

# *Research on the Current Situation and Countermeasures of College Students Autonomous Learning under the Internet Environment*

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**Abstract:** The rapid development of the Internet not only has a profound impact on people's lives, but also provides an opportunity for the transformation of education and teaching mode. In this context, how to improve college students' autonomous learning ability has become an important topic in college education and teaching. As far as the reality is concerned, in the face of the new changes in teaching mode, some college students are still unable to learn efficiently and independently. Based on this, this paper discusses the current situation and countermeasures of college students' autonomous learning under the Internet environment, in order to provide some reference for colleagues.

## 1. Introduction

In recent years, the continuous innovation of educational ideas and the rapid development of the Internet are widely and profoundly affecting all aspects of people's lives. At the same time, information technology has penetrated into all aspects of school education and teaching, which also provides a new opportunity for the reform and innovation of education and teaching [1]. Therefore, under the Internet environment, it is necessary to understand the current situation of college students' autonomous learning and implement targeted teaching improvement countermeasures to ensure that college students can better play their initiative in autonomous learning, thus escorting their better growth and development [2].

## 2. New Changes in the Internet Environment

### 2.1. Changes in the Learning Environment

The vigorous development of the Internet has brought about changes in the field of education, and colleges and universities are the most important part of the reform. One of the key ways of its reform is to combine online courses with traditional offline classes [3]. In 2020, due to the spread of novel coronavirus, online teaching has been widely used. Schools all over the country have carried out super-large-scale online teaching, which greatly promoted the application of online teaching mode. After the baptism of large-scale online learning, can college students learn independently in the internet learning environment? What are the factors that affect their autonomous learning?

Although this is a micro-research topic, it is very important to improve the teaching effect.

## **2.2. Changes in Teaching Methods**

In the traditional classroom, teachers are regarded as the main source and transmitter of knowledge, while students are expected to be a sponge-like receiver of knowledge, based on "paying attention to teachers' needs" and "imparting knowledge, skills and experience", without paying attention to students' learning experience. Most courses that make students feel dissatisfied have the characteristics of passive learning and no perceptual relevance [4]. Learning is a positive process. Students should make use of all the resources around them to improve their knowledge and behavior, and turn passive learning into active learning, which requires the teaching method to be changed from teacher-centered to student-centered. Teachers attach importance to collaborative teaching methods, use modern Internet, develop educational resources, optimize the educational process, encourage students to actively participate, sum up learning experience, guide students to think deeply, not just stay on the surface of knowledge, so that theory can be applied to practice, and students can play a more active role in learning through autonomous learning, cooperative learning, practical reflection and problem solving [5]. In this process, teachers should understand, serve, respect, enlighten and inspire students.

## **2.3. New Requirement for Student' Ability in the New Era**

With the rapid development of the Internet, great changes have taken place in all walks of life, and the education system is no exception, and a series of changes are progressing in an orderly manner. Traditional teaching methods restrict students' behavior to a certain extent, making them lose their subjective initiative. Teachers and parents let their children learn mechanically for the purpose of students' acceptance and mastery of knowledge, which is not conducive to the development of students' creative thinking, so that most students are used to receptive learning. When students are in such an environment for a long time, it will stifle their thinking ability, innovation ability and autonomous learning ability, and the way of thinking will also show limitations [6]. With the development of education and teaching reform, school teachers pay more attention to mobilizing students' intrinsic learning motivation through the Internet, cultivate students' active autonomous learning habits, and create a suitable learning atmosphere, thus encouraging students to actively carry out autonomous learning. Therefore, college students in the new era should have the ability of autonomous learning.

## **3. Problem in College Students' Autonomous Learning New Changes in the Internet Environment**

### **3.1. College Student' Awareness of Autonomous Learning is Weak**

The ideal autonomous learning is that learners make clear their learning objectives, tasks, time, contents and methods, and evaluate and feedback the results of self-learning. At present, college teaching pays more and more attention to the main role of college students, and it is constantly changing to student-centered and autonomous learning. Online autonomous learning is a process of actively exploring and discovering the unknown, and its power source is the individual learner, which requires the learner to invest time and energy independently [7]. However, most college students rely on the traditional teaching mode, and their awareness of autonomous learning is weak. Some students stay in the stage of coping with exams, lack of learning beliefs and weak awareness of online autonomous learning.

Another part of students have not broken away from the traditional learning methods of middle school teaching, lack the ability of independent thinking, are still used to relying on teachers, are difficult to adapt to online autonomous learning, and have poor autonomous learning ability, and can't learn problem-solving methods from books or online resources independently at all, resulting in low learning efficiency and poor learning quality [8]. Even some students will have anxiety and inferiority complex, and lose confidence in their studies, resulting in a vicious circle. There are still some students whose learning state is between the two, and they have certain network autonomous learning ability, but they have not completely got rid of the influence of traditional teaching mode. Although these students can complete their learning tasks to a certain extent, their learning effect is still not ideal.

### **3.2. Lack of Self-Control Ability of College Students**

College students are in the transition period of life development. Due to the lack of social experience, their thoughts are not mature enough, which leads to their weak self-control ability. On the one hand, only a few students can always concentrate on their studies during the online autonomous learning, while most students can't help but engage in a series of things unrelated to online learning [9]. On the other hand, college students have just been liberated from the learning mode of accepting learning in traditional teaching. Facing the new online autonomous learning mode, the autonomy of learning has been fully exerted. Facing the sudden "freedom of learning", many students are at a loss because it is difficult to find a suitable learning method, and because of the lack of teachers' guidance, students with insufficient self-control ability gradually lose the direction of learning, and the advantages of online autonomous learning are difficult to play. In online autonomous learning, some students can't adapt to the online autonomous learning mode, and their online autonomous learning ability is low, and they lack the correct guidance of teachers, so they often can't complete their learning tasks independently and feel confused about learning.

### **3.3. Low Utilization Rate of Learning Resources**

Online learning resources are an important guarantee for the existence and development of online autonomous learning and a necessary condition for students to carry out online autonomous learning. Because the network environment is very complex and the websites are mixed, when students choose learning resources, it is difficult for them to distinguish the quality of different learning resources because their knowledge reserves are not rich enough, so they are easy to get confused, and sometimes it is difficult to find the right and suitable learning resources even if they spend a lot of time and energy, which greatly hinders the improvement of autonomous learning efficiency. Strengthening the construction of online learning resources and improving the utilization rate of online resources are the primary tasks to improve the quality of online autonomous learning.

## **4. An Analysis of the Causes of Poor Autonomous Learning Ability of College Students**

### **4.1. Students' Sense of Learning Efficacy Is Not Enough**

Learning efficacy is the expression of self-efficacy in the field of learning, which reflects an individual's subjective judgment on his learning behavior and learning ability, and is an evaluation of his confidence in whether he can use his existing abilities or skills to complete his learning tasks. If students don't resonate with the teaching content at the emotional level, their learning goals can't be achieved effectively. Some students dabble in the process of learning, and their awareness of active participation is not strong, and they don't really feel deep happiness and gain from learning,

which affects their evaluation of self-learning ability and is not conducive to the cultivation of autonomous learning ability [10]. Psychologically speaking, emotional resonance is an emotional experience produced by students in the same emotional state as teachers in learning activities. Learning is hard, but also fun, with the fun of thinking, self-realization and emotional resonance. Only when students enjoy the happiness brought by learning psychologically, will they turn passive into active and conscious learning behavior and enhance their sense of self-efficacy.

#### **4.2. Teachers Lack Effective Guidance for College Students' Autonomous Learning**

As a guide for students, teachers play an important role in guiding students to carry out autonomous learning. Through investigation and study, it is found that there are two main reasons. On the one hand, some students have too few opportunities to interact and discuss with teachers in online autonomous learning, so they can't get effective guidance in the learning process, and the problems they encounter can't be effectively solved. Over time, students' enthusiasm and enthusiasm for learning will be greatly reduced, and even their interest in learning will be lost. Online autonomous learning can not be effectively guided by teachers, and students' doubts can not be effectively solved, which greatly limits the improvement of online autonomous learning efficiency .

On the other hand, teachers in colleges and universities have a heavy task of scientific research and teaching, and they are tired of attending classes, issuing papers, evaluating professional titles, applying for projects, studying for further studies, etc., and they often feel "difficult to protect themselves", so it is difficult to spare time and energy to follow the modern Internet. On the contrary, college students, as an active group, have a strong thirst for knowledge about new things, resulting in a certain degree of "cultural feedback" between teachers and students. When students have doubts about some knowledge when developing online autonomous learning, teachers can't give timely and correct guidance because of lack of skills, which has dampened the enthusiasm of college students for autonomous learning to some extent.

#### **4.3. The School Lacks Effective Online Learning Resources**

In recent years, although colleges and universities have gradually changed their educational ideas, in the fierce college evaluation competition, colleges and universities often spend limited funds on campus infrastructure construction and talent introduction, and pay insufficient attention to the "hidden" requirement of online learning resources and the development of online autonomous learning classrooms. In addition, colleges and universities lack effective measures for the management of teaching reform, and the current teaching level and methods can not effectively meet the needs of college students' autonomous learning. The author found that at present, the assessment and appraisal of teachers in most colleges and universities is still based on the amount of class hours and scientific research, and the requirements for teachers' class quality are not high. As a result, most teachers are used to one-way indoctrination in the past, lacking interaction with students, let alone guiding students to carry out autonomous learning activities.

### **5. Countermeasures and Suggestions on Improving College Students' Autonomous Learning Ability under the Internet Environment**

#### **5.1. Enhance College Students' Awareness of Autonomous Learning**

Schools and teachers should establish the educational concept of "student-centered", follow the law of students' physical and mental development in the process of education and teaching,

optimize educational resources, carry out courses and implement teaching according to students' learning and development needs; Pay attention to students' sense of gain in learning and their satisfaction with employers and society; Cultivate students' core element ability. Specifically, in the teaching practice of theoretical courses, we should start from the growth and development needs of students, focusing on the problems and puzzles they encounter in the process of university study and life. On the one hand, we should firmly establish the student-centered educational concept, completely change the traditional single "discipline" mode, base ourselves on guiding, helping and serving students, understand and pay attention to students' thoughts, needs and demands in time, improve the pertinence and reality of teaching, and urge students to change from passive "asking me to learn" to active "asking me to learn" and from "taking learning as a hardship" On the other hand, we should firmly establish a process-oriented teaching concept. In the evaluation of learning, we should pay attention to the evaluation of learning process, change the evaluation method of one-sided pursuit of results, and comprehensively and objectively evaluate the effect and quality of college students' learning with process as the leading factor and combined with the effect. Guided by this teaching concept, through a comprehensive evaluation of the learning process, we can guide college students not to be eager for quick success, not to dabble in it, not to go with the flow, to establish good learning motivation, not to blindly pursue achievements, to objectively recognize themselves, to actively adjust their learning behavior according to their own learning situation, and to improve their awareness of autonomous learning.

### **5.2. Innovative Teaching Mode to Stimulate Students' Autonomous Learning Ability**

Teachers should innovate teaching mode, guide students to study consciously and actively, give full play to students' status as masters in the learning process, and teach students to make reasonable plans, self-motivation and plan implementation. In the teaching process, teachers should give full play to the guiding role, give students appropriate guidance and help, and let students explore the learning content independently. Teachers can also adopt the layered teaching method, which first stratifies students reasonably, and carries out personalized teaching in combination with students' learning situation and cognitive ability. Teachers can also carry out layered teaching according to professional nature, training direction and teaching difficulty, and students can choose learning levels according to their own interests, learning ability and career choice, so as to teach students in accordance with their aptitude. Teachers can also let students participate in the decision-making of curriculum, optimize and innovate the original teaching management mode, let students have certain decision-making power in the classroom, become masters of the classroom, attach importance to students' personal opinions, and improve students' participation in the classroom. Students can participate in the classroom through different behaviors, for example, students can actively answer teachers' questions, put forward their own learning problems in time, and ask questions that have been solved. Teachers can guide students to think and explore actively through different teaching modes. In the teaching process, teachers should not only impart knowledge to students, but also help students master learning methods. In this regard, teachers should teach students the methods of learning this subject according to the characteristics of the subject, so that students can learn the relevant content while clarifying the characteristics of the professional subject, and they can learn by themselves well even without the help of teachers.

### **5.3. Schools Create a Good Learning Atmosphere**

Colleges and universities should provide students with favorable learning resources, learning equipment, etc., and guide students to study actively. For example, schools can provide students with book resources and learning places. When the school provides these resources to students, it

can also encourage students and provide convenience for students to study. Students will go to study rooms, libraries and other venues to learn relevant knowledge more consciously and actively, and promote students' autonomous learning ability to be effectively improved. Schools can also use some democratic management models to strengthen communication with students, let students participate in school management and decision-making, improve students' sense of responsibility and security, which can also improve students' initiative in learning to a certain extent. A good learning atmosphere can improve students' autonomous learning ability imperceptibly. Colleges and universities can create a good learning atmosphere for students from the construction of campus environment, which includes campus material environment, humanistic environment and cultural environment. The quality of campus environment affects the improvement of students' autonomous learning ability to a certain extent. If the school has a strong academic atmosphere, students' autonomous learning ability will be improved under its influence. If the school cultural atmosphere is poor, it may lead to the decline of students' initiative in learning. Therefore, colleges and universities should strengthen the construction of campus environment, create a good learning environment for students and promote the further development of students' autonomous learning ability.

#### **5.4. Promote the Use of Information-Based Teaching Media**

With the rapid development of modern Internet, the mode under the Internet environment puts forward higher requirements for college students' autonomous learning ability, and also creates a good environment and provides a strong guarantee for promoting the concrete implementation of "Internet & Education". In the process of theoretical course teaching in colleges and universities, we should pay attention to the application of new teaching media with "technology as the core", so as to enhance the times and innovation of teaching and enhance the independent learning ability of college students. On the one hand, we should strengthen the construction and application of network resources. We can rely on platforms such as WeChat, Rain Classroom, learning communication, and combine the teaching content to record relevant micro-lessons, enrich teaching resources, provide guarantee for students to study independently, discuss and interact online, and truly play the dominant role of the Internet in online teaching activities. On the other hand, actively introduce high-quality curriculum resources from prestigious schools, provide more choices for students' autonomous learning, stimulate students' interest in autonomous learning, and meet students' diverse learning needs. At the same time, students' enthusiasm for co-constructing online learning resources is mobilized, and students are guided to publish homework, discuss and study collaboratively in the online learning community. In addition, as far as the school level is concerned, it is necessary to make full use of new technologies such as big data and artificial intelligence to establish an intelligent management service platform to provide technical support for improving students' autonomous learning ability, so that students can feel more fun and have a stronger sense of acquisition in their studies, which will help to improve their autonomous learning ability.

#### **6. Conclusions**

In short, under the mode of Internet environment, teachers should pay attention to students' autonomous learning ability, and on this basis, constantly use new ideas and methods to create a teaching classroom with "students as the center", "interest as the guide" and "technology as the core", so as to effectively improve students' autonomous learning ability and cultivate the concept of lifelong learning.

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