

Exploration on College English Teaching Reform under the Idea of Autonomous Learning

Xiuhui Hao

College of Foreign Languages, Bohai University, Jinzhou, 121013, China

gloryqiushi@163.com

Keywords: autonomous learning; college English; teaching reform; implementation process; teaching methods; main points of reform

Abstract: As a new teaching mode, autonomous learning is widely used in language teaching, which not only frees teachers from busy work, but also satisfies students' individualized learning needs. Based on humanism theory, cognitive theory and constructivism theory, this paper analyzes the implementation process of college English teaching independent learning, and studies the college English teaching methods and teaching reform points under the concept of independent learning. Teaching methods include: communicative teaching method, action-oriented teaching method, situational teaching method, project teaching method, and emotional teaching method. Key points of teaching reform include: shifting the focus of teaching from "teaching" to "learning", changing student roles, changing teacher roles, conducting diversified evaluations, and creating a rich language learning environment.

1. Introduction

Autonomous learning ability is to actively learn, explore teaching content and related teaching knowledge, and actively formulate and adjust learning plans according to their actual learning situation, regularly preview and review, and then constantly improve the knowledge system outside the teacher's teaching, and finally improve their own learning ability to achieve your own learning goals. One of the purposes of the reform of teaching mode is to promote the formation of individualized learning methods and the development of autonomous learning ability. The new teaching model should enable students to choose materials and methods that suit their needs, learn from the strategies, and gradually improve their ability to learn independently. The change of teaching mode realizes the transformation from the teaching thoughts and practices of teacher-centered, simple teaching of language knowledge and skills to the teaching thoughts and practices centered on students, not only imparting language knowledge and skills, but also paying more attention to autonomous learning ability. It is also a change to lifelong education oriented to the development of students' lifelong learning ability. As a new teaching mode, autonomous learning is widely used in language teaching, which not only frees teachers from busy work, but also satisfies students' individual needs. This paper studies the reform of college English teaching under the concept of independent learning, fundamentally solves the problems existing in the process of improving the autonomous learning of college students, and improves the autonomous learning and English teaching effect of college students, laying a foundation for lifelong learning and future development.

2. Significances on Autonomous Learning in College English Teaching

Autonomous learning is a learning method that adapts to the needs of the times. It is very suitable for language learning. It is of great significance to promote self-learning mode in college English teaching. First, it meets the needs of English teaching so that students can cope with the challenges of social development. In English teaching, it is required to cultivate students' comprehensive ability, strengthen their listening and speaking ability, and have unique advantages

in autonomous learning in listening and speaking. Second, to meet the needs of English reform, English teaching is more targeted. The use of autonomous learning methods can fully mobilize the enthusiasm of students, and develop different learning methods according to students with different personalities to promote common development. The third is to improve learning efficiency and develop learning skills. During the learning process, students constantly challenge themselves and use a variety of learning resources to ingest more knowledge, while improving the learning effect, but also improve their ability to learn independently. The fourth is to develop student abilities and improve student thinking. When you study English independently, you will fully understand the characteristics of English thinking and learn English thinking. The fifth is to form a lifelong learning ideology to help career development. English teaching systematically guides students to learn independently and is practical and invaluable to students' ability to develop lifelong learning.

3. Implementation Process on Autonomous Learning in College English Teaching

The autonomous learning teaching mode can give full play to the subjective initiative of the students, and creatively carry out learning activities under the guidance and help of the teachers. The implementation process of autonomous learning in English teaching in colleges and universities includes five steps: First, help students to establish self-confidence. It is necessary to give play to the teacher's affinity and make the students emotionally trust the teacher. Students need the encouragement of teachers, teachers must affirm the progress of students, and discover the advantages of students. The second is to stimulate students' motivation for learning. Motivation is the driving force behind all learning and is the premise to promote learning. In the classroom teaching, the teacher stimulates the students' learning motivation in a timely manner, cultivates interest in seeking knowledge, and changes "Wanted me to learn" as "I want to learn." It is also necessary to cultivate students' interest in seeking knowledge and maintain motivation for learning. The third is to cultivate good study habits. Good study habits are the primary means of acquiring knowledge. The habit of pre-study, with questions to listen to; the habit of cooperation, create a situation for students to play in separate roles; review habits, arrange appropriate assignments to deepen the consolidation of students. Fourth, optimize classroom teaching methods and let students become masters of learning. Autonomous learning is not to leave the teacher aside, but to put higher demands on the teacher to guide and inspire students. Teachers use the target teaching method to run through the classroom, grasp the key links, and activate the classroom atmosphere. The fifth is to strengthen communication and interaction, and let students participate in teaching activities. Teachers guide students correctly and activate their performance. Teachers also arrange learning tasks, let students walk to the platform, encourage students to try boldly, and carry out extensive study and exchange activities.

4. Methods on College English Teaching under the Idea of Autonomous Learning

There are many English teaching methods. College English teaching under the concept of independent learning can combine the following methods:

(1) Communicative teaching method. Communicative method believes that language is a communicative tool. Learning a language requires not only mastering the language form and rules of use, but also learning to use it. The communicative approach emphasizes the knowledge of language function. Without the communicative function of language, there is no ability to communicate language. Create an interactive language classroom to create a relaxed and natural atmosphere, put students in the most realistic communication scenarios, and let students participate in communicative practice and mobilize students' interests. Throughout the teaching process, students are the center of classroom activities, teachers should actively guide students. Students are the coordinator between the self-learning process and learning objectives.

(2) Action-oriented approach. Action-oriented teaching is based on the "action-oriented drive" as the main form, following the cognitive rules of education, embodying the modern educational concept, and using happy education as a means to enable students to achieve knowledge acquisition,

ability improvement and character development. Participatory, targeted teaching objectives, integrity of the teaching process and diversity of teaching evaluation. The action-oriented teaching model permeates key skills in the whole teaching process, which is conducive to improving teaching efficiency and stimulating learning motivation. It is conducive to cultivating students' teamwork spirit and independent learning ability, and provides a new perspective for college English teaching reform.

(3) Situational teaching method. Teachers purposefully introduce or create vivid and concrete scenes with certain emotions and images as the main body, guiding students to integrate into these scenes, participate in these scenes, and arouse students' certain attitudes, help students understand the teaching content, and make students' psychology function is developed. The scenario created by the teacher can be a real situation or a simulated quasi-authenticity scenario. The scenario creation should be closely integrated with the teaching content, the teaching content can be lived, the difficulty of language comprehension can be reduced, and the autonomous learning space can be expanded to make English learning. Linguistic and communicative functions are maximally released.

(4) Project teaching method. Through the cooperation of teachers and students complete a whole teaching project, to achieve a perfect combination of theoretical knowledge and practical ability. Project teaching can maximize students' potential and cultivate students' ability to use and create new knowledge, so as to cultivate students' self-learning ability. In the implementation process, students need to form different teams, and the members work together to complete the teaching tasks and enhance the independent thinking ability. The team communicates with each other in case of problems and solves problems in time. In the commentary session, the students' thinking can be reversed. After the teacher summarizes, the problems that each student has are pointed out.

(5) Emotional teaching method. Emotion is the attitude experience that people produce when they meet their own needs. In the process of language acquisition, emotion refers to the feelings, feelings, emotions and attitudes of the learner in the process of learning. Emotional teaching is the positive role of teachers in the process of teaching, while considering cognitive factors, improving the teaching objectives and strengthening the teaching effect. Factors affecting English autonomous learning include learning motivation, learning attitudes, and cognitive strategies. Through emotional teaching, teachers strengthen learning motivation and learning attitudes, and assist students to develop their independent learning ability through strategic guidance.

5. Main Points on College English Teaching Reform under the Idea of Autonomous Learning

Autonomous learning is a new concept of teaching mode and a challenge to traditional teaching concepts. The main points of college English teaching reform under the concept of independent learning are concentrated in the following five aspects:

(1) The focus of teaching shifts from "teaching" to "learning." Teachers should update their teaching concepts, establish the guiding ideology of "learning" and "teaching", give full play to the leading role of teachers in classroom teaching, and gradually shift from focusing on "teaching" to focusing on "learning" and imparting knowledge. Transfer to the development ability, the teaching process organization based on the actual situation of the students, relying on the students' own active behavior, do a good job of teaching and learning and the best combination. Constructing "study as the center" is the basic orientation of contemporary classroom teaching reform. Focusing on "study" is not to exclude "teaching", but to make "learning as the center" the main theme of classroom teaching.

(2) Student role has changed. Students are the main body of teaching activities, and whether the English autonomous learning mode is successful depends on the students. Therefore, the role of students in the autonomous learning mode is also worthy of attention. Today, with the rapid development of information technology, the way of knowledge transfer has undergone fundamental changes, and students have to become learners of multimedia technology. Students need to obtain resource information in a targeted manner according to their learning goals and levels, and process, organize, analyze and innovate. Therefore, students must become the collection and processing of

network information. Students must adopt a new style and form a psychological model of knowledge builders. Therefore, students should become active participants in various teaching activities and use exploration and development methods to construct knowledge.

(3) Teacher role change. With the autonomous learning-led English teaching model, teachers must change traditional concepts and objectively recognize their own roles. Although the autonomy of students has been enhanced, the role of teachers has not diminished, but has diversified. English autonomous learning teaching mode, teachers are the organizers of learning activities, the builders of learning resources, and the promoters of student development. English teaching is the process of students' active speech practice. Teachers help to determine learning objectives, select learning content and progress, choose learning methods and techniques, participate in learning activities design, monitor learning processes and evaluate learning outcomes. Teachers need to pay more attention to student changes, pay attention to students' life experiences, pay attention to students' learning styles, and pay attention to students' situations and feelings.

(4) Conduct diversified evaluations. As an important part of teaching activities, teaching evaluation has a guiding role, and checks and supervises teaching behavior. The evaluation of diversified English teaching, from the perspective of students, will be aimed at cultivating students' English application ability. It also has a comprehensive evaluation system based on knowledge, ability and emotion, including diagnostic evaluation, formative evaluation and summative evaluation. Diversified evaluation is the premise of fully grasping the knowledge level of students. It provides feedback on the many performances of students in the teaching process, evaluates students' knowledge and ability development from multiple aspects, and reduces the lack of attention to the learning process caused by single performance evaluation. Only the bad study habits that the exams are qualified to develop, the language foundation is not solid, and the comprehensive application ability is not strong.

(5) Create a rich language learning environment. English learning is inseparable from environmental factors. The rich language environment is the basic condition for learning English and an important basis for improving English. Enrich the good language environment, stimulate the interest in learning English, and expand the space for learning English. Specific ways include: First, the language environment of classroom teaching. Implement cultural introduction of cross-cultural teaching, understand culture from the perspective of language use; classroom teaching becomes a base for creating English language environment; strengthen basic training investment. The second is the language environment for extracurricular learning. The school should carry out extracurricular activities with various forms and rich content, and make full use of teaching resources to build more communication platforms for students. You can also use the media and multimedia to enrich the second classroom language environment.

6. Conclusion

The best way to learn knowledge is to autonomous discovering, and autonomous learning is easier to achieve the desired learning outcomes. With the advent of the information age, the amount of information is expanding at a high speed, and the speed of information update is greatly shortened compared with the past. Students relying on the information obtained by the classroom can no longer adapt to social development, and lifelong learning has become the theme of the times. The reinforcement of lifelong learning consciousness and the acquisition of behaviors require individuals to have strong self-learning ability. They need to pay more attention to the cultivation of college students' self-learning ability, so that college students can have enough self-learning ability to adapt to the ever-changing information society. To carry out the reform of college English teaching under the concept of independent learning, we also need to apply the following strategies: First, create a good atmosphere of English classroom and stimulate the initiative of students to learn independently. It is necessary to establish a communication mechanism between teachers and students to create a classroom atmosphere of democracy, equality, ease, pleasure and respect. At the same time, teachers create problem situations and guide students to think deeply. It is also necessary to hold activities such as learning sharing sessions and learning activities exchanges at the school to

let students tell about the learning situation. The second one is relying on the campus network to create an independent learning center to create an online learning platform for online English. Students choose their own learning content, arrange study time, assess learning effectiveness, and encounter problems and network communication with teachers. Teachers update learning resources, arrange after-school exercises online, and answer questions online. The third is to make rational use of the English second class to make up for the vacancy in English classroom teaching. Teachers organize a variety of second classroom activities to stimulate students' intrinsic motivation. The school hires experts to hold lectures to keep students up to date on the latest cultural developments. It is also necessary to organize an English symposium to allow foreign teachers to fully communicate with students and directly feel the cultural differences between China and foreign countries.

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