

# Research on the Integration Path of Foreign Language Classroom and Cultural Self-confidence in Colleges and Universities

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## Abstract

Since the eighteen Congress, the CPC Central Committee with the core of general secretary Xi Jinping has repeatedly referred to "cultural confidence", The 19th CPC National Congress also clearly pointed out that "without a high degree of cultural Self-confidence and cultural prosperity, there will be no great rejuvenation of the Chinese nation". As an important medium of cultural exchange between countries, foreign language has become an important carrier to carry forward China's cultural Self-confidence. Enhancing college students' national identity and strengthening their cultural Self-confidence is not only an important topic in foreign language teaching, but also the requirement of the times. This paper investigates the current situation of cultural Self-confidence in foreign language courses in Colleges and universities, and puts forward specific solutions.

## Keywords

Cultural Confidence; Foreign Language Classroom; Fuse.

## 1. Introduction

With the development of economic globalization, diverse cultures and different values collide with each other, and the relationship between countries is becoming closer and closer [1][2][3], With the fierce competition in the international cultural environment, strengthening cultural Self-confidence has become the requirement of the times. In this context, "Chinese Cultural Aphasia" and cultural alienation still appear in college students. College foreign language classroom has become an important place to carry forward cultural Self-confidence, and the integration of cultural Self-confidence and foreign language teaching has become an inevitable requirement.

## 2. Organization of the Text

### 2.1. Expound the Necessity of Improving Cultural Self-confidence of Foreign Language Majors from an International Perspective

In today's world, the relationship between countries is becoming closer and closer. With the development of China's economy and the improvement of China's international status, many major events in line with international standards have taken place in 2021, such as the China US high-level strategic dialogue in March. However, while frequent international exchanges, there are also collisions and frictions, such as Xinjiang cotton, which makes Chinese people indignant. In such a complex international context, it is particularly important to have a firm political position and enhance cultural Self-confidence.

Nowadays, culture has become the value dimension of economic and social development. "Cultural Self-confidence is the satisfaction mentality, value pursuit and spiritual dimension of cultural subjects. It is not only the symbol of cultural subjects' self-identity, but also the psychological appeal of cultural subjects to expand themselves from a cultural perspective

[4]. "Foreign language education in Colleges and universities not only needs to cultivate students' knowledge for cross-cultural communication, but also needs to cultivate students' political literacy. Therefore, foreign language education in Colleges and universities should not only teach students professional theory and foreign language background culture, but also add relevant courses such as explanation of mother tongue culture. Only when students understand and love Chinese culture, they are more likely to firmly establish cultural Self-confidence in the learning process. Cultural Self-confidence is the combination of foreign language teaching and curriculum ideological and political education. Under the current curriculum ideological and political background, it is very necessary to improve the cultural Self-confidence of foreign language students. Improve students' personal thinking ability, correctly treat the lack of cultural Self-confidence from an international perspective, actively attract students' attention, improve students' own ideological awareness, let students tell Chinese stories with a confident attitude, and promote Chinese culture to the world.

As a foreign language major, students should give full play to their professional advantages, integrate their professional knowledge with Chinese traditional culture, use their professional advantages to inherit and develop China's excellent culture and promote cultural Self-confidence. This is not only conducive to the Chinese culture to the world, but also plays an important role in improving China's cultural soft power and enhancing its influence. In recent years, cultural Self-confidence has been mentioned repeatedly. This ideological requirement endowed with the connotation of the times is playing an important role. It is rooted in the concept of learning traditional culture in college education and has become an important part of Ideological and political education. On the contrary, if foreign language majors only study vocabulary and grammar without the support of cultural Self-confidence, their values have not been improved, and it is not conducive to the spread of Chinese culture in the world. Language is the carrier of culture. It contains the characteristics of culture in the listening, speaking, reading, writing and translation of language learning. Therefore, foreign language teaching and learning is undoubtedly the most appropriate soil to enhance cultural consciousness and cultural Self-confidence.

## **2.2. Analyze the Current Situation of Cultural Confidence in Foreign Language Teaching and Learning in Colleges and Universities Across the Country**

### **2.2.1. Teachers Generally have a Full Understanding of Cultural Self-confidence in Foreign Language Teaching**

Through interviews and questionnaires with foreign language teachers in Colleges and universities, it can be seen that most teachers agree that the role of cross-cultural communication in the teaching and learning of foreign language courses can not be ignored. Chinese cultural Self-confidence should be based on a full understanding of Chinese culture. Therefore, most teachers believe that the understanding of Chinese culture will affect the effect of communication with foreigners. This shows that most teachers recognize the two-way nature of cross-cultural communication and the importance of cultural output. The understanding of some teachers that "learning Chinese culture can deepen foreign language cultural understanding" reflects that some teachers affirm the positive role of mother tongue culture in foreign language learning. The integration and collision of the two cultures is also conducive to improving students' cultural appreciation and understanding ability. At the same time, most teachers also fully affirm the necessity of cultivating students' ability to understand and express Chinese culture in foreign language teaching.

The results show that most teachers have a deep understanding of the equality and two-way nature of cross-cultural communication in the current international context, recognize the importance of cultural Self-confidence in cross-cultural communication, and are willing to

improve students' cultural consciousness and cultural Self-confidence in the process of foreign language teaching.

### **2.2.2. In Foreign Language Teaching, Cultural Self-confidence is Emphasized, While Understanding and Expression are Ignored**

The report of the 19th CPC National Congress once pointed out that we should "strengthen cultural Self-confidence and promote the prosperity of socialist culture"[5], Therefore, on the whole, foreign language teachers in Colleges and universities pay more attention to the establishment of cultural Self-confidence in foreign language teaching, but they have weak requirements for students' ability to fully understand and express Chinese culture. There are two main reasons: first, the teaching materials have less expression of Chinese culture, and it is difficult to introduce the understanding and expression of Chinese culture according to the teaching materials; Second, students have less opportunities for real cross-cultural communication in class or life, so they pay less attention to the understanding and expression of Chinese culture in foreign language teaching. However, in the process of globalization, the ability to understand and express Chinese culture in cross-cultural communication is indispensable. Therefore, foreign language teaching should shoulder the mission of cultivating cross-cultural talents, enhance students' understanding and expression of cultural Self-confidence, improve students' cultural communication ability, and make Chinese excellent traditional culture shine new light in the new era.

### **2.2.3. Other Factors Affecting Cultural Confidence in Foreign Language Teaching in Colleges and Universities**

In addition to teachers and classroom teaching, there are many other factors affecting cultural confidence in foreign language teaching in Colleges and universities.

First, teaching resources are scarce. Taking textbooks as an example, the current foreign language classroom teaching content mainly comes from textbooks, and foreign language textbooks mostly focus on the culture of western countries for systematic explanation, but the expression of Chinese culture is few and fragmented. This is also one of the reasons for students' aphasia in Chinese culture.

Secondly, foreign language teachers' personal quality is insufficient. The lack of teachers' personal quality is the internal factor affecting the improvement of students' cultural Self-confidence in foreign language teaching. Teachers' understanding of Chinese culture, knowledge reserve, teaching skills and methods will affect the effect of improving students' cultural Self-confidence in teaching.

Finally, students are lack of awareness of the importance of foreign language learning. When asked why they study a foreign language, many students said that out of personal interest or hope to study abroad, few students can start from the height of patriotism and combine learning a foreign language with serving the national strategy, which not only reflects the insufficient height of students' foreign language learning thought, but also reflects the lack of students' awareness of the inheritance and dissemination of Chinese culture. Foreign language learners should use language as a tool to show the excellent traditional Chinese culture to the world. Therefore, foreign language majors should enhance their cultural Self-confidence, remember the mission entrusted to young people in the new era, and enhance their cross-cultural ability.

## **2.3. Put Forward Specific Solutions to the Lack of Cultural Self-confidence in Foreign Language Teaching and Learning**

### **2.3.1. In Foreign Language Teaching, We Should Integrate Our Own Culture and Build Cultural Self-confidence**

In essence, foreign language education is a kind of cross-cultural education. It is a process of integration and collision between foreign language culture and mother tongue culture, in which teachers play a key role.

First of all, teachers should improve their personal cultural literacy, deepen their understanding of Chinese excellent traditional culture, accumulate knowledge reserves and improve the foreign language output ability of Chinese culture, so as to "moisten things silently" integrate Chinese culture into education and teaching in the classroom and integrate cultural Self-confidence into students' daily learning.

Secondly, foreign language teachers should deepen the research on cross-cultural communication and improve their teaching ability. In the teaching process, students' learning situation can be combined with their actual needs, and then the relevant understanding and expression of Chinese culture can be added to the teaching. Teachers should not be limited to the content of teaching materials, but can use game teaching method and other ways to improve students' cross-cultural expression ability, which can make foreign language teaching more Chinese characteristics.

In addition, in the current era, teachers should break the traditional teaching mode and be brave in innovation. On the one hand, teachers innovate teaching methods and integrate Chinese culture and cross-cultural teaching into students' daily learning and life; On the other hand, teachers leave teaching materials and books, start from students' interests, and carry out more daily activities related to Chinese culture as an opportunity for cross-cultural communication, so that students can better understand and express Chinese culture while enjoying it, to build cultural Self-confidence.

### **2.3.2. Understand Your Own Culture and Strengthen Your Cultural Self-confidence in Foreign Language Learning**

However, only the guidance of foreign language teachers is far from enough. As the saying goes, interest is the best teacher. Therefore, foreign language majors should first have their own strong interest in and deep understanding of Chinese culture in order to achieve better teaching results.

First of all, as foreign language learners, students must correct their understanding of Chinese culture in foreign language learning. In the process of foreign language learning, we should strengthen cultural learning at the same time. In the process of cultural collision between China and foreign countries, pay attention to comparing the two cultures, and use dialectical thinking and inclusive vision to treat cultural differences, so as to enhance the sense of identity of Chinese culture, cultivate their own sense of ownership, and undertake the responsibility and mission of spreading Chinese culture.

In addition, foreign language learning is a long-term accumulation process. The ability of cross-cultural communication between China and foreign countries can not be achieved overnight. Therefore, students should be able to endure loneliness, sit on the bench, accumulate Chinese cultural knowledge in daily learning, and learn to use "Chinese thought" to consider "cross-cultural issues", so as to strengthen the cultural confidence of foreign language majors.

### **2.3.3. Improve the Foreign Language Learning Environment and Enhance Cultural Self-confidence in an All-round Way**

First of all, in the examination, the propositioner should increase the proportion of Chinese culture in the examination questions and expand the scope of the examination, because in China,

teaching is mostly guided by the examination, and some of the college entrance examination papers also involve Chinese traditional culture, but mostly focus on the investigation of traditional festivals and customs. Therefore, the test proposition should also involve other aspects of Chinese cultural knowledge.

Secondly, the investigation of Chinese culture should not be limited to writing, but should involve all aspects of listening, speaking, reading and writing, and investigate students' Chinese cultural knowledge and cross-cultural ability from many aspects. Therefore, it is suggested that the proposition of the test paper add broader knowledge of Chinese culture, and examine students' ability to understand and express Chinese culture in a variety of ways.

In addition, under the background of increasingly close cultural exchanges between China and foreign countries, the government and relevant social organizations and groups can hold more cross-cultural exchange activities for Chinese and foreign students, so as to provide more cross-cultural exchange opportunities for foreign language students, enhance cultural Self-confidence and national identity in practice, so as to actively spread and carry forward Chinese culture.

### 3. Conclusion

In order to enhance contemporary college students' sense of identity and belonging to national culture and enhance cultural consciousness and cultural Self-confidence. Colleges and universities should integrate Chinese culture education into foreign language teaching, make the foreign language classroom play an important role as a carrier to promote cultural Self-confidence, effectively solve the "lack of culture" and other problems of college students, add relevant courses such as explanation of domestic excellent culture, pay attention to integrating Chinese and Western culture, improve teachers' teaching quality and level, and promote college students' understanding of their own culture, Strengthen cultural Self-confidence, avoid the phenomenon of aphasia of Chinese culture, and strive to realize the great rejuvenation of the Chinese nation. It is hoped that this paper can provide effective help for the integrated development of foreign language education and cultural Self-confidence in Colleges and universities.

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