

Research on the Cultivation of Self-management Ability of Post-00s College Students

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Abstract

Self-management ability should be the basic quality of a person, and it is a necessary condition for individuals to seek self-development and promote social progress. Whether considering individual needs or social requirements, college students born after 2000 need to cultivate their self-management ability. By renewing the educational management idea, implementing the self-management professional guidance and cultivating the sense of responsibility of college students, it can effectively promote the cultivation of the self-management ability of college students born after 2000.

Keywords

post-00s college students ,self-management, cultivate.

1. Introduction

The thought of self-management has existed since ancient times. Confucius taught his students to "when we see a man of virtue and talent, we should think of equaling them; when we see a man of a contrary character, we should turn inwards and examine ourselves." Introspection is self-reflection, which contains the connotation of self-management. In the 11th century, the university of Bologna in Italy created the "student autonomy management model", which is the management model of student groups in charge of school affairs, which is the embodiment of a high degree of self-management. In 1919, Tao xingzhi published *Research on Student Autonomy*. He defined student autonomy as when students form a group and learn to manage their own procedures. He stressed that student autonomy was an important issue in the republic's schools. Self-management is the ability that everyone must have. As college students are about to enter the society and start their independent social life, the cultivation of self-management ability is more important.

Self-management is a process in which individuals manage themselves, their own goals, thoughts, psychology and behaviors, organize themselves, restrain themselves, motivate themselves, manage their own affairs, and finally achieve their own goals. Self-management ability refers to the ability of educatees to transform and control their own thoughts and behaviors consciously and purposefully according to social goals by relying on subjective initiative.

2. The Significance of Cultivating the Ability of Self-management for Post-00s College Students

Many researchers have studied college students' self-management ability, but over time, the college population has changed. Starting from 2018, the post-00s generation began to enter universities, bringing new blood and new challenges to universities. Born in the era of demographic dividend, the post-00s generation grew up in the era of mobile Internet. Compared with previous generations, the time background they grew up in, the material conditions they enjoyed, and the information they absorbed have undergone great changes, which has also created the unique personality label of the post-00s generation.

2.1. Individuals are Eager to Practice Self-management

Born in an era that advocates openness, independence and freedom, post-00s college students are less restricted by material conditions and grow up in a democratic environment. They pay attention to express their personal feelings, oppose restraint, yearn for an independent life, and have strong independence and autonomy.

They are independent in their thinking and long for self-management. But before entering the university, their parents and teachers manage their study and life in all aspects, making them unable to practice self-management, thus lacking the ability of self-management. Therefore, they are eager to learn self-management ability in university, fully practice self-management, participate in every aspect of personal life and study with the role of adults, and finally realize the integration of thought and practice, and achieve the self-management state of unity of body and mind.

2.2. Society Needs Talents with Self-management Capabilities

Tao xingzhi pointed out: "the students of today are the citizens of the future, the citizens needed in the future, and the students who should be cultivated today. The citizens a despotic state needs are to have the habit of being governed; The citizens the republic needs are the ability to govern themselves together."The nature of our country determines that the people should be trained to have the ability of common self-government, to participate in national construction and development, and to have a high degree of self-management ability .As an important institution of talent training, universities shoulder the responsibility of cultivating talents in need of society, so they should pay more attention to cultivating students' self-management ability.

In the era of college students born after 2000, China's comprehensive national strength ranks the top in the world, and the country's development is in a transition period, so the society has a higher standard for talents. The new era needs talents with independent consciousness, innovative spirit and pioneering ability. Universities should take the cultivation of self-management ability as the core content of education, and help college students to develop self-management ability, so as to meet the needs of the society and meet the basic requirements of the republic of China.

3. Strategies for Cultivating Post-00s College Students' Self-management Ability

College students born after 2000 have a strong desire for self-management, and the society also needs talents with self-management ability. Universities shoulder the educational responsibility of cultivating talents for the society, which is the last opportunity for individuals to concentrate on learning before entering the society.

The cultivation strategy of self-management ability of post-00s college students should fully consider the historical background, meet the learning needs of post-00s, and integrate the educational content and methods of the new era into the self-management training.

3.1. Education Managers should Update the Idea of Education Management

The process of university education management is based on the principal management, with the education manager as the leading role, and the two sides of the education management activities participate in, coordinate and unify each other .In the education management of colleges and universities, students should be the main subject, under the leadership of the education manager, participate in the school education and management. But in the actual education management, the student's dominant position has not been reflected. The reason is that education administrators regard college students as passive recipients, and "nanny-style"

education appears in universities. College teachers continue to play the role of parents to guide students to complete everything, making them dependent on others and lacking the ability to think and solve problems independently.

"Post-00s" college students are physically mature, in a good psychological state, and have sufficient knowledge reserves. They have the potential of self-management. With a little guidance, they can manage themselves well. The concept of university education management should respect the sense of autonomy of college students and give them the opportunity to fully exercise their self-management ability. In the policy clauses, the author confirms the power and scope of college students' self-management, and gives the policy support to college students' self-management. In the actual educational management, the college students' self-management system should be constructed to enable them to participate in the school's education and management democratically and embody the spirit of autonomy. Finally, college students should be guided to learn self-education, self-management and self-development.

3.2. Education Managers should Implement Self-management Professional Guidance

The formation of self-management consciousness and the cultivation of self-management ability of post-00s college students need professional education. Firstly, in terms of theoretical guidance, it helps college students to form a systematic theoretical system of self-management and provide methodological guidance through specialized courses. Career planning course assists students to develop the sense of self-planning and teaches them the method of self-management. Students' mental health education curriculum guide students to deal with in the process of self-management of psychological negative emotions, adjust the individual psychological state. Second, counselor guides college students to conduct self-management through class meeting, daily management, heart-talk and other ways. To guide students to conduct self-management in the form of thematic class meeting. Through heart-to-heart talk to guide students individually to solve specific problems encountered in the process of self-management. The most important thing is to permeate the concept of self-management in daily management, guide students to carry out self-management and effectively implement self-management. The third is the use of campus media for publicity, the formation of self-management of campus culture. Campus cultural atmosphere is also a part of college education. The public account, campus radio and bulletin board should be used to publicize college students from the moment they enter the campus, so as to form a cultural atmosphere that is proud of self-management. The fourth is to provide rich practice opportunities. Theory must be practiced before it can be truly grasped. Student organizations provide the soil for the practice of self-management ability. Under the guidance of teachers, college students carry out autonomous behaviors, independently carry out activities and conduct self-management, and form autonomous groups with clear division of labor and each performing its own duties, so as to exercise their self-management ability. Various social practice activities provide opportunities for college students to understand the real society. In social practice, college students assume social roles, actively practice self-management, and effectively improve their self-management ability.

3.3. Education Managers should Pay Attention to Training College Students to have a Sense of Responsibility

As the subject of self-management, college students are the concrete implementers of self-management. To make college students voluntarily and effectively carry out self-management, the core lies in making college students have the sense of responsibility and form a responsible attitude towards themselves and the society. Strict self-management of college students is to be responsible for themselves and the society. In practical education, education

administrators are full of care and love for students. When problems occur, they always help students solve problems based on the role of "loving mother". This makes the responsibility that should belong to the student body, pass on to the teacher and the parent body. It seems to be an act of caring for students, but it weakens the sense of responsibility of college students and makes them unwilling to practice self-management, resulting in the psychology of relying on others.

In recent years, universities on the students' responsibility consciousness has taken some effective measures, one is to advocate the pass of export, cancel the "qingkao" test system, etc., is the effective training of the college students' responsibility consciousness, let the students realized that if not strictly self-management during the university, studies earnestly, in the end only bear the consequences of unable to graduate. Graduation requirements force college students to learn to be responsible for their own studies and practice self-management in their studies. Second, the implementation of credit system, through the credit system to guide college students to manage their academic problems. The implementation of credit system has effectively aroused the enthusiasm of college students in academic management. Students choose to study courses according to their professional requirements and personal interests, and ensure that the courses meet the graduation requirements. Give full play to the subjective initiative of college students and be responsible for their own studies. Third, the implementation of the second classroom, so that college students participate in extracurricular activities, from passive requirements to active application, learning to be responsible for the overall development of individuals. Extracurricular activities focus on cultivating the comprehensive ability of college students and promoting their all-round development. In the second class, college students should take the initiative to find their own interests and strengths, and fully reflect their self-management and sense of responsibility for their overall development in the second class.

4. Conclusion

College students born after 2000 are the pillars of the future society. They have their own career development to realize and their responsibilities to their families and society to fulfill. To live up to the expectations of themselves, their families and our society, they must strengthen self-management and strive for development. Post00s college students grow up in a comfortable environment, but they have tenacity, persistence, strength, let go to give them enough self-management practice opportunities, develop excellent self-management ability, and grow into talents needed by the society.

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