

Exploration and Discussion on the Strategies of Cultivating Students' Autonomous Learning Ability in College English Teaching

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Abstract: With the advancement of globalization, English has gradually become an indispensable part of people's social communication, and English teaching is becoming more and more important. College English teaching is not only for students to achieve excellent results in exams, but also for students to better use English in their daily life. The ultimate goal of college students' learning English is to apply what they have learned. This paper discusses the current situation of students' autonomous learning ability in college English teaching, and puts forward some strategies to improve students' English learning environment, exercise students' autonomous learning consciousness, and pay attention to the development of teaching classroom model to students' autonomous learning through information technology.

Keywords: College English; Teaching; Autonomous Learning Ability

1. Introduction

In the era of globalization, the relationship between people seems to be getting closer and closer, and the diversity of language is also increasing. As the international common language and the official language of many countries, English is used in many aspects. Students need to master the basic knowledge of the language so that they can get it at hand where they need it in life. At present, there is a growing demand for English professionals, which requires them not only to know the language, culture and customs of European and American countries, but also to be able to use English well to perform tasks and solve problems when needed.

2. Current situation of students' autonomous learning ability in college English teaching

2.1 Students' interest in English learning is insufficient

Now most college students begin to learn English in the third grade English class. Most of the students study in their mother tongue of Chinese, lack the environment for English practice, and there are not many friends whose mother tongue is English, which makes it difficult for students to learn English or other new languages. Students know little about English. Some students study English in order to get good grades in the exam. They don't realize what role learning English will play in their future life. In College English teaching, only some students can communicate with teachers and ask questions. Most students almost keep silent in class and only learn knowledge passively. This is due to teachers' teaching style and students' lack of understanding of English. Teachers must gradually change their teaching style and focus on enhancing students' interest in learning English, so as to improve students' English learning efficiency and achieve the best teaching effect in English classroom.

2.2 The dominant position of students is not prominent

In college English teaching, English teachers are still the main body of class and are responsible for the content and learning direction of class, while students are passive absorbers of knowledge and have no right to decide the teaching content and learning mode. Nowadays, most college English teachers use multimedia in teaching. Even if the teaching form is new, the teaching content is still the same as before. In this teaching mode, teachers only need to move the book knowledge to the multimedia screen and speak it out according to the book. This does not reflect the main role of students, nor does it allow students to actively and independently participate in classroom learning. English teachers usually work for two or three different classes at the same time. Each class has students with different learning conditions and abilities. If each class uses only one mode and the same content, the teaching content will not match the class situation, so it can not help students better understand the teaching knowledge and achieve the best learning effect. Therefore, college English teachers must make some adjustments to adapt the classroom content to the classroom situation and make it suitable for the students' learning situation.

2.3 Students' self-control ability is insufficient

Because the learning style of college students is almost based on the traditional and passive mode of teachers' speaking and students' listening. If students are in the state of passive indoctrination of knowledge for a long time, students' autonomous learning ability will continue to decline, which will lead to the interruption of English learning process, and students are easy to fall into learning difficulties. Generally speaking, college students should test their English proficiency through CET-4 and CET-6, while English majors should prove their English proficiency through CET-4 and CET-8 in order to get a satisfactory job. Students learn English words independently, do English questions and listen to English pronunciation in order to pass the examination. This is an embodiment of students' autonomous learning ability. However, in the process of autonomous learning, the lack of self-monitoring and control ability of middle school students will reduce the effectiveness of autonomous learning and greatly reduce the level of students' knowledge mastery.

3. Strategies for cultivating students' autonomous learning ability in college

English teaching

3.1 Improving students' English learning environment

At present, the English teaching environment in some colleges and universities, such as curriculum, teaching mode and classroom atmosphere, has a great impact on the students' English learning level. In order to improve the students' English learning effect and enhance their autonomous learning ability, colleges and universities need to actively implement the requirements of college English curriculum reform, formulate scientific and systematic curriculum contents for students, encourage English teachers to develop curriculum models that meet the diverse needs of students, and make the English classroom student-centered as much as possible. At the same time, colleges and universities should also reverse the negative impact of the single standard of evaluating students' English ability in CET-4 and CET-6 on English teaching.

In addition, English classroom environment is also an important factor affecting students' autonomous learning ability. Excellent classroom teaching environment can increase students' enthusiasm and autonomy in learning English, so as to improve students' English level. Therefore, college English teachers should actively change their role in the classroom, act as a guide rather than a leader, innovate more efficient teaching contents and teaching methods for students, and actively organize classroom discussions and after class activities, in order to create a positive classroom atmosphere, increase students' English learning enthusiasm and cultivate higher autonomous learning ability. This will create a more positive and independent class learning atmosphere.

3.2 Exercising students' awareness of autonomous learning

Whether college students are willing to study independently depends in part on their learning motivation and knowledge reserve. It is very important for college English teachers to make students aware of their own needs to learn English actively. The students' enthusiasm for learning English is directly affected by their own initiative, which reflects the students' conscious initiative. Therefore, English teachers in colleges and universities should have a general understanding of students' learning situation, and consider students' life experience, learning level and interests, so as to strengthen students' autonomous learning ability. It should also be noted that the contents and activities of college English courses should be formulated according to the overall situation of students. Only the same or slightly higher-level classroom learning can really stimulate students to study independently. Making too high teaching plans for teaching objectives will reduce students' enthusiasm for learning English.

3.3 Paying attention to the development of classroom teaching mode

Cultivating students' autonomous learning ability in higher education English teaching means that teachers need to change their own classroom teaching methods and give students more decision-making power. In this link, college English teachers should also give students corresponding encouragement and assistance so that students can learn better. In College English education, the lack of strong English teaching atmosphere and less English class hours lead to the situation that students are still unable to follow their heart in learning English. Therefore, the development of classroom teaching mode is very important to cultivate students' autonomous learning ability.

In the whole teaching process, planning learning tasks and learning objectives is a favorable way to increase students' autonomous learning ability. College English teachers need purposeful teaching to help students plan short-term and long-term learning plans and objectives, and ensure that students adhere to their own learning plans. College English teachers should choose materials rich in knowledge and interesting for English teaching. In the classroom, they can organize various interactive activities between students or teachers and students, pay attention to the completion progress of planned learning tasks, and provide students with appropriate guidance and support, in order to encourage students to improve their learning effect through autonomous learning.

3.4 Guiding students' autonomous learning through information

technology

In the era of information technology, English teaching in colleges and universities is closely related to informatization. College English teachers need to improve the previous teaching mode and integrate more Internet technology into classroom teaching. In class, teachers can use multimedia tools, such as short videos or pictures, to introduce relevant teaching contents. At the same time, the use of multimedia tools in the classroom can also help students master the words and sentence patterns commonly used in English writing, so as to increase students' interest and learning effect in learning English. The use of computer and multimedia can enrich the teaching content of the course. The school can also help students learn independently by providing English newspapers, English books and online libraries.

4. Conclusion

For students receiving higher education, they should not only master the basic knowledge of professional English, but also exercise their autonomous learning ability. Therefore, in college English teaching, teachers need to actively cultivate the students' level of independent exploration. As the saying goes, "Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime.". The core of learning knowledge is to be able to learn independently. By guiding students' English learning process and giving students suggestions on learning English, college English teachers can help students improve their English autonomous learning ability

and all-round development ability.

References

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