

Research on the Path of Cultivating Self-education Ability of College Students in the Perspective of Internet

Xuan Weng

Anhui Normal University, Wuhu 241002, China.

Abstract: At present, the cultivation of college students' self-education ability is faced with the problems of inappropriate education methods in colleges and universities, the gap between students' ideals and realities is too big, and the conflict between the internal and external drives of self-education. To achieve the development of college students' self-education ability, colleges and universities have to innovate the cultivation methods, gather the three-dimensional synergies in and out of the classroom, and reasonably make use of the powerful role of rules and regulations, so that the cultivation of college students' self-education ability will be effectively assisted.

Keywords: Self-media; College Students; Self-education; Cultivation Paths

The former Soviet educator Sukhomlinsky attached great importance to the role of self-education and put forward the famous assertion that "education that promotes self-education is real education", and he believed that self-education plays a dominant role in the education of individuals ^[1]. Teachers in colleges and universities should strengthen the cultivation of self-education ability of college students as an important task of ideological and political education, especially in the stage of rapid development of the Internet, the Internet field is one of the main active places for modern young college students, and it is also an important carrier for ideological and political education of students in colleges and universities, the network is mixed up with mixed and mixed information, and it is a great idea to strengthen the ideological and political education in the field of the Internet to promote the cultivation of the self-education ability of college students.

1. Defining the self-education capacity of university students in the Internet domain

The definition of the self-education ability of college students in the field of Internet can be developed from four levels: definition, content, structure and extension.

1.1 Definition of self-education capacity of university students

Since ancient times, people have always attached importance to the cultivation of self-education skills. In the traditional thinking and classical writings of Confucianism in China, there are many references to self-education. The Analects of Confucius - Yan Yuan" said: "introspection is not guilty, the husband what worry and what fear?" Zhu Xi even has a note that "to do their own is called loyalty, to the real is called faith. Transmission, so that received from the teacher, learning, so that familiar with their own. The sincerity of his self-governance is such that he can be said to have obtained the foundation of learning." Modern scholars Qiu Weiguang and Zhang Yaocan proposed: self-education method, refers to the educated person according to the goals and requirements of ideological and political education, on the basis of self-awareness, self-knowledge, self-experience, self-control to produce a positive and enterprising heart, and take the initiative to accept the advanced ideas and correct behavior method. ^[2]Synthesizing the research overview and research results of scholars' self-education ability, the author concludes that self-education ability is the ability of an individual to cultivate self-knowledge, self-experience, self-supervision, and self-control based on self-awareness and according to the requirements of social behavioral norms and his or her own expectations, in order to realize the comprehensive development of the individual.

1.2 Content of self-education capacity of university students

Self-education ability covers the individual's value judgment and value choice in the four levels of knowledge, emotion, intention and behavior, including self-knowledge ability, self-experience ability, self-monitoring ability and self-control ability. Self-cognitive ability is the ability to make correct judgments about one's own psychology and behavior, including self-observation ability and self-evaluation ability. Self-observation ability focuses on the ability to perceive thinking and perception; self-evaluation ability refers to the ability to make

an objective evaluation of one's own thoughts and behaviors. Self-experience ability focuses on the emotion generated when making value judgment on one's own thoughts, speech, and behavior, i.e., the unified relationship between the needs of the master self and the reality of the object self. Self-monitoring ability refers to an individual's ability to adjust his/her own psychology and behavior on the basis of self-awareness, so as to make it conform to the requirements of the overall moral norms of the society and realize his/her own moral goals. Self-control refers to an individual's ability to control his or her own emotions, desires, and behaviors.

1.3 Extension of self-education ability of university students in the Internet field

The Internet is one of the main active places for contemporary college student groups, and the information on the Internet is mixed, so the self-education ability of college students in the Internet field is more important. First of all, in the era of the Internet, facing all kinds of information, college students should set up correct Internet values, make correct Internet self-knowledge, and treat the development and application of the Internet with appropriate attitudes. Secondly, because of the convenience and independence of the Internet, when facing all kinds of temptations on the Internet, college students have to stick to their hearts, strengthen the norms of their Internet use, and supervise their words and deeds on the Internet. Finally, the network over-entertainment will make students aggravate the growth of negative emotions, which will seriously lead to the loss of control of speech and behavior and loss of learning motivation. Network has the characteristics of diversity, virtuality, complexity, etc. The cultivation of self-education ability for college students in the complicated network environment is one of the main tasks of ideological and political education in colleges and universities in the era of self-media. College students should pay attention to the individual's conscious behavior in the face of all kinds of information in the self-media, strengthen the cognition of self, analyze the information, and make value choices in line with their own development expectations and comply with the social moral norms.

2.Second, the real dilemma of cultivating college students' self-education ability in the Internet

Under the Internet perspective, the cultivation of college students' self-education ability faces many realistic dilemmas, and this paper discusses three aspects, namely, educational pathways in colleges and universities, ideals and realities of the cultivation of self-education ability, and internal and external driving forces of self-education ability.

2.1A single educational pathway in higher education

Many colleges and universities stick to the old ways, still with the traditional "indoctrination" education, the use of "water irrigation" education methods, in the education process only focus on the transmission of knowledge, but ignored the student's understanding and absorption of knowledge, this kind of method is very easy to rigid college students thinking mode or cause college students to reverse psychology, is not conducive to the development of self-education ability of college students. In the Internet era, college teachers with the help of network tools are limited to the classroom with the help of PPT teaching, video viewing, students comprehensive test scoring system, in the teaching process to give full play to the teacher's "preaching and teaching" role, but there are also shortcomings, one is not fully play the function of the network. The rapid development of network technology, the help of teaching is by no means limited to the teacher-led, colleges and universities to make full use of the convenience of the network can promote the cultivation of students' self-education ability, the full realization of the teaching process of the student's own subjectivity, teaching students such as the use of network technology for self-study, self-education. Secondly, students' self-education ability is closely related to the creation of learning atmosphere in colleges and universities. In college, many students are prone to excessive freedom, network entertainment, on this basis, the completion of the basic academic situation is not satisfactory, the cultivation and enhancement of self-education is even more difficult to achieve.

2.2 Disconnect between ideals and reality

Often in theory, they can methodically plan their life and study in advance, but in the reality of concrete implementation, due to the realization of the goal has a certain degree of difficulty, and need to persist for a long time, students will use a variety of excuses to delay and give up their original plan, or even finally end up with no action, due to the continuity of the goal is too long to achieve the internal motivation of the discontinuity is one of the important reasons for the difficulty in improving the ability of college students to self-education.

Secondly, the pressure of “involution” affects the self-improvement of college students. The material satisfaction can not relieve the mental pressure, when the academic upgrading, mortgage, car loans, marriage, social and other real pressures come one after another, those basic material security has not become some college students to rise to the challenge, the bottom of the kettle into a boat, but instead of becoming a hotbed of withdrawal and abandonment of efforts. In the social reality under the pressure of the idea of getting something for nothing than the so-called “bitter over” of the previous generation is more likely to arise, not willing to spend time and energy to improve themselves, in front of the reality of the choice to “lie flat”, muddle through the day. Finally, when college students set goals at the beginning, they did not properly assess their own needs, fully recognize their own status quo, and did not correctly predict the difficulty of achieving the goals, and did not make comprehensive and adequate psychological preparation, resulting in a high level of ambition, in the process of realizing their ideals and the reality of the serious disconnect between the plan, naturally, unable to achieve their expected expectations.

2.3 Imbalance in the role of “internal and external forces”

The cultivation of college students’ self-education ability cannot be separated from their own internal force, but the external force of rules and regulations also has a certain influence on the cultivation of college students’ self-education ability. In the face of the attraction of the network, addicted college students step by step reduce their own requirements for the future, until they give up their own ideals and pursuits, coupled with many colleges and universities on the use of college students in the network norms are not mandatory requirements, which makes it easy for college students to relax their vigilance in the use of the Internet in the campus, give up on their own, and can not be realized in the college students, “master me” and “guest me”. It is also impossible to realize the unity of the “main self” and “guest self” of college students. Furthermore, the rules and regulations formulated by colleges and universities in the field of Internet to enhance the cultivation of college students’ self-education ability are far away from the cultivation mode that students need and expect. In the process of self-improvement, college students are in the contradiction of difficult choices for a long time, which has a negative impact on the cultivation of their self-education ability.

3.Exploring the Path of Cultivating Self-education Ability of College Students in the Internet Environment

Colleges and universities can explore the cultivation of self-education ability of college students in the Internet from three aspects: innovating the educational methods, constructing a new teaching mode, and exerting the auxiliary role of external forces.

3.1 Innovative methods of ideological and political education in colleges and universities

The new generation of young people pursue individuality and liberation, especially with the popularization of the Internet, students are exposed to more and more information and knowledge, extensive knowledge and rapid updating, if colleges and universities can not keep up with the pace of the students in a timely manner, due to the old-fashioned, inevitably can not penetrate into the students’ internal, to understand the inner value of the student’s aspirations, the ideological and political education of the students will not be able to achieve the expected results. Colleges and universities can build a network teaching platform with affinity for teaching content, networked “grounded” training for teachers, so that the teaching classroom is full of fun, attracting students’ attention. regularly organizing teachers to learn network information of interest to students, allowing teachers to integrate into students, understand students’ interests and changes in ideological dynamics, take the initiative to break down identity barriers between teachers and students, update teachers’ teaching content in a timely manner, adapt to the actual life of the students, enhance the subjectivity of students in the learning process, and effectively improve the self-education ability of students.

3.2 Fostering self-education skills among university students in three dimensions

Ideological and political education in colleges and universities should be problem-oriented when formulating teaching objectives, strengthen the research on the laws of the characteristics of the offline ideological and political education and the network ideological and political education respectively, and cultivate college students’ ability to analyze and solve problems in practice, and internalize the theoretical

knowledge into the students' ideological and emotional identity. We should internalize the theoretical knowledge into students' ideological and emotional identity, and strengthen the application of theories in practice. At this stage, the lectures in colleges and universities are still based on theoretical knowledge teaching in the classroom, and the traditional indoctrination teaching is not conducive to the play of the students' practical subjectivity, which can be combined with the advantage of comprehensive and rapid dissemination of information in the field of the Internet, and adjust the traditional teaching mode into the three-dimensional classroom mode of "in-class+out-of-class+online", taking one semester as an example. Take one semester as an example, the first half of the semester, the theoretical knowledge is finished, the second half of the semester. The final evaluation of the results is based on the completion of the three levels of "in-class + out-of-class + online" as the criterion for the end of the comprehensive examination, to play the role of theoretical learning as a guide for practice, to fill in the gaps in the theoretical learning with the help of practice, to use online learning to enable students to have a more comprehensive self-learning of the integrated theory and practice, so that they can form the correct self-cognition in the learning and exercise the excellent skills of self-education in the practice, to strengthen the self-supervision and self-control, to make the correct self-selection, and to form the correct self-cognition.

3.3 Utilizing the "external" leading role of rules and regulations

Self-education ability is the internal force of the individual student, life exists in social relations, has a social nature, and cannot be separated from the normative constraints of the external force. The self-education ability of college students is the combination of "self-discipline" and "other discipline".^[3] Colleges and universities can improve the network operation and use mechanism, formulate a reasonable and complete network behavior reward and punishment system, use the "external force" of rules and regulations to cultivate college students in the network information age network use standard behavior and self-education ability in cyberspace, clarify self-cognition, stabilize self-emotions, and develop the habit of self-supervision and self-control, so as to achieve the goal of self-cognition and self-education.

In addition, the university should pay more attention to the students' self-education ability in the network information age, and cultivate their self-knowledge, stabilize their self-emotions, develop the habit of self-supervision and self-control, and realize the unity of the "master self" and "guest self" in practice, and help them to realize the enhancement of their own ability by means of the guidance-based system, so as to lay a solid self-education foundation for the college students to go out of the campus and face the society. In the age of information chaos, cultivating the self-education ability of college students and fostering the positive driving force of college students to pursue progress is not only an important way for individuals to cultivate lifelong learning ability, promote their own all-round development, and form a sound personality, but also an important guarantee to standardize the social governance system, safeguard the stability and harmony of the society, and promote the healthy development of the country.

References

- [1] Sukhomlinsky. Advice to Teachers, the next book [M]. Beijing: Educational Science Publishing House, 1981.
- [2] Qiu Weiguang and Zhang Yaocan, eds. Principles of Ideological and Political Education, [M]. Higher Education Press, 1999.
- [3] Zhang Jingbo. Slightly discussing the cultivation of college students' self-education ability under network environment [J]. Research on Ideological and Political Education, 2017(12).

Author's introduction: Xuan Weng(1998-), female, Lu'an, Anhui Province, Master's Degree of 2021, School of Marxism, Anhui Normal University. Research direction: ideological and political education. mailing address (Huazin Campus, Anhui Normal University, Jiuhua South Road, Yijiang District, Wuhu City, Anhui Province).