

Research on Influencing Factors and Countermeasures of College Students' Autonomous Learning

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Abstract: Cultivating college students' autonomous learning is not only conducive to improving students' interest in learning, but also conducive to cultivating students' habit of lifelong learning, which is of great practical significance for helping and promoting students to meet the challenges of subject knowledge and technology development. Cultivating college students' autonomous learning ability is one of the effective ways to promote their innovative consciousness and ability, and it is also an urgent need to cultivate college students to adapt to the development of today's society. This paper expounds the concept and importance of autonomous learning, analyzes the influencing factors of autonomous learning of college students in detail, and puts forward some countermeasures to improve their autonomous learning ability, which can provide reference for further improving and improving their autonomous learning ability.

1. Introduction

Autonomous learning is a kind of learning behavior that takes students as the center, and achieves the learning goal through students' independent analysis, exploration, practice and creation. With the acceleration of knowledge updating in the information age, the society requires higher and higher personal knowledge reserve and updating ability. Autonomous learning is usually regarded as a learning attitude and an independent learning ability. It can be seen that autonomous learning has become an essential learning method for contemporary college students. Therefore, this paper expounds the overall situation of contemporary college students' autonomous learning in detail, analyzes the personality factors and common factors that affect college students' autonomous learning, and gives countermeasures to improve college students' autonomous learning ability, with a view to providing feasible suggestions and references for colleges and universities to cultivate their autonomous learning ability[1].

2. Overview of Autonomous Learning

The theory of autonomous learning was first put forward in the middle of the 20th century. Since then, many teaching researchers have conducted in-depth theoretical and practical research on autonomous learning, and the main representative schools are Villeru School and Skinner School.

The Villerou school believes that autonomous learning is a learning process in which individuals use their internal language to direct and adjust themselves. Therefore, autonomous learning has strong subjective initiative and controls the learning process through its own consciousness and internal instructions. Skinner school thinks that autonomous learning is an operational behavior, and its fundamental purpose is to obtain learning results. After the 1990s, western scholars made more extensive and in-depth research on autonomous learning, and put forward practical implementation methods. In recent years, Chinese scholars have also studied and discussed the theory of autonomous learning at different levels. At present, autonomous learning generally refers to the process or ability of individuals to consciously determine learning goals, make learning plans, choose learning methods, monitor learning processes and evaluate learning results. This concept covers all the important links of students' cognitive strategies, post-cognition, motivation, academic commitment and interpersonal support in the classroom.

Qian Weichang, a famous scholar, once said, "Whether a person can develop the habit of self-study and learn the habit of self-study during his four years in college not only determines to a great extent whether he can learn college courses well, really learn knowledge and live it, but also affects whether he can continuously absorb new knowledge, work creatively and make greater contributions to the country after graduation." It can be seen that whether college students can develop the habit of autonomous learning, improve their ability of autonomous learning and effectively implement autonomous learning plays a key role in giving play to students' enthusiasm and initiative in learning, realizing students' dominant position in learning, and promoting students' mastery of knowledge and skills, and is of vital significance for strengthening their self-control ability and developing good habits of wanting to learn, being able to learn and learning for life. At the same time, the cultivation of students' autonomous learning ability is also an important achievement for schools and teachers to change their teaching concepts and improve teaching quality. In addition, effectively cultivating students' autonomous learning ability can deliver more outstanding talents to the society, enable students to have the ability of continuous learning, develop continuously in their work and make due contributions to social progress[2-3].

3. The Importance of College Students' Autonomous Learning

Autonomous learning is the spontaneous, self-reliant and self-disciplined learning of students, and it is a truly ideal learning. At present, college students are in a knowledge-based, technical and learning-oriented society, and the development of science and technology is changing with each passing day, which requires them to constantly update their knowledge base and improve their own quality to adapt to social development and progress. Therefore, the level of autonomous learning ability of college students not only plays an important role in their lifelong learning. But also the basis for college students to adapt to college life and improve their professional quality. At present, autonomous learning ability has become the basic ability for contemporary college students to survive, and it is also an indispensable basic quality for contemporary college students. It is the key for universities to cultivate innovative talents by actively participating in teachers' teaching activities. The cultivation of talents can promote the rapid development of science and technology, and then enhance the strength and competitiveness of the country.

At the same time, college students are a group about to step into society and take up jobs. The knowledge and skills they have learned in the transitional area of university are not once and for all, and some knowledge may be eliminated when they graduate. This requires college students to constantly learn knowledge from the university of society, otherwise they will not be qualified for professional posts. Only when they have the ability of autonomous learning can they form a good habit of lifelong learning, so that they can constantly update themselves and improve themselves in

their new posts, and then better adapt to social development. In addition, college students should also make their own career plans and use their spare time to develop themselves, so that they can have a unique personality and bright spot in the future job search. Therefore, strong autonomous learning ability can enable students to make scientific and reasonable career plans during their college years, which is of great significance to their future career plans. From the perspective of college students' personal growth and future career development, it is difficult for colleges and universities to provide students with all the knowledge and skills they need in their life after graduation, and the knowledge of modern society is updated quickly, and any curriculum arrangement is impossible. Therefore, cultivating students how to learn and find useful resources for autonomous learning can prepare them for self-control or management in the future, thus enhancing the decision-making ability of college students in their life after graduation.

In addition, whether from the perspective of scientific and technological progress or career development, individuals are required to constantly master and update their knowledge and skills through autonomous learning, so as to adapt to the development of society and improve their lives. In modern society, change is the only meaningful educational goal. Facing the vast knowledge and the ever-increasing professional requirements, people increasingly feel the limitations and obsolescence of the knowledge and skills acquired in the school education stage, and realize that only through uninterrupted self-study throughout the whole life course can they adapt to the requirements of engaging in a certain job or even re-employment, improve their quality of life, improve themselves and constantly eliminate the obstacles between study and life. As a learning ability, autonomous learning is not only conducive to improving college students' academic performance in school, but also the basis of their lifelong learning and development, and it is an important learning method for college students to keep up with the development of the times[4-5].

4. Analysis of the Factors Affecting College Students' Autonomous Learning

By combing the literature and analyzing the current research situation in academic circles, it is found that there are many factors affecting college students' autonomous learning, which can be summarized into three aspects: student factors, teacher factors and environmental factors.

4.1. Student Factors

Students' belief in autonomous learning. Ideals and beliefs are an important part of human spiritual life and the spiritual pillar of human beings, guiding the orderly conduct of human activities. Positive ideals and beliefs can support people's perseverance in adversity and strive for greater success in prosperity. Students' confidence in their learning ability will affect their enthusiasm for autonomous learning, and they are full of confidence in their self-learning ability. They can often effectively adopt their own learning methods and choose learning tasks that are suitable for their own ability level. For learners who lack confidence in their self-learning ability, they are afraid to try and take the initiative to learn because of fear of failure, lack of confidence, and instead let themselves give up once they encounter difficulties in the learning process.

Interest in learning. Einstein once said, "Interest is the best teacher." If students are not interested in the knowledge or skills they have learned, they will regard learning as a chore, lacking subjective driving force, and the learning process will become a mechanical operation process, which will make learners physically and mentally exhausted. When students are interested in the knowledge or skills they have learned, they will arouse a strong thirst for knowledge from their hearts, actively study, explore and research, maintain a high degree of concentration on the learning object, be able to persist in research and exploration spontaneously, and gain a sense of accomplishment and pleasure in the process, and the efficiency and quality of knowledge mastery will also be greatly

improved. Therefore, learning interest is a powerful lever to drive students' autonomous learning. Improving learning interest through various effective ways will also have a multiplier effect on students' autonomous learning.

Learning strategies. Learning strategy refers to the thinking mode that learners choose, use and regulate learning procedures, rules, methods, skills and resources when completing specific learning tasks, and it is the cognition of psychological planning, arrangement and manipulation of the learning process as a whole. Therefore, through the implementation of correct learning strategies, learners can accurately analyze the characteristics and difficulty of the learning tasks to be performed, formulate their own learning plans, actively think and overcome difficulties and obstacles, flexibly adjust learning strategies, effectively use various resources, and promote the improvement of learning efficiency and the accumulation of learning achievements. On the contrary, if the learning strategies are not appropriate, learners do not have an accurate understanding of their learning ability and learning characteristics, can not make dialectical analysis of learning tasks, and can not adjust learning strategies in time with the changes of objective environment and subjective factors, which will affect learners' learning effect to varying degrees for a long time, and make learners have bad emotions such as lack of self-confidence and weariness of learning. The cultivation of college students' autonomous learning ability needs to learn to learn, that is, to master certain learning strategies and have certain self-control ability, so as to ensure the realization of autonomous learning ability[6].

4.2. Teacher Factors

Teachers guide the whole process of autonomous learning, and teachers' cognition of autonomous learning concept directly affects the status of students' autonomous learning effect. If teachers' ideas are traditional, students-centered ideas are not formed in the teaching process, and knowledge is still the main part, it is difficult to cultivate students' autonomous learning ability. Autonomous learning is not a completely closed learning form. Students must master certain learning strategies in the process of autonomous learning, but the acquisition of learning strategies depends on the guidance of teachers. Teachers should teach students learning strategies while imparting knowledge, including stimulating students' learning motivation and guiding students' learning cognition, but in the process of guidance, students' independent thinking should be respected and independent learning time should be set aside. At the same time, teachers are required to have a certain ability to operate Internet technology, so as to better adapt to information-based teaching, skillfully use Internet technology, and effectively process, transmit, create and evaluate information, thus effectively guiding the whole autonomous learning process.

4.3. Environmental Factors

Environmental factors are composed of macro-environmental factors, the construction of software and hardware facilities, and the encouragement and incentive system of schools. The overall educational environment of the school is democratic and free, and students' enthusiasm for learning is high, so the enthusiasm for independent learning is easily stimulated; However, if the overall atmosphere of the school is closed and the management is too strict, it is difficult for students to play their initiative in learning. It can be seen that the educational environment and educational ideas greatly affect students' enthusiasm for autonomous learning. Moreover, the school pays attention to the construction of information software system and hardware equipment, which can better introduce methods and means to stimulate students' autonomous learning, and also provide rich resources and more convenient conditions for students to carry out autonomous learning. In addition, when formulating school management systems and policies, schools tend to

increase the input of modern educational information technology, guide the educational innovation of student-centered autonomous learning, and overcome the disadvantages in the process of traditional autonomous learning through the introduction of Internet technology. The introduction of these policy systems will greatly promote the application of autonomous learning in higher vocational education[7-8].

5. Measures to Improve College Students' Autonomous Learning Ability

5.1. Student Level

Students are the main body of learning, the executors of various learning tasks, and the most important dynamic factor of autonomous learning, so students' enthusiasm for autonomous learning must be fully mobilized. College students should establish firm ideals and beliefs, and determine practical short-term study goals and positive long-term struggle goals. Learn from advanced figures who make unremitting progress, associate with hardworking classmates, correct their learning attitude and strengthen their confidence in independent learning. At the same time, on the basis of classroom learning, college students can participate in interest groups, second classes and other learning groups, do more social practice, pay attention to and track the progress of disciplines and the social application of corresponding achievements, and improve their interest in autonomous learning. In addition, according to their actual learning ability and study habits, college students should carefully formulate overall learning strategies and specific learning plans for different disciplines and strictly implement them, so as to continuously achieve achievements and breakthroughs in autonomous learning and form a good cycle.

5.2. Teacher Level

In order to cultivate a new generation of talents to adapt to social development, college teachers should constantly change their teaching concepts from masters and instigators in the teaching process to supporters and helpers of students' autonomous learning. In the teaching process, flexible and diverse teaching methods such as interactive teaching, heuristic teaching, case teaching and interactive teaching are adopted to improve students' interest and attention in learning. Ask more questions and interact more in the teaching process, and encourage students to actively ask questions, think about problems and solve problems. Establish an equal and harmonious relationship between teachers and students, form a relaxed and active teaching environment, communicate with teachers and students frequently, and effectively grasp students' learning dynamics and ideological dynamics. In the teaching process, teachers should pay attention to psychological guidance, constantly encourage students to establish self-confidence, and help college students to establish a correct outlook on life and values. Teachers should also put forward reasonable suggestions on students' learning strategies, advocate students' effective autonomous learning, and actively guide students to overcome learning difficulties when they encounter difficulties in autonomous learning[9-10].

5.3. Environmental Aspects

The environment in which college students live affects the efficiency of students' autonomous learning all the time. Therefore, building a humanistic and material environment suitable for college students' autonomous learning in an all-round way, so that students can dominate their own learning actions and develop good autonomous learning habits will have a far-reaching impact on students' autonomous learning effect and lifelong learning ability. Colleges and universities should update

their teaching ideas, take enhancing students' autonomous learning ability as an important teaching goal, attach great importance to the construction of learning environment, learn and introduce advanced management experience, formulate and implement effective measures at the policy and system level, and listen to the opinions and suggestions of teachers and students extensively, and gradually improve the construction of soft environment and hard environment in a planned way, which will effectively promote students' autonomous learning. Psychologist Herbert Geogon once said: "Tomorrow's illiterate people are not people who can't read, but people who haven't learned how to learn." The influencing factors of autonomous learning are complex. Effectively improving the autonomous learning ability of college students requires the joint efforts of students' internal factors and external factors, so that students can develop good habits of lifelong learning, establish the initiative of learning, establish the main position of learning, and truly become outstanding talents needed for social development, whether during campus study or in future work.

With the rapid development of economy and society, the requirements of society and enterprises for talent ability are becoming more and more strict. For college students, it is particularly important to have the ability of autonomous learning in the contemporary social background. By analyzing the current situation of college students' autonomous learning and the influencing factors of their individuality and commonness, this paper puts forward some countermeasures and suggestions to improve college students' autonomous learning ability, which has certain pertinence and guidance to improve the cultivation of college students' autonomous learning ability, in order to make students have good autonomous learning ability to adapt to the development of the times and the needs of society.

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