

# On the Problems and Countermeasures in the Construction of the Style of Study in Colleges and Universities

Yiqi Chen

Changsha Normal University, Changsha 410100, China.

---

**Abstract:** The construction of the style of study in colleges and universities is conducive to the civilized development of colleges and universities and the creation of a good style of study. It is an important yardstick to measure the quality of education and management in colleges and universities. Colleges and universities should have a clear understanding of their own development direction, make reasonable adjustments and changes according to their own reality, and create a clean and bright educational environment for teachers and students. This can not only better reflect the excellent spiritual outlook of colleges and universities, but also bring an objective and correct growth environment for students from a humanitarian perspective, help students to shape their personal values and give full play to their self-worth, so that they can become a real pillar of virtue and learning.

**Keywords:** Universities; Style of Study; Build

---

## Introduction

The promotion and implementation of education reform in the new era has put forward newer and higher requirements for the construction of the style of study in colleges and universities. This is not only the country's emphasis on optimizing the development of education, but also the first step to promote the functional development of education in China by comprehensively implementing the fundamental task of establishing morality and cultivating people. All colleges and universities should always bear in mind the fundamental educational mission of serving the great rejuvenation of the Chinese nation, make efforts and contributions to the growth and progress of students, shoulder their educational obligations and responsibilities, and devote themselves to serving each student's learning career and personal development.

## 1. Problems in the Construction of the Style of Study in Colleges and Universities

### 1.1 Weak sense of learning and lack of direction

The contents and methods of college education are different from those of other stages. In terms of curriculum, it mainly focuses on the expansion of students' professional knowledge. In terms of personal development, it mainly focuses on the students' substantive actions on the knowledge they have learned and life planning<sup>[1]</sup>. Freshmen entering the university have just left the college entrance examination under great pressure. If they can't straighten out their mentality in a short time, they will lose all their previous knowledge and time cost. In addition to the freshmen, other students also have a lack of direction, such as passing exams and graduating smoothly. This kind of negative learning state actually shows a very serious situation of college education. They muddle through the affairs related to learning and choose to give up fighting and striving at the age when they should have worked hard. With the passage of time, the precious time of four years in college has not been used effectively, which is not only bad for students' career planning and personal development, but also causes many students to believe that their major is not consistent with their work after graduation, and they cannot find satisfactory jobs as soon as possible.

## **1.2 Lack of self planning and self-control**

Before entering college life, most students' daily life depends on their parents, and even their academic progress can not be separated from their parents' supervision. As a result, students have become accustomed to their life being planned by their parents, and their self-discipline has never been effectively cultivated and strengthened. When students enter a university with relatively free and broad living and learning environment, they will neglect their studies and indulge in games. This not only enables students to develop the wrong attitude towards study and examination, such as being late, leaving early, skipping class and cheating. It also makes students miss the opportunity to buckle the first button in their life. With the extension of their learning career, students have become accustomed to the learning situation of "selective escape from professional courses and never show up in elective courses". It may affect students' graduation, or delay their life development.

## **1.3 Invasion of unhealthy thoughts and weak personal will**

With the rapid development of the times, the influx of unhealthy thoughts has seriously affected the physical and mental health of students, such as money worship, hedonism, comparison laziness, and so on. In addition, some students are weak willed and unable to withstand temptations, so they are easy to fall into the shadow of wrong thoughts. In serious cases, they may miss the bright future.

## **2. Countermeasures in the Construction of the Style of Study in Colleges and Universities**

The style of study is an important force that is invisible but full of appeal and rendering ability. When students enter the campus, the style of study has already carried the education culture of the school to students, laying a solid and powerful foundation for helping students to gain fresh life experience. In addition, as the eternal theme of the reform and development of colleges and universities, the style of study occupies an important position in educating people, which can not only further optimize the reform atmosphere of the school, but also point out the direction for cultivating high-quality talents [2]. Based on this, colleges and universities should attach importance to the construction of the style of study, take it as an important reference to promote the reform and development of higher education, and make students become hardworking, pragmatic, honest and resourceful people.

### **2.1 Strengthen ideological guidance and stimulate the spirit of struggle**

Thought is the vanguard of action. If colleges and universities want to build a good atmosphere of study, they must help students clarify the direction of life development, so that students can truly understand the significance of learning. Colleges and universities should not only organically combine theoretical and practical knowledge to bring students rich ideological guidance education courses, but also further deepen students' personal concepts, so that students will serve the society, repay their parents, and be worthy of taking themselves as an important life benchmark. On the one hand, colleges and universities should replenish the calcium in students' vital energy and spirit, and carry out ideological education purposefully and systematically. For example, combine professional courses with ideological and political education organically, praise and reward students with outstanding learning performance, endow students with the mission and responsibility of being a socialist successor, and fully develop the educational value of socialism with Chinese characteristics in the process of educating people [3]. On the other hand, colleges and universities should fully mobilize various organizations and associations in the school, encourage them to elect models that can play a leading role in learning, life and other aspects, create an all-round learning atmosphere for students, and organize relevant learning and discussion activities. For example, organize students to visit and study in the Red Revolution Base, go deep into the society and serve the people. It is intended to stimulate the students' spirit of struggle and imperceptibly promote them to become an excellent socialist successor.

## 2.2 Strengthen employment guidance and help with life planning

As an important factor to promote the construction of a good style of study, teachers' ethics must be valued and standardized by colleges and universities. On the one hand, colleges and universities should allocate the working rules of counselors and teachers, pay attention to both life and study, stimulate students' enthusiasm for learning, and enable students to actively integrate into the study of professional courses. For example, design teaching activities according to students' preferences, connect actual life with teaching content, provide students with a stage and opportunity to show themselves, and establish a harmonious relationship between teachers and students. For students with strong personality, teachers should also do a good job in pacifying and enlightening students to help them regain their confidence in life.

On the other hand, the university is the last school before most students enter the society, which is decisive for students' life planning. Colleges and universities should give full play to the leading role of students in their own life planning, improve their professional awareness, mobilize their subjective initiative, and promote students to achieve self-management, self-development, self-education, and self-service. For example, holding inquiry contests based on professional courses, visiting internship bases, and understanding the development status of the profession in society. Such activities can not only internalize professional knowledge and social development into students' thinking and behavior, but also further tap students' strengths and interests, helping students better find their social orientation. Another example: the school can also invite experts to the school to give a series of lectures on career planning, encourage students to determine their own direction of life planning based on their own preferences and professional characteristics, and help students further shape and improve themselves. This can not only improve students' professional cognition, make students have a clear understanding of their professional development prospects, but also stimulate students' pursuit and yearning for a better life.

## 2.3 Make good use of network tools and improve the guidance system

Developed technology provides students with a colorful online world. Because of their simple life experience, students are easy to lose themselves or be deceived in the illusory online world. Colleges and universities should not only be committed to creating a good reputation for educating people in society, but also keep pace with the development of the times and occupy a place on the network. On the one hand, colleges and universities should make good use of network tools to realize the multi-directional connection to families, society and students, invite families to participate in the work of maintaining students' physical and mental health, and publicize themselves to the society.

On the other hand, the school can set up a special network publicity group, gather teachers and students with network talent and keen insight into network content, pay close attention to the spread and development of network news at all times. This is not only consistent with students' entertainment behavior, but also can help students eliminate unknown security risks in a timely manner.

## Conclusion

A good beginning is half the success. If colleges and universities want to achieve outstanding achievements in the construction of the style of study, they must reflect on and summarize their existing style of study. Take students as the main body of the work of building the style of study, and take helping students solve their learning difficulties and break through life difficulties as the work guidance, so as to buckle the first button for students in the university. This can not only stimulate students' interest in learning, improve their quality and ability to varying degrees, but also establish correct values and firm political positions for students, which is conducive to students' progress in learning and healthy development in life planning.

## References

- [1] Du JL. Research on the Problems and Countermeasures in the Construction of University Style of Study in the New Period [J]. Comparative Study on Cultural Innovation, 2020 (9): 2.
- [2] Mao XJ. Research on the Problems and Countermeasures in the Construction of the Style of Study in Colleges and Universities under the New Era Background [J]. Journal of Zhoukou Normal University, 2020, 37 (3): 4.

[3] Wang R. The Difficulties and Countermeasures of the Construction of the Style of Study in Colleges and Universities in the New Era [J]. Academic Journal of College Counselors, 2021,13 (1): 5.