

Research on the Methods of Improving the Comprehensive Quality of Contemporary College Students

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Abstract

With the large-scale expansion of college enrollment, college education has shifted from elite education to mass education, and tremendous changes have taken place in economic and social development. The demand for talents is no longer limited to the level of knowledge. Therefore, the improvement of the comprehensive quality of contemporary college students has become the consensus of all sectors of society. How to improve the comprehensive quality of college students has also become the focus of the entire education system. This article focuses on analyzing the various shortcomings of contemporary universities, and proposes that that contemporary college students should strengthen their practice in five aspects: establishing correct learning concepts and goals, changing learning methods, improving practical ability, cultivating innovative thinking, and participating in student organizations, so as to lay a good foundation for their own academic progress, ability enhancement, and overall development.

Keywords

Contemporary College Students; Comprehensive Quality; Overall Development.

1. Historical Background

With the accelerated integration of the world economy, global competition is mainly manifested in the competition of talents, and high-quality talents are indispensable. Talents are related to the progress of a country's science and technology and the prosperity of academic ideas, as well as the comprehensive ability of a country's educational level. In the context of rapid social and economic development and industrial upgrading, society has more comprehensive requirements for college students' comprehensive quality, not only taking into account the knowledge level of students, but also strict requirements on personality, physical fitness, and practical ability. The number of college students has increased year by year. After college students enter the university, management has become looser, and their after-school time has become free and flexible. Students have a lot of time at their disposal. Many college students do not have clear learning goals. Problems, coupled with subjective and objective factors such as imperfect higher education system, make the overall status quo of college students not optimistic.

2. The Shortcomings of Contemporary College Students

2.1. Lack of Learning Objectives

Goals are milestones in the development of life. Good learning goals help college students work hard to achieve their goals. Most contemporary college students lack learning goals. Learning is to cope with exams and mixed graduation certificates. They have no motivation to study, can't find the direction to work hard, and have poor self-discipline.

2.2. Not Firm in Learning

In high school, from getting up in the morning to going to bed at night, the content of study and activities are arranged, and the goal is clear for the college entrance examination and postgraduate entrance examination, which is rarely influenced by the outside world. However, after college, the learning environment is relatively relaxed, and students with poor self-discipline are easily disturbed by various temptations. In real life, sayings such as "reading is useless" affect college students' confidence in learning and make them lose their motivation to learn. In addition, most graduate students rely heavily on mobile phones and the Internet, and their spare time is mainly spent on surfing the Internet, watching online dramas, and playing games, and seldom use the Internet for learning. Online games not only affect learning, but also affect physical and mental health. Students in the same dormitory will also be affected by the atmosphere and environment of the dormitory, turning the male dormitory into a game hall and the female dormitory into a movie theater.

2.3. Poor Autonomous Learning Ability

Before university, the education generally accepted by students was to allow students to passively receive knowledge through teacher teaching. The thinking mode is fixed, the environment is more restrictive, and someone is always urged. After entering the university, the learning environment has changed from relatively restrictive to less restrictive, which eases the tight learning state of many students and greatly reduces their enthusiasm for learning. The lack of goals and plans also results in an attitude of "complete tasks and perfunctory".

2.4. Lack of Innovative Thinking

The lack of innovative thinking seriously hinders the all-round development of contemporary college students and is not conducive to the cultivation of high-quality talents. Some college students are accustomed to learning and thinking under the traditional teaching mode, blindly accepting the knowledge imparted by the teacher and the instructions issued to them, but the students themselves lack the ability to think independently and analyze and solve problems, which directly leads to the innovative thinking of college students The lack of.

2.5. Incoordinated Knowledge and Capacity Development

Some college students only pay attention to the study of theoretical knowledge and written test results, and ignore the improvement of practical ability and innovation ability. As a result, their own abilities after graduation cannot meet the needs of their work units, and they cannot adapt to the rapid development of social economy. There are also some students who only pay attention to the knowledge related to their major in their daily study, and lack understanding of other subjects, current affairs, politics, and social conditions. This single learning mode will cause their own development to be uncoordinated, and gradually become open and inclusive. Lost in modern society.

2.6. Low Social Level

At present, college students mostly communicate with people through social media. Social media is convenient and fast, free of time and space, and expands the circle of friends, but social skills have declined, and indulging in the virtual online world, it is easy to lose themselves, which will lead to college students Unwilling to communicate with people face to face, causing offline social anxiety and even social barriers.

2.7. Lack of Responsibility

Some college students lack a sense of responsibility and think that the cause of socialist modernization in our country is the responsibility of the Chinese government and outstanding people in society, and has nothing to do with them. They only pay attention to the study of

professional courses and are not concerned about current affairs and politics in our country. This is a kind of irresponsibility. Performance. For contemporary college students, the rise and fall of a country and a nation are closely related to them, and this is also the bounden duty of every contemporary college student.

3. Five Measures to Improve the Comprehensive Quality of Contemporary College Students

3.1. Establishing a Correct View and Goal of Learning

To acquire knowledge, improve quality, and adapt to society, college students must establish a correct outlook on learning. Only by establishing a correct outlook on learning can they seize the golden study time of the university, study hard, develop in an all-round way, and lay a good job and life in the future. Base. In addition, college students must set correct learning goals. A lot of time in the university is at the disposal of the students themselves, and students need to study independently. The popularization of mobile phones, computers, and the Internet makes the after-school life of college students colorful and full of all kinds of temptations. If students' learning goals are not clear and there is no development direction, it is difficult for students to control themselves, and they lack motivation to move forward in their studies. , So it is difficult to focus on learning, and it is easy to be distracted by other things.

3.2. Change the Way of Learning

College students should focus on self-study instead of relying solely on classroom learning. They should change the long-standing way of acquiring knowledge only through learning materials, read and delve into high-quality journal articles with critical thinking, and take notes on the basis of thinking. Not blindly accept. After four years of undergraduate study, college students should not only master profound professional basic knowledge, but also understand certain cutting-edge knowledge.

3.3. Improve Practical Ability

The core competitiveness of college students' employment comes from the improvement of their own comprehensive quality, and the improvement of their own quality is the most fundamental guarantee for employment. When strengthening the study of professional knowledge, the book knowledge and classroom knowledge learned will be transformed into actual professional ability, with the decision-making ability of career choice, and the ability of innovation and collaboration. We must focus on cultivating our own professional skills, focusing on the improvement of practical ability, participating in various discipline competitions and practical activities, and applying professional basic knowledge to practice.

3.4. Cultivate Innovative Thinking

First of all, we must have a strong awareness of problems, we must be good at observing things and discovering problems; second, we must dare to break the routine and break through the old thinking patterns; finally, we must be good at transforming perspectives and understanding things from different angles. Winners must always learn to "brainwash", abandon the old ways of doing things, and innovate for change, in order to have real success.

3.5. Join a Student Organization

Contemporary college students should participate more in student organizations such as the student union, youth league committee, and youth volunteers of the school, join interested clubs in the school, improve their organizational and communication skills in activities, cultivate a sense of responsibility to others, and change in social practice self.

4. Conclusion

In the new era, the country and society have higher and higher requirements for the comprehensive quality of college students, but college students generally have various problems such as lack of learning goals and unsteady learning beliefs. Practicing ability, cultivating innovative thinking and participating in student organizations put forward corresponding strategies and suggestions, aiming to improve the comprehensive ability and quality of contemporary college students.

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