in the classroom [10].

## **2. Analysis of the Current Situation of College Students' Autonomous Learning Ability**

### **2.1 Problems in students' Independent Learning Ability**

#### **2.1.1 Pay Too Much Attention to Form and Ignore the Connotation of Autonomous Learning**

In recent years, the term “autonomous learning” has been widely concerned in the domestic education field. Local schools have made teaching plans according to their teaching practice, and college teachers have also learned about it [11].

But the actual situation is that most teachers are still used to the traditional teaching method, teachers teach theoretical knowledge [12], students passively accept instruction, and get better test results. When students are learning autonomously, although teachers are beside them, they lack goals and plans. To complete the teaching progress, they can only send the discussion materials under the mode of autonomous learning to students and answer the relevant questions of students according to the reference answers.

### **2.1.2 The Content of Independent Learning is Not Chosen Correctly, and students' Participation is Low**

Due to the limitations of various factors, teachers lack understanding of autonomous learning [13]. A few teachers think that independent learning is based on students, lack of individual research and knowledge of teaching content, and neglect of students' education, which makes it challenging to carry out classroom discussion. For example, when explaining the connotation of money in life and consumption, teachers ask students to discuss independently: how does money come into being? What is the essence of money? The difficulty of the problem is relatively large, which reduces students' interest in learning [14]. Classroom discussion is also easy to cause small talk among students. Such analysis not only wastes time but also is not conducive to the improvement of teaching effectiveness. It can be seen that not all theoretical knowledge applies to students' autonomous learning. Middle school students have pure thoughts and are greatly influenced by society. They tend to discuss personal life and emotion.

### **2.1.3 Teachers' Classroom Control Ability Needs to Be Improved**

In the past, the impression of students on college students was dull, boring, etc. with the introduction of self-learning ability training into college students' education plans, their enthusiasm for learning is high, and they are eager to show themselves in the classroom. However, some teachers can easily understand that students play a vital role in the learning process, but they are not very important and do not plan the teaching process.

For example, the teacher did not participate in the cultural exchange issues in "cultural inheritance and innovation." He asked the students to look for cases of cultural exchange around the world, understand the impact of cultural exchange, and their attitude towards cultural exchange. He only designed a thought map for classroom knowledge, and then the students made a group evaluation. After a class, the classroom atmosphere is very active, students also expressed their views and opinions, but the teacher almost didn't talk, because the time problem also didn't summarize and evaluate.

### **2.1.4 Students Lack the Ability of Independent Thinking and the Effect of Independent Learning is Not Good**

At present, high school students are basically "after 00", they have vigor and vitality, unlimited enthusiasm for new things, but lack of social experience, a single point of view, it is easy to enter into the ideological errors, for the existence of unfair and unreasonable phenomena in society, lack of individual thinking ability, it is easy to be misled by the wrong public opinion. Under the traditional education model, students must be taught by teachers to study hard. Such thinking pattern is not conducive to the cultivation of their ability to solve problems independently. In the actual teaching process, when teachers teach exercise book exercises, some students directly take out the reference answers to the teachers, and the teaching activities will lose their significance.

## **2.2 Cause Analysis**

### **2.2.1 The School Overemphasizes the Enrollment Rate**

At present, with the rapid development of social economy, there is a high demand for high-quality talents in various industries. 985, 211 university students have a good employment prospect; the importance of college entrance examination is increasingly prominent. Therefore, many high schools regard students' academic performance as their only pursuit, ignoring the display of students' autonomy, "only going to a famous school can change the fate," and other concepts also affect students' and teachers' ideas. The increasing pressure makes

Teachers and students have little time to think about the problems related to autonomous learning, ignoring the issues of students in adolescence. These factors affect the cultivation of students' autonomous learning ability, which is not conducive to the development of students' physical and mental health in the long run.

### **2.2.2 Slow Updating of Teaching Materials**

Teaching material is the soul of course teaching and the concentrated expression of teaching content. The textbook for college students published by the people's education press is the edition of 2009. Some of the current political contents can't meet the current teaching needs. After the new curriculum reform, although the content of teaching materials is more close to the reality of students' life, less difficult and more content, and attaches great importance to the cultivation of students' independent learning ability, but for some basic theoretical knowledge, students are limited by knowledge reserves, which is difficult to understand and violates the learning law of high school students. Besides, some of the knowledge in the textbook is too preaching and propaganda, which is not in line with the students' thinking logic, so it is difficult to stimulate students' interest in the political lessons.

### **2.2.3 Teachers' Understanding of the Concept of Autonomous Learning is Not Deep Enough**

Teachers have always been the leaders and participants of teaching activities, and they play a decisive role in the evaluation of the final effect of teaching activities. It is the direction of every teacher's efforts to apply the cultivation of autonomous learning ability and related concepts to teaching and tap the potential of students. In teaching, students and teachers are lack of interaction, many teachers just let a few students simply discuss, students are difficult to summarize the key points of the class, can not get knowledge from the real sense, and students' initiative is also limited. Autonomous learning is only limited to demonstration class or performance class. Teachers and students are accustomed to traditional teaching methods and have no time for independent thinking. Fundamentally speaking, teachers do not understand the connotation of autonomous learning

## **3. Conclusion and Discussion**

### **3.1 Set Learning Objectives and Stimulate students' Interest in Learning**

Interest is the best teacher of students. Psychological research shows that learning interest has a great influence on the learning effects. Students are interested in college students. They will guide them to continue to explore relevant knowledge and combine it with their development. When they encounter problems, they can consult information and others. Otherwise, students only grasp the course knowledge superficially and formally, and they often lose confidence and can't persist in learning when they meet difficulties.

In teaching, teachers can make different teaching plans according to different topics, observe students' learning habits and characteristics, and teach students according to their aptitude. For example, when we talk about the political system of our country, we can use a clear mind map to clarify the relationship between the concepts and guide students to understand the political system of our country from the nature of our country. At the same time, we can use multimedia courseware to show students different political systems, broadcast the video how leaders are tempered, so that students can understand the political systems of various countries, stimulate their interest in learning and thirst for knowledge, enhance their sense of identity with China's political system, and cultivate students' awareness of independent learning.

### **3.2 Increase the Understanding between Teachers and Students and Cultivate students' Independent Thinking Ability**

The practice has proved that if students like a teacher, they also like the courses taught by the teacher, and they will actively learn the subject knowledge. Therefore, teachers should strive to transform the profound theoretical knowledge of college students into vivid teaching practices, to truly care for, respect, accept and satisfy students. The role exchange activities of students and teachers can be designed so that teachers can understand some problems of students. Teachers should use language reasonably when communicating with students.

Even if students have the consciousness of autonomous learning, teachers should adopt flexible and diverse teaching methods according to different students' learning interests and abilities to

transform students' consciousness of autonomous learning into practical activities. When explaining practice-related content, teachers can design questions: what is the difference between people and animals? Ask students to find out. In classroom teaching, teachers can let students answer first. Some students think that people are people because they have ideas, while others ask: where do ideas come from? In this process, teachers always play the role of guide and finally lead to the basic concept of practice. Taking the example of "if a man wants to eat a pear, he must take it by himself" in Mao Zedong's on practice, this paper guides the students to understand the significance of the practice. Then the teacher can ask: real

Do you have to do it by yourself? It's bad behavior to break the law and commit a crime. Must everyone practice it? When students' cognition conflicts, they will try their best to find the answers, to improve their autonomous learning ability.

### **3.3 Teachers Improve Their Ability and Innovate Teaching Methods**

Politics is a subject with a strong theory and diverse content. Teachers must constantly improve their professional quality, learn relevant knowledge by using news newspapers and online new media, strengthen the learning of humanities knowledge such as politics, history, and geography, and improve their knowledge reserve. Besides, to participate in various training courses, optimize the classroom teaching mode, the way to manage students, and build a harmonious relationship between teachers and students.

Question is the carrier of students' inquiry learning, and teachers can stimulate students' desire to seek new knowledge by asking questions. Teachers should have a strong awareness of problems, actively create problem situations, put forward problems, guide students to think, mobilize students' subjective initiative, and enable students to find and solve problems. In teaching, teachers should learn to let go, encourage students to learn independently, make students master the initiative of learning, and become the master of learning.

### **3.4 Optimize Teaching Arrangement and Enrich Teaching Resources**

The new curriculum standard emphasizes that teaching should be connected with students' life experiences and common sense so that they can use knowledge to analyze and solve problems. This requires teachers to dig the teaching materials in-depth, and closely link them with students' lives, grasp what students can see or feel, and introduce students' life segments into the political classroom to assist teaching. When explaining the cultural and economic and political content, teachers can design simple thinking activity to introduce new lessons, so that students can get to know the G20 summit and the international forum in Hangzhou, and then think about: why should our country hold or participate in these meetings? Why can China hold or participate in these cultural events? Students learn with problems, improve learning quality and enhance cultural self-confidence

We should improve our recognition of national development.

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