

Research on the Cultivation Path of College Students' Self-education

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Abstract: Self-education is an effective form of education, which can stimulate the subjective initiative of the educatees. Firstly, the paper analyses the important role of self-education in college students' ideological and political education. Self-education not only helps to enhance the subjective consciousness of college students and promote their all-round development, but also significantly enhances the effectiveness of ideological and political education. Secondly, the combining of the practical value of college students' self-education is not only an effective way and means to improve the effect of education, but also in line with the needs of the times. Finally, some countermeasures and suggestions are put forward to improve college students' self-education ability.

Self-education is not only an educational idea, but also an educational means and self-cultivation method. This concept has a long history. It mainly refers to an educational form in which the educatee receives education on his own initiative. According to the trend and requirement of social development, the individual formulates his own development goals and tasks according to his own internal development needs and interests, with the feature of significant purposefulness and planning. The educatee is the subject of education, who improves his comprehensive quality through self-perception, self-evaluation, self-selection and self-reflection. At the same time, the educatee is the object of education, who takes himself as the object of optimization, improvement and transformation.

Western countries have made remarkable achievements in the study of self-education theory and practice. To start with, "The Great Teaching Theory" published by Comenius, a Czech educator, in the 17th century marked the formation of pedagogy as an independent discipline. Later, Anton Scheminovich Macallenko, an outstanding educator and writer of the former Soviet Union, who emphasized the theory of personality should be applied to work-study education, students should be collectively educated with sound organizational and scientific ideas, it is emphasized to highlight self-education and self-management of students in work-study education. And then, Sukhomlinski, an educational theorist and educational practitioner put forward the multi-angle education theory, emphasizing the unity of knowledge and practice, and believing stimulating students' self-education and management is the core concept of education, which reflects the importance of self-education. [1] China has a fine tradition of self-education since ancient times. From Confucianism represented by "self-cultivation" and "prudent independence", to critical thinking represented by "criticism and self-criticism", to educational ideas such as "teaching is for non-teaching" and "the unity of knowledge and practice", all these have permeated the educational concept of self-education, emphasizing the subjectivity of the educatee. From the research progress of self-education, the current domestic and foreign theoretical research on self-education has achieved rich results, and great progress has been made in practice, but the research results of combining self-education with ideological and political education are relatively few. This paper takes self-education as the main body, introduces ideological and political education, tries to explore the relationship between them, and analyses the role of self-education in ideological and political education and how to realize self-education through ideological and political education.

I. The Role of Self-education in College Students' Ideological and Political Education

College students' ideological and political education is to cultivate students' self-education consciousness fundamentally, and to realize the unity of personal development goals and social needs. College students are in the critical period of forming their outlook on life, world outlook and values. Therefore, it is of great practical significance to cultivate their self-education ability. It can not only enhance the subjective consciousness of college students, but also improve the efficiency and effect of college students' ideological and political education.

1. Self-education helps to enhance college students' subjective consciousness.

In the ideological and political education of college students, the education of college students' subject consciousness is very important. It is not only the source of motivation for their study, life and work, but also the direction of guiding college students to form a positive outlook on life, world outlook and values. At the same time, in the process of self-education, college students can also give full play to their subjectivity and formulate scientific and reasonable development goals and development plans through objective self-evaluation to adapt to the trend of social development and the actual needs of society [2]. In this process, college students can flexibly use various self-education methods, determine self-education goals and formulate self-education contents and plans, and give full play to their subjectivity and independence through a series of self-education activities. In this way they can subtly improve the ideological and political level, and cultivate a good sense of subjectivity, so that college students can actively engage in learning, work and life, and achieve personal goals and personal values. Through self-education, college students can not only exercise their enthusiasm and initiative in independent thinking and independent behavior, but also integrate their personalized qualities and personal needs with the actual needs of society, highlight the subjectivity of college students and enhance their subjective consciousness.

2. Self-education can effectively promote the overall development of college students.

The all-round development of college students not only refers to the balanced development of morality, intelligence, body, beauty and labor, but also refers to the development of comprehensive abilities such as self-cognitive ability, self-learning ability, self-regulation ability, self-reflection ability and self-adaptation ability. Promoting the all-round development of college students is the core goal and essential requirement of ideological and political education of college students. In this process, self-education plays a vital role in promoting. First of all, self-education is an important method to give play to the subjective initiative of college students. Self-education can not only improve and optimize the psychological quality of college students, but also contribute to the formation of good personality quality of college students, so that college students can form a good self-awareness ability, self-regulation ability, ability to distinguish between right and wrong in self-education, etc. [3]; Secondly, self-education is an important means to improve college students' self-learning ability. Self-learning ability is not only the foundation for college students to settle down, but also the basis for realizing their personal value. Good learning ability can make college students full of self-confidence, have positive and enterprising subjective consciousness, which contributes to their all-round development. Thirdly, self-education helps college students to form positive and firm psychological quality. Self-education is an educational behavior internalized by individuals, which is ultimately reflected in its sociality. It can promote college students to form good social adaptability, help college students adapt to society faster and better, and realize their value of life.

3. Self-education can significantly enhance the effectiveness of ideological and political education.

Self-education is not carried out solely by college students themselves, but under the guidance of teachers. Starting from the current state and objective level of college students, self-education activities are carried out according to their own development needs and social standards, so as to enable students to achieve the purpose of education of self-regulation of psychology and behavior, independent thinking and so on. In a sense, this coincides with the purpose of ideological and political education of college students. At present, both traditional and network ideological and political education attaches great importance to the cultivation of college students' personality

development and comprehensive ability. Students' enthusiasm and initiative have been greatly improved, in which, self-education has played an important role, especially in recent years, the popular "three-dimensional" self-education model has played an active role in stimulating college students' self-education consciousness, improving their self-education ability and realizing the unity of internalization and externalization, which has significantly increased the effectiveness of college students' ideological and political education [4].

II. The Realistic Value of College Students' Self-education

College students' self-education is a higher requirement for education in order to better adapt to society and realize personal value. It requires college students should have both scientific and cultural knowledge, noble morality and morality, achieve all-round development, and achieve the educational purpose of the unity of the subject and object of education.

1. College students' self-education is an effective way to improve the effect of education.

Effectiveness refers to achieving the expected goal and achieving the expected results when completing a task or an activity. The effectiveness of College Students' self-education refers to achieving the expected purpose and effect of higher education through self-awareness, self-planning, self-regulation, self-management and other activities so as to improve the academic level and ideological and moral accomplishment of college students. Self-education effectively integrates and unifies the subject and object of education. College students have dual identities. In the whole process of self-education, college students need not only to take themselves as the object of education and receive educational transformation, so that they can develop along the predetermined goals and effects, but also to actively recognize and manage themselves and ultimately achieve the educational goals through self-formulation of education plans. College students need to change between the two roles, fully positioning the status of the subject and object of education.

In the process of self-education, college students need to exert their subjective initiative in order to achieve the desired educational effect. This subjective initiative is mainly reflected in the purpose of self-education. Self-education is not an aimless educational activity, but an independent educational activity carried based on personal objective evaluation, social ethics requirements and social development needs, which can reflect the unity of the regularity and purpose of college students' education. College students need to stand on the standpoint of social ethics requirements and social development needs, combine their own actual conditions, design education programs that meet their own development, so as to achieve the educational objectives, reflecting the effectiveness of self-education.

2. College students' self-education is an effective means to enhance the effect of education.

With the change of educational environment and methods, the traditional cramming-duck mode of education no longer adapts to the development of higher education in the new environment. Especially, college students are characterized by active thinking, easy acceptance of new things and daring to innovate. The traditional one-way and passive mode of education seem lack of strength. Therefore, it is necessary to change the mode of education from passivity to initiative. In order to achieve two-way education, we should adopt an educational method that conforms to the characteristics and development rules of college students. Self-education is just such an educational means, which can effectively play its own initiative and enhance the educational effect.

Self-education has greatly stimulated college students' learning initiative, which depends not only on the richness of educational content and the advancement of educational means, but also on their ideological recognition of self-education concept. College students can screen the knowledge they receive. If they don't take the initiative to accept it, education can't be carried out smoothly. Therefore, in order to stimulate their learning initiative, it is necessary to enhance their awareness of self-education so that they can have strong subjective initiative, receive education actively and digest and absorb educational content in their own way.

Self-education enhances the appeal of educational content. Self-education pays more attention to the effectiveness of the educational results, and requires that the content of education be close to reality, life and college students, which can mobilize the enthusiasm and initiative of college

students' self-education, arouse the resonance of college students, attract college students to play their subjective initiative so that they can accept education actively, and enhance the effectiveness of education. In addition, the way of self-education is diversified, flexible and innovative, which can enhance the interest of college students in active learning, thereby enhancing the educational effect.

3. College students' self-education meets the needs of the times.

Upon entering the 21st century, great progress has been made in social politics, economy, culture, education and other aspects. Especially with the rapid development of economic globalization and the level of science and technology, international competition has become increasingly fierce. In the final analysis, international competition is the competition of talents. Faced with the opportunities and challenges brought by globalization, higher requirements are put forward for the comprehensive quality of college students, who need not only solid basic professional knowledge, but also basic skills and quality abilities to adapt to the social development. Therefore, college students should strengthen self-education and enhance the effect of education so as to adapt to the changes that will come with social development.

The development of modern information technology has put forward higher requirements for self-education at colleges and universities, which is also the realistic demand for college students to carry out self-education. Especially in recent years, with the rapid development of modern information technology and Internet industry, college students are in an era of high-speed information transmission and rapid technology iteration. Just relying on the knowledge acquired from the school can no longer meet the needs of the development of the times. This requires the college students of the new era should establish the concept of lifelong learning, have the ability to learn for life, and constantly improve and perfect themselves through independent learning.

The establishment of socialist market economy system has enhanced the subjective consciousness of college students' self-education. As the subjects of the future market economy construction in China, college students must have good learning ability and innovative ability, give full play to their subjectivity of self-education, make the pertinence, purpose and planning of self-education more prominent, and actively participate in economic construction activities so as to realize their life value.

III. Effective Ways to Improve College Students' Self-Education Ability

The improvement of college students' self-education ability is a complex and systematic work, which involves not only the shaping of college students' individual qualities, but also the internal and external environment of the campus and its management. Therefore, it is necessary to consider comprehensively various factors affecting the improvement of college students' self-education ability and adopt pertinent governance measures. Only in this way, college students' self-education ability can be fundamentally solved.

1. Enhancing college students' concept of self-education and exerting their subjectivity

Currently, we are in an era of highly developed information technology. With the rapid transmission and iteration of information and technology, educational resources are abundant and forms of education are diversified, so it is urgent for college students to firmly establish the concept of self-education and objectively recognize the importance and necessity of self-education from their own actual situation. Firstly, we should correctly understand the important role of forming and maintaining good self-education ability in the fierce competition for talents in today's society. Self-education ability is to cultivate good independent thinking ability, working ability and management ability of college students, it is the basic quality for contemporary college students to stand in modern society. College students are required to transform the pressure from society, internal and external environment into the impetus of self-education. Secondly, college students should integrate their personal ideals with social needs and stimulate their self-awareness of self-education. The new era puts forward higher requirements for college students. They should improve their comprehensive quality in an all-round way, constantly improve themselves in strict accordance with the process of self-education planning, and strive for the all-round development of

morality, intelligence, physical fitness, beauty and labor. Thirdly, it is necessary to cultivate college students to have good self-education ability, scientific and cultural knowledge is the foundation of college students' success, and also the fundamental guarantee for them to go to society and stay in society. It is not only the cornerstone of individual growth and development, but also the motive force of social innovation and social progress. Therefore, college students should firmly establish the concept of self-education, and integrate personal development goals with social needs, which is also one of the main goals of self-education.

2. Creating a campus environment suitable for college students' self-education

Campus is an important place for college students to study and live. We should create and optimize the campus environment according to the actual needs of college students. A good campus environment can produce affinity and appeal to college students, and has the function of educating people [5]. As far as college students' self-education is concerned, the main way to create a good campus environment is to optimize the social environment of college campus, which includes not only the hardware environment such as learning places, books and equipment, sports facilities, teaching conditions, but also the software environment such as cultural environment, learning atmosphere and campus temperament. These environments are basic guarantee for college students to grow up and become talented. A good campus environment can stimulate college students' self-education consciousness, help them consciously develop their subjective initiative and promote the development of their comprehensive quality. College students have active thinking and strong action ability, so campus activities should be taken as the carrier so as to provide a platform for college students to show themselves, exercise their self-education ability in activities, and give full play to the educational and entertaining functions of the campus environment.

3. Expanding new ways of college students' self-education

With the rapid development of information technology and Internet, network has become the main position for college students to carry out self-education. But at present, all kinds of information are full of the Internet, and there is some negative information. So, the Internet is a "double-edged sword". Therefore, it is urgent to purify the campus network environment, expand the new ways of college students' self-education, and take the network as the main breakthrough to cultivate college students' self-education ability. College students are an important group in the application of new media tools such as Internet and mobile phone clients. Although there will be some bad behaviors such as network fraud and campus loan, the Internet has the characteristics of abundant information resources, fast information dissemination and convenient application. It has been widely used in college students' daily study and life. We should spare no effort to purify the network environment, govern the campus network through administrative, legal and technological means, cultivate college students' awareness of network security, actively guide and encourage college students to make full use of various resources of the Internet, rationally use new media tools, exercise their ability to distinguish right from wrong, and constantly strengthen self-education ability.

4. Optimizing school education management mode

College students' self-education is not completely independent of school education, but is complementary to school education. School education needs to produce educational effects through college students' self-education. College students' self-education is carried out on the basis of school education. Therefore, it is necessary to combine the two organically, so as to enhance the effect of school education and improve the self-education ability of college students. First of all, it is necessary to enrich the teaching content. School education should fully take into account the actual needs of college students when planning the teaching content, which to some extent directly relates to whether the needs of college students' self-education can be fully met. The teaching content of school education should not only meet the basic requirements of higher education, but also keep close to the reality of college students' study and life, avoiding abstraction and idealization, which has practical significance for enhancing college students' self-education consciousness. Secondly, we should improve the educational management mode to fundamentally stimulate the internal motivation of college students to learn. For a long time, there have been many problems in school

education, such as "emphasizing theory, neglecting practice", "emphasizing understanding and neglecting application". The traditional education management mode limits the improvement of students' self-education ability. Therefore, it is necessary to optimize the existing education management mode, gradually changing from passive education to active one. Students' enthusiasm and initiative are stimulated through situation setting, hands-on practice, divergent thinking, thereby enhancing their awareness and ability of self-education.

In a word, the cultivation of college students' self-education ability is a long-term and systematic work. The ever-changing educational environment in the new era puts forward higher requirements for the development of college students' self-education. Therefore, we should innovate education ideas, thoroughly analyze the deep theoretical issues of cultivating college students' self-education ability by combining the internal and external environment the campus with the characteristics of college students' groups, so as to provide guidance for the development of college students' self-education practice.

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