

The Cultivation of Students' Deep Autonomous Learning Ability under the Concept of Holistic Education

Ru Wang

Xi'an Eurasia University

Keywords: holistic education, autonomous learning, individualized guidance, field, project-based learning

Abstract: whole-person education emerged in the United States in the 1960s and 1970s, and then spread to North America, Australia, Europe and Asia. Now, a worldwide whole-person education reform movement has been formed, which has had an important impact on all levels and types of education around the world. This is a brand new educational concept, so under this educational concept, how to train contemporary college students, how to train them for in-depth independent learning, has become a topic worthy of discussion.

Based on the holistic education concept, this paper expounds how to cultivate students' deep learning ability, collaborative ability and social integration ability, and puts forward a series of feasible measures.

1. The concept and development of holistic education

Sixties and seventies of the 20th century, in the United States there have been raised a radical, with a strong color criticism education school of thought, and formed in pursuit of "the person's overall development" as the main objective of "holistic education movement, the movement puts forward "everyone has a potential to be the power of the excavation, the student is living organisms, is a potential to the full of infinite organisms, the aim of education is to stimulate and guide the students' self development. All children have the potential to be whole."

To sum up, whole person education is a kind of new educational concept that integrates the previous "society-oriented" and "people-oriented" education views, and forms both social value and human value.

In terms of its educational purpose, "whole-person education" sets the educational goal as: on the basis of sound personality, to promote the all-round development of students, so that the potential of individual life can be sustainable developed freely, fully, comprehensively and harmoniously. Ken Robinson, once said that "The aim of education are enable students to understand the world around them and the talents within them so that they can become fulfilled individuals and active, compassionate citizen". At the AAC&U annual conference, compassionate citizen presented a leading definition of holistic education: an approach to college learning that has been compassionate in enhancing an individual's ability to cope with the world's complexity, diversity, and diversity.

This orientation emphasizes that students should have a broader knowledge of the vast world and at the same time have a deep grasp of at least one professional knowledge.

This education helps students develop a sense of social responsibility, strong interdisciplinary intelligence and practical skills (such as communication skills, analytical and problem-solving skills), and demonstrate their ability to apply knowledge and technology in the real world.

2. How to cultivate students' deep autonomous learning ability under the context of holistic education

Along with the development of the whole person education era, the traditional cramming education, exam-oriented education has clearly do not conform to the demand of times, so under such background, how to follow the mission of education is to pursue the realization of the meaning of life criterion, and can satisfy the demand of society to the student, can let them understand the

world around us, can play to their potential, which is called up as soon as possible.

2.1 Individualized guidance for students to develop the ability of deep learning independently

Personalized learning is the basis of the study, it is the premise of personalized education, personalized education is teachers' attention to the teaching, is the reflection of comprehensive understanding about the students, is covered by their deep interpretation, as a teacher, first of all, they can do the dismantling and reconstruction of the teaching contents according to students' different cognitive level knowledge, thinking of the different types of knowledge, ability, how it can be broken up, and are placed in each corresponding study scene inside;

Secondly, visual reports can be used to promote the implementation of personalized learning. In each semester, we can work with students to develop personalized learning plans and conduct weekly reflection.

We can also use various English learning platforms to build a three-dimensional data network to obtain weekly dynamic visual data of students, so as to help them understand and adjust their learning progress better.

How to cultivate students' autonomous learning ability of individuation, in view of college English, it can be reformed from the following three aspects: first, we can help them hierarchically to make them read before class, the teaching material can be divided into cognitive data and materials to improve their communicative ability, cognitive materials includes materials for them to understand or memorize according to the classification of bloom, while as to in the hierarchy of data, like a picture of the words and the understanding of the text, etc.;

The so-called enhancement materials mainly include mind map or topic discussion, etc., which can be matched with different scenarios, such as interview and job hunting, introduction to college life, etc., all of which need cooperation ability to complete.

Second, the teachers can use the visual report to promote personalized learning, such as college of xi'an Eurasia enabled the students to install the app the intellectual class which is also called flip classroom teaching system software, it can exhibit the students' online learning situation and the task completion after class for a week or even every month, even each quarter, and timely feedback to the students and teachers to report, in the end of the semester, teachers can review this semester data with students learning situation, and summarize the advantages and disadvantages of each student's situation, because different students have different conditions, only need the teachers to do individualized counseling, and working out a study plan for next semester.

Finally, all kinds of English learning platforms can be used to count students' learning achievements. Both the establishment and utilization of learning platforms and the feedback in class can provide data support for further cultivating students' lifelong learning ability.

We know that innovative, personalized education should conform to the trend of the times, each education workers need to firstly recognize the significance of deep learning, then mix with students deeply, not just thinking about how to design to involve the students in deep learning, but for their personalized guidance, auxiliary them to be cultivated self correct cognition, learning to learn, to help them build system, raise the drive of the study.

2.2 Create fields to promote the cultivation of students' autonomous ability

Set up learning scenes, divide different types of knowledge and ability into different learning scenes. After memorizing and understanding the subject knowledge, the scene needs to be evolved to transfer, apply and integrate the knowledge, which is also in line with bloom's teaching cognitive model. Students can directly see their growth value through learning, which can not only stimulate their learning motivation, but also cultivate their soft power of personality.

And then realize the goal of holistic education and complete cultivation of knowledge, ability, emotion and attitude.

Real scene of project learning and individualized learning has a very strong link: before students make a project, for example, the project will require students to reach some kind of knowledge reserves, in the process of project, the process of students to solve practical problems also needs to have a lot of knowledge, at the end of the project, because the stimulating students' interest can

cause them to do continuous in-depth study. These processes are closely related to personalized learning.

How to create a field? For college English courses, teachers can apply real scenes to auxiliary classes and give students a real project to apply, which can improve their oral expression and teamwork skills. For example, allows them to do the research about the problems the college students encountered when they study English at school, or let them survey in which condition graduates who studied English feel embarrassment, and the necessity of English knowledge they need when they work, those real project can let them see their growth, can also inspire their motivation of learning English course and can also develop the students' ability of communication and expression.

2.3 Cultivating interdisciplinary project-based learning

In order to further deepen the deep learning tasks, they can set detailed and clear objectives for the project to complete. The teachers should obtain objectives to cultivate their ability to solve and analyze problems, but also effectively develop their ability to do teamwork job.

Before doing project, the teachers should have those aims which will help students achieve which kind of knowledge reserves, in the process of project, help them and supervise the process of students to solve practical problems. They could provide them with plenty of knowledge for their learning, task type teaching method can be played an effect here, at the end of the project, according to the students' interests, the instructors can carry on the project integration, and improve project level, promote the student to carry on the continuous learning.

In addition to personal project type training, the faculty and teachers also can undertake interdisciplinary integration, I still remembered one topic we have taught before, it is topics about environmental protection, teaching tasks are how to prevent the white pollution, the theme of the text has ever appeared in English course, while in education practice class it also has linked with those topics, then in humanistic critical thinking courses the related topics are the sublimation, then on this basis, the teacher can undertake tasks and integrate content firstly and then let our faculties to do everyone's best to establish a large curriculum system, divide the student's ability training program from junior to senior layer, I believe that there will be a very big effect.

Through a series of measures, we eventually want to assist the students to have self cognition now and the future self cognition in the future, use a personalized way to build a solid discipline foundation, cultivate them to have the core competence of facing the future under the process of the project, stimulate students' to obtain motivation for learning with a depth, we have come into the digital future era, only by constantly improve, constantly revised, we can complete finally form a new teaching mode and support the whole person education under the new era.

Acknowledgements

Funded by this paper of the 2018 "college foreign language teaching and research project" "research on English autonomous learning strategies under the flipped classroom teaching model" (approval number: 2018051801)

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