

# Research on the Cultivation of College Students' Autonomous Learning Ability and Construction of Evaluation Mechanism in the Network Environment

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**Abstract:** The purpose of college education is to cultivate more high-quality applied talents. In the current network environment, to deliver more outstanding higher education talents to the talent market, it is necessary to change educational concepts and continuously improve students' autonomous learning ability. Under the current Internet background, self-learning ability training is the need of students' continuous growth, development and improvement. To promote the self-learning ability training of college students, it is also very important to improve the construction of the corresponding evaluation mechanism. This article introduces the important basis for the cultivation of students' autonomous learning ability, and analyzes the strategies for the cultivation of college students' autonomous learning ability and the construction of evaluation mechanism.

**Keywords:** Network Environment; College Students; Autonomous Learning Ability; Training; Evaluation Mechanism; Construction

At this stage, in my country's higher education, a single knowledge transfer and diploma acquisition is no longer the goal of college talent training. Colleges and universities pay more and more attention to the comprehensive quality and ability training of students, and pay attention to the all-round development of college students. At present, college education and teaching are facing reforms. In order to better adapt to the needs of society and the development of science and technology, and to improve students' comprehensive literacy, it is necessary to actively construct a student autonomous learning evaluation mechanism and cultivate the autonomous learning ability of college students. Under the network environment, it is even more necessary to strengthen students' autonomous learning ability and the construction of training models, and through the application of the corresponding assessment and evaluation system, promote the continuous improvement of students' learning autonomy and enhance the core competitiveness of college students.

## 1. Basis for the cultivation of autonomous learning ability of college students

### 1.1 Conducive to promoting the development of information technology

At present, the Internet has profoundly changed people's social life and learning methods. In the network environment, information technology and teaching processes are constantly optimized. Students have more network resources and access to the Internet, making it more convenient to carry out independent learning. And for modern people, knowledge learning is not only needed to be carried out at the school stage, but is accompanied by one's life. Under the current social environment, knowledge is updated at a rapid rate, and social science and technology are developing rapidly. Therefore, it is an inherent need to cultivate students' independent learning ability and build a lifelong education system, which is compatible with the current social development. In the context of the Internet, it is a need for contemporary college students to transform students' learning methods, promote teacher teaching reform, and cultivate students' autonomous learning ability. At the same time,

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the satisfaction of this need can further strengthen the students' information literacy and play a certain role in promoting the development of information technology.

## **1.2 Overview of self-learning ability training**

Autonomous learning ability refers to the ability of students to independently carry out learning activities such as new knowledge and content under the guidance of teachers. In terms of the characteristics of autonomous learning ability training, there are the following points:

First, autonomy. Under certain conditions, students have a certain ability to dominate and control their own activities. In the development of corresponding activities, students must have clear learning goals and a conscious learning attitude. They can independently perceive and understand relevant content under the inspiration of teachers to deepen the understanding of subject content, and be able to apply the learned knowledge content to practice. In addition, students can realize the independent arrangement and control of learning activities, learn to control and adjust themselves, stimulate their own potential, better understand and accept the impact of education, and be able to actively discuss and analyze with teachers, conduct in-depth research, and achieve their own goals and learning goals. Autonomous learning is an important foundation and sign of students' autonomous learning ability.

Second, initiative. In the process of autonomous learning, students should show a conscious, positive and active attitude, and there is no negative understanding. Student initiative is more reflected in the fact that they can combine the actual needs of education and teaching to formulate learning goals and directions. They have a strong desire to learn, and can have a strong motivation to learn, and maintain an enthusiastic and positive attitude in learning. In addition, it should be possible to arrange learning time reasonably and to acquire knowledge independently. This characteristic has a certain foundational effect on the cultivation of students' autonomous learning ability.

Third, creativity. Students should have creative ability in related education and teaching activities, which is different from general creativity. Students' learning should be carried out in the corresponding teaching situation. It is a kind of meaningful activity and systematic activity, which can be consistent with the teacher's teaching guidance. For college students, it is necessary to learn to draw inferences by analogy, to apply relevant knowledge flexibly, to effectively solve relevant problems through relevant knowledge, and to promote the effective cultivation and exercise of independent learning ability.

## **2. Strategies for cultivating college students' autonomous learning ability under the network environment**

### **2.1 Cultivate learning interest and stimulate learning enthusiasm**

The key to the cultivation of autonomous learning ability lies in "autonomy." Only when students realize the importance and necessity of their own learning and have certain learning needs can they be able to urge them to persist in learning. Among them, interest cultivation is also the key. In the development of the self-learning ability of college students, it is necessary to effectively enhance students' interest in learning and let students feel the joy of learning. Therefore, in the teaching process, various teaching modes and methods can be applied to maintain students' interest in learning. Stimulate their enthusiasm for independent learning. In the classroom, teachers can attract the attention of students as much as possible, ask students some interesting and inquiring questions, let them find ways to solve after class, maintain the mystery of knowledge learning, and continuously stimulate students' learning Enthusiasm promotes the cultivation of independent learning ability.

### **2.2 Focus on teaching methods and improve the effectiveness of independent learning**

For college students to carry out autonomous learning, their own autonomous learning ability is also the key. In the guidance, teachers should focus on teaching some practical self-learning methods and strategies to college students, and clarify the basic skills that students should have in self-learning. Teachers can tell about some of their own self-learning experiences, such as how they were admitted to professional titles through self-study, and what new gains did they have in self-study? What are the good habits and practices of teachers in autonomous learning? And so on, through the exchange of self-learning experiences with students, students can better understand self-learning and master some simple and practical self-learning methods, which will also help them develop efficient self-learning. In the context of the Internet, it is even more important for

students to master some methods and ways of acquiring online learning resources, so that students can reduce obstacles in the process of acquiring knowledge and improve the efficiency of independent learning.

### 3. Construction of evaluation mechanism for college students' autonomous learning ability

To grasp the situation of students' autonomous learning, teachers must build a sound evaluation mechanism for college students' autonomous learning, combine the current online course teaching platform, and apply the information-based teaching model to students' autonomous learning management, which can effectively record students' courses learning situation, taking into account students' course preparation, classroom performance and self-learning after class, etc., to provide students with a comprehensive and diversified evaluation, truly scientific and correct self-learning evaluation, so that students can learn in a timely manner knowing their own learning status, teachers can also recognize the deficiencies of their own teaching work based on students' teaching evaluation, and provide effective guidance for teaching reform.

To achieve this goal, the school should speed up the construction of a complete network teaching platform, strictly follow the concepts and methods of autonomous learning, make full use of advanced information technology, and focus on designing an autonomous learning environment for students. Teachers can provide appropriate guidance during the process of students' autonomous learning. Teachers must be proficient in operating the system. Related teachers must combine the development history and platform composition of the student's independent learning network teaching platform, and introduce relevant details through online practical operations. The method of using each section of the self-learning evaluation platform, grasping the use of the two modules of learning analysis and learning status in the platform, and how to prevent students from hanging up. Mastering the scientific self-learning evaluation mechanism and process application will help promote teachers to master the use of self-learning online teaching platform, stimulate students' interest in learning, promote students' self-learning, improve learning effects, reform single learning mode, and become more scientific. The evaluation of students' autonomous learning results will help to create a good autonomous learning environment for college students on campus.

### 4. Conclusion

Under the network environment, self-directed learning is more convenient and more diversified. Self-directed learning has become the inner development needs of college students in the new era. In this regard, the school must actively cultivate the ability of autonomous learning of college students, continuously enhance the awareness of autonomous learning, transform autonomous learning methods, and promote the effective development of student autonomous learning through effective improvement of the autonomous learning evaluation mechanism.

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