Analysis of Some Problems in Cultivating the Learning Habits for Undergraduate Students

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Abstract. As learning habits affect the quality of the growth and development of students, it is especially important to develop good study habits. For undergraduate students, learning habits is not only the way of individual conscious learning, but also a necessary skill to adapt to the society in advance. This article mainly discusses the necessity to develop undergraduate students’ learning habits, basing on the factors that affecting the development of learning habits and emphasizing in the analysis of how to develop good learning habits for undergraduate students, in order to provide external guarantee, so as to promote the undergraduate students’ learning habits develop consciously.

Introduction

Currently, undergraduate students, more or less, exist a condition of “don’t know how to learn, reluctant to learn, not good at leaning”, which is also a manifestation of the lack of learning behavior. Generally speaking, undergraduate students’ learning behavior is not only the way of individual conscious learning, but also a necessary skill to adapt to the society in advance. To develop a good habits of learning could not only reflect the person’s world outlook, philosophy and viewpoint of value to a certain extent, but also could reflect the individual’s attitude, to some extend, personal learning behavior also affects the own development and growth. In particular, the social trend has become increasingly evident, when universities improve the social service ability, at the same time, they also facing different kinds of impacts from the society, including the penetration and influence of the social values of different social thoughts and diverse learning environment, which not only gives the student a severe test, but also brings challenges for undergraduate students effectiveness in learning. To some extent, as learning habits could directly influence the quality of students’ growth and development, therefore, it is urgent to develop good learning habits.

1. The Necessity of Developing Undergraduate Students’ Learning Habits

1.1 The need for personal growth and development

University is the cradle of education, and it is also the garden of learning knowledge and personal growth. The quality of undergraduate students is not only depending on the training of the University, but also depending on their own learning attitude and learning habits. Generally speaking, learning attitude determines the learning habits, learning habits embodies the learning attitude, both have consistency. At the same time, to a certain extent, the learning habits of undergraduate students determine the personal development and growth, students with good learning habits are often superior to other students in all aspects. And students’ learning habits should not be confined to the study of professional knowledge, but should be extended to learn all kinds of knowledge. Learning habits, whether good or bad, can reflect a person’s attitude towards doing things. This is also the basic literacy which includes all-round development of the individual.

1.2 The requirements of the construction of academic atmosphere in Universities

Universities should play a good service function, should create a good learning environment, build a platform for students to learn, to enable students to enjoy learning, willing to learn. This is
not only because of paying attention to the construction of the style of study, but also embodies the comprehensive quality of University development. Construction of learning oriented campus, not only need to create a good atmosphere of study, but also need to learn consciously. And the basis of conscious learning is that each person has good learning habits. When everyone treats conscious learning as a habit, then the individual learning habits will be formed invisibly. At the same time, the campus will naturally form the situation that everyone loves to learn, everyone good at learning, which is the desired results of undergraduate study style construction.

1.3 The trend of overall social development

The university undertakes the important function of providing talents and services for society and the overall social development needs all types of talents’ support, with increasing requirements of qualifications. Undergraduate students only continue to build a solid foundation, improve individual qualifications, could adapt to the continuous development of society. As an undergraduate student, if you want to build a solid foundation and improve individual qualifications, you need to start from their own, down-to-earth, developing good habits from the beginning. As Bacon once said that the habit is a tenacious great power, which can dominate life. Therefore, with the development of the society, the pressure of competition among talents is getting more excessively, and the quality of talents is higher and higher. Only start from the most basic, forming learning habits could develop good habits of behavior to correct learning attitude and constantly reinforce the personal basis, and enhance individual’s comprehensive qualifications.

2. The Influence Factors of Undergraduate Students’ Learning Habits

2.1 The inherent learning habits before entering university

Undergraduate students’ learning habits often depend on their learning habits formed in the primary and secondary school, and their world outlook, philosophy and viewpoint of value are often formed simultaneously. To a certain extent, the learning habits of students will be remodeling in the university study and living environment, but the individual learning habits before entering university still has a great impact on their behaviors. Therefore, as an undergraduate student, to analyze the formation of their learning habits, we have to consider their inherent learning habits in primary and secondary schools.

2.2 Learning objectives and learning motivations

Learning objectives have an important role in the cultivation of learning habits, mainly including the level of learning goals. Learning motivations also play an important role in the development of learning habits, which can be derived from the interests, personal goals, and family reasons and so on. Generally speaking, if undergraduate students have no learning objectives, their individual learning plan also appears to be no chapter to follow, and also no meaning to discuss the problem of learning habits. Similarly, if they don’t have learning motivations, the intention of individual learning is not strong enough which has a negative effect on the formation of learning habits.

2.3 Learning atmosphere and learning environment

The cultivation of learning habits is mainly determined by the internal factors, such as the inherent learning habits, learning objectives and learning motivations, but also limited by external factors, which mainly refers to the learning atmosphere and learning environment. Learning atmosphere is a status of group learning, and learning environment is mainly the external environment of the individual. Universities need more conscious learning atmosphere and a more open learning environment, which is a real challenge to undergraduate students’ autonomous learning ability. While the key of students have independent learning abilities or not is if they have good learning habits, based on this, a strong learning atmosphere and a good learning environment would help to promote effective development of students’ learning habits.
3. An Investigation of Measures to Cultivate Undergraduate Students’ Learning Habits

3.1 Perfecting the learning motivation mechanism

The learning motivation mechanism is the external conditions and protection of undergraduate students learning habits cultivation, and has positive impact for learning habits cultivation, including awards appraisal mechanism, a typical example leading mechanism and twinning study mechanism. The awards appraisal mechanism mainly lies into announce students with excellent performance in study and behavior, simply regarded as scholarships. A typical example leading mechanism is to promote good study models, in order to create a demonstration effect. And the twinning study mechanism is mainly focusing on students that are performing behind, to give them care and concerns and necessary academic help. A perfect learning motivation mechanism will help to build a good learning platform; will play an active role in promoting the cultivation of undergraduate students’ learning habits.

3.2 Improving occupation career planning education system

Occupation career planning education is aimed at guiding the undergraduate students to form the consciousness and skills of self occupation planning. The whole process, starting from the beginning as a freshmen until graduation from the university, need to lead students well planed for themselves, not only to guide them to learn the cultural knowledge, to lay a solid foundation, improve their own literacy, but also to build the platform of practice and the platform of employment and entrepreneurship, to promote their own use and practice. To a certain extent, effectively promote the students to devote themselves to learning and studying assiduously, so it can provide protection for the formation of good learning habits.

3.3 Optimizing talent training program

Talent training is the most important task for universities, and the quality of talent training is related to the career development of universities. Based on this, it is necessary to further optimize the talent training program, such as, optimizing the specialty and the curriculum, optimizing the evaluation system, optimizing the linkage learning and practice mode of the first class and the second class, in order to enhance the comprehensive quality of undergraduate students and improve the quality of Education in universities. To a certain extent, optimizing the talent training program can provide the necessary protection for the effective learning of the students, and can provide the necessary conditions for students to form good learning habits, finally ,can help students learn something and make progress.

Summary

In conclusion, there is a practical importance and necessity of undergraduate students’ learning habits problems. Not only beneficial for undergraduate students’ personal development and reflects the result of forming study style in universities, but also conducive to social development demand of high quality talents. In order to promote undergraduate students to develop good learning habits need to overcome its inherent bad learning habits, which use the improved incentive mechanism, career planning education system, and optimized the talent training program to create a good leaning atmosphere and learning environment. Thus, it could help the undergraduate students have clear leaning objectives, improve their leaning motivation, and ultimately promote them to develop good learning habit consciously.

Reference
