

# Application Strategies of micro class and flipped classroom in adult education English Teaching

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**Abstract:** Micro lecture is the product of the new media era, which has been widely used in the teaching field, especially in the popular flipped classroom in recent years. The new teaching mode of micro class breaks the traditional teaching restrictions to a great extent. Combining it with adult education English teaching can provide more teaching resources for teachers' teaching, improve the current teaching situation to a great extent, and effectively improve the teaching quality. This paper analyzes the connotation of micro class and flipped classroom, the necessity of the integration of new teaching mode and adult education English teaching, and the problems existing in the current adult education English teaching, and puts forward targeted solutions around these contents.

**Key words:** Adult Education English; Micro class and flipped classroom; Application; research

**Introduction:** in recent years, in order to continue to deepen the reform of education, the Ministry of Education issued the "education informatization 2.0 action plan", which proposed that under the background of new media and big data, teachers need to rely on the advantages of the Internet in teaching, and use the teaching methods such as wechat and MOOC under the online teaching platform to carry out teaching activities, so as to realize the flipping of classroom teaching. Adult education English is one of the important courses. In the actual teaching, some teachers began to comply with the development of the teaching era, and actively introduced the information-based teaching method to carry out teaching activities in the teaching. However, due to the unclear teaching objectives and the poor pertinence of the teaching plan, the established teaching objectives were difficult to achieve, and the comprehensive ability of students could not be improved. In view of this problem, the author believes that schools should support teachers to carry out teaching reform and actively build a high-quality teaching platform. Adult education English teachers need to actively create and adapt to the development of the teaching era, carefully design teaching plans and clarify teaching objectives before class, so as to improve the teaching quality and lay a good foundation for the smooth development of subsequent teaching activities.

## 1. Connotation of micro class and flipped classroom

Micro lecture is a derivative teaching method of information technology. It was first proposed by foreign scholars, and then introduced into the field of education in China after improvement and adjustment. After years of practice, it is not difficult to find that the micro class has the following connotations: first, the micro class is about ten minutes long. The content of the micro class is mainly teachers' teaching content and has clear teaching objectives. It is mainly a small course for teachers to explain each lesson or problem. Secondly, micro class is a micro class designed by front-line teachers and lasting about five minutes. It is derived from the actual teaching method and applied to the actual situation. It can effectively help teachers break the teaching restrictions and effectively improve the teaching quality. Finally, micro class is not only for micro teaching service, but also the practical teaching content guided by online learning or mobile learning by using constructivist theory and methods.

Flipped classroom is mainly for teachers to apply effective teaching methods, enrich teaching content, and enable students to learn independently. Teachers are the guides of students and organizers of teaching activities. This new way can break the traditional teaching restrictions, help teachers carry out effective teaching activities, and promote the comprehensive development of students.

To sum up, the combination of micro class and flipped classroom is an important way for teachers to carry out targeted teaching activities.

## 2. The necessity of introducing micro class and flipped classroom into adult education English Teaching

### 2.1 Fit with the concept of quality education

In the context of the deepening reform of quality education, strengthening the comprehensive and diversified development of students has become the focus of teaching. The Education Department calls on teachers to pay attention to students' learning experience, so as to improve the deficiencies existing in the current teaching and further deepen the education reform. However, the traditional knowledge explanation and practice teaching methods have been difficult to meet the needs of students' comprehensive development. The micro class teaching mode based on students' autonomous participation can help teachers build a flipped classroom teaching environment. Through effective guidance, teachers can enable students to participate in the learning process and improve their own ability.

### 2.2 Further improve the quality of adult education English Teaching

With the support of micro lecture, classroom teaching has been flipped. Students in teaching have changed from knowledge recipients to "active learners", while teachers have changed from knowledge imparters to learning leaders and task setters. The roles of teachers and students have changed. In this teaching environment, students can deeply master basic knowledge and gradually establish correct value cognition. In the flipped classroom teaching of adult education English under the micro class, teachers will design videos, cases, etc. around the teaching content, and then upload them to the class learning platform, so that students can complete their learning tasks. They can

find their own learning deficiencies in time according to the preview content; In the classroom, teachers guide students to understand and analyze deeply, and the classroom teaching is personalized; After class, teachers can upload relevant knowledge to consolidate what students have learned. This new teaching mode is highly targeted and interesting, which makes the teaching quality and students' ability improve continuously.

### **3. Problems in English Teaching of Adult Education**

With the continuous deepening of teaching reform, teaching activities around the flipped classroom have become the focus of many teachers. Many adult education English teachers have also actively adapted to the development of the teaching era, introduced micro class, MOOC and other teaching methods in teaching, and achieved some teaching results. However, in the actual development, there are still some problems, which make it difficult to achieve the established teaching objectives. The author believes that there are mainly the following problems:

First of all, the school has not built a targeted teaching platform in its development. A fully functional teaching platform is the key for teachers to carry out targeted teaching activities and further improve the quality of teaching. However, some schools are not aware of this in their development, which limits the development of teaching and cannot ensure the improvement of students' comprehensive ability. Secondly, the teacher did not clear the teaching objectives and carefully designed the teaching plan. In the actual teaching, although many teachers have started to comply with the development of the teaching era and started to carry out corresponding teaching activities around the micro class, the teaching plan designed by teachers is lack of pertinence, and the teaching goal of teachers is not clear, which makes the teaching activities carried out by teachers are not targeted, and it is difficult to promote the improvement of students' multiple abilities.

### **4. Effective methods of introducing micro class and flipped classroom into adult education English Teaching**

#### **4.1 Building high quality teaching platform**

The application and implementation of the new teaching mode is mainly based on the Internet. In order to ensure the smooth development of follow-up teaching activities, online teaching service system is needed for technical support. Before the construction of teaching platform and the implementation of teaching activities, schools and teachers need to investigate the actual development needs of adult students and integrate the actual information and situation of students, so as to build a high-quality and diversified teaching platform suitable for adult online education. In addition, the construction of the teaching platform should also start from the following points: first, build the basic framework of the online teaching platform, mainly including the following sections: Micro lecture teaching material section, which is the basic material unit for teacher training activities, covering text materials, teaching cases, video image materials, animation simulation materials, etc. Second, teachers flip the classroom teaching platform. It covers a variety of teaching materials, mainly the newly issued adult education informatization teaching reform outline, and also provides comprehensive training assignments, teachers' informatization teaching reference books, auxiliary teachers' teaching and students' learning resources. Third, continue to optimize the teaching and guidance functions of the platform, and further realize the flipping of classroom teaching. After using it for a period of time, school administrators should take back teachers' suggestions, so as to further improve the information research and learning platform, fully guarantee the follow-up teacher training and teachers' teaching activities, and avoid deviations in teaching work.

#### **4.2 Careful design before class to ensure teaching quality**

In order to give full play to the application value of micro lecture and ensure the improvement of teaching quality and students' comprehensive ability, teachers need to analyze the teaching content and students' ability development needs before class, and then carefully design micro lecture. This way can ensure the smooth development of teaching activities in the flipped classroom, help students understand abstract language knowledge, and promote the development of students' multi-element cultivation. First of all, the author presents the teaching content in the form of mind map in the micro class, including interesting word memory and phrase accumulation, which enable students to understand and remember the new words and phrases; Secondly, the micro lecture presents the teaching task, and allows students to read the article with relevant questions, summarize the main idea of the article according to the paragraphs, and summarize it in their own words. Finally, the micro class presents relevant situations, deepens students' knowledge preview in the form of situational dialogue guidance, and the author also allows students to complete self-test. At the same time, according to the learning characteristics of adult education students, English teachers can also release the micro lesson video through the online platform to remind students to complete the preview in time according to the guidance of the assignment. In this way, the flipped classroom teaching based on micro class improves the teaching quality. By collecting students' questions and feedback information, teachers can further master students' learning situation, and timely adjust the course direction and teaching content based on this, so as to improve the overall teaching quality and help students' diversified development.

#### **4.3 Clarify the goal and improve the teaching pertinence**

Teachers' clear teaching objectives can lay a good foundation for the smooth development of follow-up teaching activities. Taking oral English training as an example, the difficulty of oral English Teaching in adult education is to apply the knowledge learned to practice, but many teachers only explain sentence pattern practice and situational expression in teaching, which leads to students' lack of practice time and their comprehensive ability can not be improved. From the perspective of flipped classroom, teachers can help students to further familiarize themselves with oral expression skills and use methods by designing topics, situations, sentence pattern communication and other contents

in the teaching focus into micro lessons, so as to provide students with opportunities to speak, listen, practice and use more, help students to understand relevant knowledge in depth, and further improve their knowledge system.

#### 4.4 Relying on micro class to create excellent class and realize teaching turnover

Under the student-centered principle, adult education English teachers can create high-quality classroom according to the teaching content and students' ability development needs, which can realize the flipping of classroom teaching, effectively improve the teaching effect, and promote the development of students' multiple abilities and literacy. In order to achieve this goal, teachers can choose targeted teaching cases based on students' interests and teaching needs, which can improve the overall effect of education, and teachers can also implement morality cultivation in this process.

For example, in response to the recent news of "crocodile finless eel invading China's ecosystem", the author organized students to carry out English practice teaching activities of "ecological governance and environmental protection". Combined with the teaching focus, the author let students understand the design idea and process of the survey report by uploading the micro class. Then the author organized students to design a report on environmental protection and ecological environmental protection in their spare time, including the current situation of environmental protection, real cases, etc. later, the author provided students with an online resource library with corresponding learning materials, In addition, it also provides the basic materials needed to complete the project, so as to give students more autonomous learning space. At the same time, the author also provides courses explained by professional teachers and experts, mainly by video. After that, the students can complete the learning task according to their own understanding and learning platform. The author checks the students' learning situation and selects excellent building as a case to explain in class. Then the author leads the students to understand the importance of ecological environmental protection and the impact of species invasion, and guides the students to apply their knowledge to practice through this method, Fully cultivate students' innovation ability and application ability, and establish students' awareness of paying attention to social news.

#### 4.5 Using Internet to realize resource sharing

With the help of the Internet platform, teachers can upload relevant materials and micro lessons according to the needs of students, so as to give students more independent learning space. This is mainly because adult education students are mostly social figures, and their learning time is less, which can give students more choice space, and make them carry out selective learning according to their own needs. In order to effectively improve the quality of teaching, English teachers need to go deep into the student community, timely grasp the demands of students' ability development, spirit and other aspects, so as to appropriately introduce teaching resources in line with students' cognition and conducive to students' comprehensive development in teaching resources, and carry out effective teaching activities. For example, teachers can choose targeted English teaching cases and project cases around students' Employment Orientation in combination with students' innovation and entrepreneurship needs and learning needs, so as to properly improve the resource pool. In order to give full play to the application value of Internet technology, teachers can issue online questionnaires to timely grasp the demands of students' ability development through related issues. Then teachers can adjust the teaching direction and further enrich the teaching content according to the actual situation of students, so as to give full play to the application value of flipped classroom teaching mode and further deepen the reform of adult education English teaching.

### Conclusion:

To sum up, adult education English teachers actively comply with the development of the teaching era, and the introduction of micro class and flipped classroom in teaching can improve the teaching situation and promote the improvement of students' multiple abilities. Therefore, teachers need to seize the opportunity of the times, give full play to the application value of the new teaching mode and build the adult education English teaching pattern under the Internet + by clarifying teaching objectives, designing teaching plans and carrying out effective teaching activities.

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