

A Probe into Improving College Students English Autonomous Learning

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ABSTRACT. The development and progress of the information age has brought the world into rapid integration, and the demand for English talents is increasing day by day. In order to cultivate high-quality and new talents, colleges should adopt effective methods and means in English teaching, stimulate students' initiative and creativity in English learning, cultivate students' autonomous learning ability, improve students' ability of English application so as to make them better serve the socialist modernization.

KEYWORDS: English teaching, Autonomous learning, Application ability

1. Introduction

With the rapid development of information technology, English teaching methods are becoming more and more abundant, and the demand for English ability is also increasing day by day. However, the quality of college English teaching has not reached the corresponding teaching effect, it is not difficult to find the reasons that the current college English teaching mode should change from "giving students a fish" to "teaching students to fish" in order to keep pace with the ever-changing speed of the times and meet the needs of social development.

2. Develop a Good Learning Attitude

Attitude is the premise to determine good or bad effect of the behavior. In order to cultivate students' autonomous learning ability, the first thing is to set up positive and correct learning attitude. The traditional teaching mode is teacher imparting and student receiving. It is easy for students to have a fixed thinking pattern and form the study habit of teacher indoctrinating and student accepting passively, gradually the students lose the enthusiasm and initiative of learning, thus losing the basic ability of autonomous learning. Therefore, to cultivate students' autonomous learning ability, we should emancipate their minds, correct their attitudes, change passive acceptance into active learning, and realize the change from "want me to learn" to "I want to learn".

At the same time, we should fully understand the importance of autonomous learning. The traditional teaching mode has its own characteristics and advantages, and at the same time, we should see the importance and advantages of self-study. The students have the stronger initiative who carry on independent study in their spare time. They can improve their learning by using the methods introduced by the teacher such as memorizing the new words, mastering grammar and using oral expression, combining their interests and hobbies to read relevant foreign literature to improve their literary quality and language reserve.

Thirdly, the correct learning attitude also includes the correct learning style which is a serious moral principle, especially for the college students. If they have no honesty and self-discipline, they will not have pragmatic style, diligent attitude, progressive character in future. The improper means may be adopted to meet the pursuit of scores in vanity, the long-term corruption is in morality. Therefore, the teachers have a great responsibility to correct students' learning attitude and break their impetuous attitude, and to establish a diligent work style which is an essential prerequisite and foundation to enhance students' autonomous learning ability.

3. Stimulate a Strong Interest in Learning

Teaching is a process of bilateral interaction between teachers and students, and the achievement of teaching effect can not be achieved without students' initiative learning. To cultivate students' autonomous learning ability, we must cultivate their strong interest in learning. Educational Psychology holds that once an individual takes an interest in a

certain activity, it can improve the efficiency of that activity, and the same is true of learning activity. The strong interest will make the individual have a positive learning attitude, which is the motive force to promote students' autonomous learning.

Under the influence of the traditional education mode, most students have formed the passive learning habit. To overcome this negative influence, teachers should first introduce the learning characteristics and goals of English subject to help students establish the learning view of "I want to learn", the methodology of "how to learn", strengthen their self-management, overcome the psychology of dependence and take responsibility in learning positively. In the process of teaching, teachers should not only play a guiding role, but also mobilize students' enthusiasm, create an interactive classroom atmosphere, fully develop teacher-student cooperation, guide students to think, maximize students' participation in teaching process and enhance the initiative and enthusiasm of students in learning. Students should also change their learning concepts and gradually form the awareness and habit of self-study, understanding that students are not passive recipients of information, but active participants in the process of knowledge acquisition. Students' interest in learning can be stimulated by appropriate classroom activities, which can be extended out of class and even permeated into daily learning methods, thus the teachers should affirm and encourage the students' positive interests to guide them produce a strong interest in self-study.

4. Change the Traditional Teaching Concept

The autonomous learning concept requires both teachers and students to change their role in time. According to the theory of Constructivism, in autonomous learning, the teacher should change from a simple knowledge giver to a guider and promoter to help students learn, the students are transformed from passive recipients of knowledge into masters of learning and enjoy full freedom in all aspects of learning. At present, the phenomenon that emphasizing the teaching of knowledge, lightening the practice of ability has been transformed but there is still room for improvement.

The teachers should change the traditional teaching concept. The wide application of Internet and information technology breaks through the closed state of education and the space-time limitation. The change of educational environment determines that the teachers are no longer the only source for students acquiring knowledge. Therefore, the teachers should realize the transformation from the traditional education centered on "teaching" from teachers to "learning" from students. In College English teaching, more attention should be paid to the cultivation of the students' ability used in their post after graduation. Through the development of web-based autonomous learning, which is different from the traditional teaching mode, English teaching can be served by authentic language materials to meet the needs of the students in the application of web-based technology in the diversification of English language materials. This mode changes the passive situation of relying only on textbooks in English teaching, to solve the problems of authenticity and diversity of language learning materials, and to provide rich space for the establishment and cultivation of students autonomous learning ability.

In the process of teaching, teachers should understand that their duty is not to teach, but to guide students to learn, not to guide students to get, but to guide students how to get as the guider, promoter, organizer and facilitator of students' autonomous learning. At present, the emergence and application of new teaching methods, such as Mooc, flipped classroom and network class, provide more convenient conditions for English teaching. To make use of the advantages of modern information technology to carry out autonomous learning on the Internet, the students can use various channels and resources to acquire information and knowledge consciously, which is conducive to stimulate their intrinsic motivation and potential for learning, exercise their autonomous learning ability and make them become lifelong learners.

5. Create a Good Learning Environment, Including the External Environment and the Cultural Environment

The external environment is an important factor affected the development of things. A good learning environment can promote students to gradually form the habit and ability of autonomous learning. On the one hand, college education should cultivate students to endow themselves with flexible minds and strong bodies; on the other hand, it should fully guarantee the study time, create a good study environment, and not interfere with students' independent study, such as the bright and comfortable, relaxed and spacious learning environment for English corner, English debating competition, English drama performances and other relevant activities.

While building a good external environment, the teachers should fully respect students' thoughts, feelings, wills and the ways of behavior, so that they can learn in an atmosphere full of positive factors such as support, encouragement, respect and trust, which can promote their enthusiasm for autonomous learning. Students' learning is driven by both internal motivation and external motivation. If they have no internal learning needs and strong learning motivation, it is difficult to build their knowledge system effectively. Therefore, teachers should give full play to the demonstration effect of advanced models and give more praise to students with strong learning ability and innovative methods,

encourage students to take part in college English competitions, college English speaking, writing, reading, debating and other large-scale competitions, so as to enhance their confidence in English learning and set an example for others to make progress.

6. Rational Allocation of Teaching Resources

The key of autonomous learning is to let students master effective learning methods and develop autonomous learning habits. The rational allocation of modern teaching resources is an important guarantee for students to carry out autonomous learning. To improve the ability of self-study, we should standardize the infrastructure construction, establish the computerized campus network, realize the resource sharing, and expand the ways and space of self-study.

In classroom, teachers should focus on learning methods and strategies, such as word memorization, text reading, writing skills and so on. Methods are instructive while the effective use of learning methods and strategies requires a long time accumulation and internalization. In the period of information explosion, the ability to search documents and collect information is an important basis for autonomous learning ability. At the beginning of English class, teachers should introduce the types, functions and methods of English reference books to make students form good learning habit in using reference books. Secondly, the library is an important place for students to collect information and enrich their knowledge. By introducing the functions of the library, students can be instructed how to consult the information based on their own needs. Third, the Internet can help students quickly and easily access a large amount of information through the introduction of authoritative English learning website. Teachers should guide students improve practical ability and the ability to collect, analyze, select and use information in broad social life, encourage students to explore cooperation and progress together.

Autonomous learning means that students should rely on teachers as little as possible, and cooperate with each other as much as possible. The teachers can assign tasks to students and make them complete in groups, the team members can work together to collect relevant materials, consult information, discuss and communicate after summarizing. This will not only exercise students' ability to deal with problems, but also strengthen the emotional communication between students which fosters team spirit.

7. Establish a Sound Learning and Management System

In order to achieve the goal of cultivating the autonomous learning ability, it is necessary to strengthen the system construction and establish an effective system to ensure and promote students to attach importance to learning and to be good at learning, promoting the development of students' autonomous learning ability. One way is to establish the encouraging and promoting system. The incentive mechanism plays a strong guiding role in the cultivation of autonomous learning ability, and it is an important motive force to inspire college students to actively carry out autonomous learning, which can stimulate individual potential to the maximum extent and form a strong motive force to promote autonomous learning. In College English teaching, we can adopt the mode of group teaching, develop the form of knowledge competition, select the advanced individual in self-study as model, and give certain material and spiritual rewards to encourage the advanced model, advocate the model spirit and the model strength in order to stimulate the majority of students autonomous learning enthusiasm, effectively promote the autonomous learning ability training and improvement.

In terms of management system, it is possible to form a system of rotation of leaders so that everyone can have a real sense of the achievements made by their peers, and to hold regular exchange meetings on learning results in the form of a speech contest, a play performance, an English song contest, and a quiz on British and American culture and so on. The achievements of the students will be exhibited and evaluated. The scientific and effective management makes students feel the joy of success in the process of autonomous learning, and further promotes their initiative and enthusiasm of autonomous learning ability.

8. Conclusion

As the source of the strength to train the talents needed for the development and construction of the country, the colleges and universities must be student-oriented, focus on students' lifelong development, and strengthen their autonomous learning concept in the aspect of English application ability. It is important to cultivate students' independent learning and innovation, guide students to establish a correct learning attitude, stimulate strong learning interest, change traditional teaching concepts, create a good learning environment, rationally allocate teaching resources and establish a sound learning system and management system in order to make students develop a good habit of lifelong learning to cultivate the ability to better serve in the post.

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