

Analysis and Countermeasures of the Self Regulated Learning Ability of Applied University Students under the Background of “Internet + Education”

Li Zhang

Zhengzhou Business University, Zhengzhou 451200, Henan, China.

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Abstract : With the gradual development and popularization of Internet technology, electronic media and artificial intelligence, Internet + has completely entered the efficient teaching process. However, due to the concept renewal brought by new technology, some schools are still in the adaptation stage. This paper focuses on the construction of students' autonomous learning ability in application-oriented colleges and universities under the background of Internet + education. Firstly, Internet + is defined, and two possibilities that Internet can provide for teaching are put forward. Secondly, it discusses the current situation, problems and countermeasures of students' autonomous learning ability in application-oriented colleges and universities.

Keywords : Internet + ; Autonomous Learning Ability; Applied Higher Education

1. Introduction

Autonomous learning ability refers to an active learning method through self-management, self setting goals and self-monitoring and reflection. In the traditional teaching mode, too much emphasis is placed on the dominant position of teachers and the management of students, resulting in some students' learning habits of passive learning. This paper puts forward the methods of using the development of Internet technology to help application-oriented college students improve their autonomous learning ability, that is, students return to the dominant position, guide students to use the network correctly, and improve their self-management consciousness, hoping to provide more development ideas for today's new teaching model.

2. “Internet +” and autonomous learning ability

2.1 Definition of “Internet +”

“Internet + ” refers to the development of the Internet as the underlying logic, giving full play to the optimization and integration of the Internet in the production process, integrating all kinds of achievements that the Internet can achieve with all sectors of the society, and enhancing the ability of all industries to develop productivity and creativity through the Internet. It not only takes the Internet as a tool and technology, but as an infrastructure, promotes the integration and open development of various fields. In the field of education, the intervention of the Internet can help to reform the teaching model, break the disadvantages of the traditional education model, and form a new education form with electronization and informatization as the underlying logic.

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2.2 The possibility of “Internet + education” for students to improve their autonomous learning ability

2.2.1 Reshaping the relationship between teachers and students

With the help of “Internet + ”, the relationship between students and teachers has changed. Because the Internet has the characteristics of instant communication and information capacity, it makes communication between people completely break the limitation of time and space, and communication between students and teachers is more convenient. Under the traditional teaching environment, teachers are the main channels for students to acquire knowledge. With absolute authority, students can communicate with teachers only in class and school learning time, but the intervention of Internet technology makes students’ knowledge acquisition channels more diverse. Electronic libraries, mobile networks, etc., students can absorb knowledge on any occasion and at any time, the status between teachers and students is gradually balanced, and students’ initiative is also more full.

2.2.2 Changing the teaching evaluation system

The Internet has changed the evaluation system of the traditional teaching mode. In the traditional teaching mode, a teacher cannot observe and strictly control dozens of students taught one-to-one. Teachers cannot have an in-depth understanding of the seriousness of students’ listening in class and the quality and efficiency of homework after class. However, with the support of the Internet and artificial intelligence technology, it can record the whole learning process of students, record the time and quality of students completing after-school tasks outside school in real time, and upload them to the Internet to form systematic charts, which greatly helps teachers analyze each student, and gives teachers a new way to evaluate students’ learning.

3. Current situation and problems of application - oriented and efficient students’ autonomous learning

3.1 Weakening of students’ subject status

The teacher centered teaching model is the main part of the traditional teaching concept. Under this concept, the quality and effect of teaching mostly depend on the ability of teachers to teach and lecture. Therefore, it will also produce great uncertainty. Students’ dominant position in learning is ignored and weakened. It is difficult to form group wisdom through autonomous learning to ensure the improvement of teaching quality and effect. Students’ mutual assistance and cooperative learning model also appears relatively passive. This kind of teaching mode, which is passively accepted by students, hinders the opportunities for students to give full play to their autonomous learning ability.

3.2 Students’ self-discipline ability is insufficient

The purpose of autonomous learning is to enable students to deliver the learning initiative to themselves and complete the whole learning process through their own choices and plans. However, with the blessing of Internet technology, a large number of electronic, information and even entertainment contents are also filled with the whole learning process of students. When many students use the Internet to collect information for discussion, they will appear to lack self-discipline. Recreational activities such as browsing the web, playing games and chatting completely occupy their learning time. Therefore, the intervention of Internet technology has high requirements for self-discipline ability and self-supervision ability. Some students will fall into the trap of technology, which can not complete the goal of autonomous learning. At the same time, they will also be disturbed and affected by electronic equipment, reduce learning efficiency and affect academic performance.

3.3 Lacking of hardware equipment

Nowadays, some application-oriented universities are imperfect in the application of Internet technology and equipment, especially in remote and rural areas, there is a relative lack of resources such as electronic equipment, electronic database and electronic courseware. A survey shows that nearly one-third of application-oriented universities are equipped with computer rooms, but the utilization rate of computer rooms and the normal utilization rate of computers are low. Except for classroom teaching time, students can hardly use the network. Some schools are only equipped with computers and other equipment, but they also face problems such as aging equipment and slow maintenance speed, so the teaching needs of students and teachers cannot be met. They return to the traditional teaching methods, and students’ learning initiative is also hindered.

3.4 Students lack the awareness and quality of autonomous learning

Nowadays, with the development of Internet technology and mobile intelligent terminals, people’s access to information is gradually showing a trend of fragmentation and shallow reading. Just as Niel Bozeman’s media metaphor theory said, people pay more attention to the content provided by the media, but ignore the impact of media technology on people’s thinking. Today’s students are also unable to think deeply and focus for a long time in the face of the impact of the Internet and electronic information

technology, which also leads to the gradual degradation of students' basic qualities such as autonomous learning and self-discipline. Some students can't devote themselves to learning and will be disturbed by all kinds of media information and pictures.

4. Countermeasures to improve students' autonomous learning ability in application-oriented colleges and universities

4.1 Students return to the dominant position

To improve students' autonomous learning ability, we should update the concept, let students return to the central position of learning, and balance the relationship between teachers and students. First of all, we should ensure that students have a certain amount of independent learning time, give students free arrangement of after-school time outside the classroom, and use electronic media such as the Internet for data access and self-reading. Secondly, we should help students establish the concept that teachers are not the only authority. Teachers should also act as guides and helpers in students' learning and explore with students. At the same time, we should respect the personality of each student and the methods of different students in the learning process. We can't ask students in the same way.

4.2 Helping students use the Internet correctly

When students face the Internet electronic technology, they often have difficulties in using it, resulting in the tendency of being too entertaining. For this, teachers should help students use the network platform correctly. First of all, we should teach students how to retrieve information, so that students can find real high-quality and effective content in the fragmented and complex information ocean more accurately and efficiently when using the network to search relevant information. Secondly, students should be guided to conduct more online interaction through the Internet, create an online class atmosphere by using various functions such as email, wechat and video, and provide one-to-one assistance and troubleshooting through the Internet.

4.3 The school builds a perfect Internet + teaching environment

The innovation of all teaching modes should be based on the improvement of technical equipment. Therefore, colleges and universities should improve their own internet teaching environment and invest more funds in the purchase of equipment and regular inspection and maintenance. In terms of hardware, we should help students establish a more convenient and safe learning environment. At the same time, in terms of software, we should build a data resource database in line with the times according to the characteristics of students, and update it in real time through online administrators, so that students can be more active and more convenient to find the required information in the school's electronic database and ensure learning efficiency.

4.4 Guiding students to improve their self-management awareness

Before cultivating students' autonomous learning ability, teachers should pay more attention to students' self-management consciousness, guide students to clarify their self-learning objectives and self-learning ability, and educate students to shield the influence of interfering information and noise. In addition, teachers should improve their ability of supervision and management, help students take time as an important node in the learning process, and strengthen and guide students' self-reflection after learning, in order to find their own problems, and actively find ways to solve them.

5. Conclusion

Autonomous learning ability refers to an active learning method through self-management, self-setting goals and self-monitoring and reflection. Based on the definition of Internet + and the possibility of Internet + education for students to improve their autonomous learning ability. This paper analyzes the current situation and problems of students' autonomous learning ability in applied universities, and puts forward corresponding countermeasures.

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