

On the Strategies of Cultivating Students' Autonomous Learning Ability in College English Teaching

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Abstract: With the fast progress of the global economy, the relationship between countries is closer and closer, and the application of English in the world is more and more common. China is increasingly focusing on the training of students' autonomous learning ability. However, there are many problems in the current college English teaching, and some colleges still use the traditional teaching mode, ignoring the cultivation of students' autonomous ability, which makes the effect of English teaching poor. This paper expounds the significance of training students' autonomous learning ability in college English teaching, analyzes the existing problems in college English teaching, and explores effective training strategies to improve students' autonomous learning ability and further promote the effect of English teaching.

1. Introduction

Owing to the new curriculum reform, colleges focus more and more on training students' autonomous learning ability, putting forward higher requirements for English teaching. The traditional teaching mode can't meet the requirements of modern diversified education. We must innovate teaching methods to create a good learning atmosphere for students. In English teaching, teachers should consciously guide students, stimulate their enthusiasm, train their autonomous learning ability and promote their English learning ability.

2. Importance of Cultivating Students' Autonomous Learning Ability in College English Teaching

Autonomous learning ability is the ability of students to manage themselves in learning, including positive learning attitude, independent thinking ability and the ability to be responsible for their own learning. It is very significant to train students' autonomous learning ability in college English teaching.

Firstly, it can mobilize the enthusiasm of students and improve the quality of learning. In the past English teaching, students were always in a passive state of acceptance, easy to produce a kind of resistance to English learning and heavy psychological pressure. Autonomous learning ability is a process of self-exploration to train students' autonomous learning ability and mobilize their enthusiasm. Students can transform pressure into learning motivation and effectively improve the quality of learning. Secondly, it can meet the needs of students' self-development. Through autonomous learning, students can promote their logical thinking ability and problem-solving ability in continuous exploration and reflection, give full play to their potential and improve their comprehensive quality. Meanwhile, with the in-depth progress of information globalization, students should establish the awareness of lifelong learning, and self-learning ability is the requirement of future progress. Only with this ability can they keep up with the pace of modern development, fully use their own cultural knowledge, and promote their long-term development. Finally, it is the requirement of quality education and the demand of the country for independent innovation talents. Modern education increasingly emphasizes the significance of quality education, which requires students as the main body, respects students' personality development, and attaches

importance to the training of students' ability. Autonomous learning ability is to adapt to this requirement. It can not only cultivate students' logical thinking ability, but also promote students' physical and mental health progress. In addition, building an innovative country also needs independent innovative talents. Colleges shoulder the responsibility of training high-quality talents for the society. They must cultivate students' independent learning ability, improve students' independent innovation ability, and train high-quality innovative talents for building an innovative country.

3. Problems in College English Teaching

To comply with the requirements of the progress of the times, we must pay focus on training students' autonomous learning ability in college English teaching. However, in practical education, there are still many problems in college English teaching, which seriously affect the training of students' autonomous ability.

3.1 Backward Teaching Concept and Insufficient Attention to Students' Autonomous Learning

In college English teaching, teachers greatly guide students' English learning. However, influenced by traditional teaching concepts, some teachers do not pay enough attention to training autonomous learning ability and neglect the progress of students' ability. This situation seriously restricts the training of students' independent ability and hinders their all-round development.

3.2 Backward Teaching Mode and Ignorance of Training Autonomous Learning Ability

At present, the teaching mode of many colleges in China is relatively backward. The application of backward teaching mode in English teaching will inevitably affect students' autonomous learning ability. Influenced by the teaching mode, English teaching classroom only imparts the knowledge in teaching materials, and there is less interaction between teachers and students, making students less motivated and seriously affects the learning quality and efficiency. In the long run, students will have resistance and lose interest in learning, not conducive to training students' autonomous learning ability.

3.3 Dull English Learning Atmosphere and Low Teaching Quality

At the information age, students have more and more ways to obtain knowledge. In addition to classroom learning, students can also obtain the knowledge they want through the Internet. During education and teaching, some colleges do not provide a good learning environment for students, making it difficult for students to effectively improve their English application ability and mobilize their enthusiasm for learning English. In English classroom teaching, teachers focus on the completion of teaching tasks, ignoring the training of autonomous learning ability. The classroom learning atmosphere is boring, seriously affecting the teaching effect.

4. Strategies for Training Students' Autonomous Learning Ability in College English Teaching

Training students' autonomous learning ability is a new requirement of the new curriculum reform for college English teaching. Colleges should focus on fostering students' autonomous learning ability from the ideological understanding. In view of the problems existing in college English teaching, colleges must take targeted measures to foster students' autonomous learning ability. Students should not only acquire relevant knowledge through classroom learning, but also fully use extracurricular time for autonomous learning to improve their English learning ability.

4.1 Innovate English Teaching Mode and Method to Guide Students' Autonomous Learning

Modern English teaching has been transformed from grammar teaching to English application ability teaching. Students' learning quality and efficiency largely depend on teachers' teaching mode and teaching method. Teachers should deeply study teaching materials, take students as the main body, innovate teaching methods according to teaching objectives and contents, stimulate students'

enthusiasm and initiative, guide students' autonomous learning, and improve the quality of English teaching.

4.2 Make Scientific Learning Plan and Consciously Train Students' Autonomous Learning Ability

In college English teaching, teachers should make a scientific learning plan according to the teaching content, share the learning plan with the students, let the students make their own learning plan according to the whole learning plan, and guide the students to complete the learning objectives according to their own plan. To train students' autonomous learning ability, we should make students study in a planned and purposeful way, mobilize students' enthusiasm and make them complete the learning plan independently. While guiding students to make learning plans, teachers should teach students a variety of planning methods, guide students to make personalized learning plans on the basis of understanding the specific situation of students, and help students put the learning plans into practice, so as to train students' autonomous learning ability.

4.3 Focus on Training Freshmen's Awareness of Autonomous Learning

There are two very significant points in autonomous learning: consciousness and ability. If there is no awareness of autonomous learning, the ability of autonomous learning is impossible. English teaching before colleges is affected by exam-oriented education, and students are always passive acceptance of knowledge, relatively largely dependent on teachers, and they have formed a habit of listening to teachers. If students can't change this habit in time after entering colleges, it is hard to train the ability of autonomous learning. Therefore, at the beginning of freshmen enrollment, it is necessary to cultivate their awareness of autonomous learning, let them realize the significance of autonomous learning, develop the habit of independent thinking by their own efforts, and lay a good foundation for the training of autonomous learning ability. In this way, students can realize that they are the master of learning, and they need to strengthen the ability of self-management, struggle for their own learning.

4.4 Focus on Training Students' Practical Ability and Improve Their Overall Quality

College English teaching should not only let students grasp theoretical knowledge, but also focus on training practical ability and improving students' comprehensive quality. During English teaching, teachers should set up practical courses and adopt targeted methods according to different students to cultivate students' practical ability. Teachers should fully know the students, focus on fostering practical ability for the students with weak practical ability, ask as many questions as possible in practical activities, let them have the courage to express, give appropriate positive encouragement, and enhance their confidence. For students with strong practical ability, teachers should cultivate professional knowledge, let them explore and think independently, and strengthen the cultivation of self-learning ability.

4.5 Cultivate Students' Self-Management Ability and Self-Evaluation Ability

In English teaching, teachers should consciously train students' self-management ability and self-evaluation ability, so that students can constantly reflect on themselves in the learning process, recognize their own shortcomings in time, and actively rectify them, so as to better study and make continuous progress. Training self-management ability needs a long time. Teachers should guide students to supervise and help each other during teaching, and promote students' self-management ability imperceptibly. Self-evaluation ability mainly focuses on students' learning attitude. Students can have a comprehensive and objective cognition of themselves, make a reasonable evaluation of their learning ability and learning level, correctly know their own advantages and disadvantages, take targeted solutions, and constantly improve their learning ability. In addition, teachers should timely give positive feedback on students' progress, fully tap students' potential, and strive to train students' autonomous learning ability.

5. Conclusion

In brief, it is of great practical significance to cultivate students' autonomous learning ability in college English teaching. Colleges must focus on training students' autonomous learning ability. In the education and teaching work, we should guide students to establish the awareness of lifelong learning, innovate English teaching mode and teaching method, formulate scientific learning plan, emphasize the cultivation of students' practical ability, improve students' comprehensive quality and other training strategies, to train students' autonomous learning ability, and promote the progress of students' physical and mental health.

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