On the Cultivation of Autonomous Learning Ability of College English

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Abstract: In college education, more emphasis is placed on the subjectivity and freedom of students, so weak self-control often affects the final learning effect in English learning. Learning foreign language needs patience, so how to cultivate college students' self-learning ability is one of the problems worth thinking about in the current education. The cultivation of students' autonomous learning ability will directly affect the teaching efficiency of teachers, so in the process of teaching, teachers should consciously cultivate students' autonomous awareness of English learning, so as to improve students' self-control ability and optimize the effect of English learning. This paper is mainly based on the current situation of college students' autonomous learning ability, and gives corresponding optimization strategies, in order to better enhance students' enthusiasm in English learning.

Keywords: College English; English Teaching; Autonomous Learning; Ability Training

1. Introduction

In the whole process of English teaching, teachers should make it clear that students are the subject of learning, so they should consciously cultivate students' independent learning awareness, so as to improve the classroom efficiency of English teaching. As the current educational system continues to change and develop, the society has put forward higher requirements for English education. Therefore, college teachers should cultivate students' awareness of independent learning, so as to improve their English learning ability and make them have their contributions to the society. However, in the current English teaching process, there are still many shortcomings. So in order to better solve the existing problems, we need to innovate teaching methods, so as to improve the overall quality of teaching level.

2. Ways and measures to cultivate college students’ autonomous learning ability

2.1 Stimulate students’ interest in learning and develop the habit of independent learning

In order to better stimulate students' interest in learning, teachers should actively build a good interactive learning atmosphere for them, so as to cultivate their confidence in learning English, and gradually develop the habit of independent learning. In the course of teaching, students, as the implementers of the teaching model, need to actively participate in the oral communication environment, so as to enhance the atmosphere of equal and interactive learning. English teachers should also take students' interest in the topic as the basis to improve students' enthusiasm in oral English expression. The creation of equal interactive teaching environment can be started by changing the roles of teachers and students. For example, when learning the class “The intern”, the teacher may ask the students to talk about...
their work experience or expected job position, so as to improve students' ability of independent thinking. For example, some students said “The intern's job is to help managers with chores, and there's very little to learn”. The teachers' guidance should be made for its understanding and correct it as “Interns are a necessary prerequisite for formal work, which may be more about dealing with the situation, but your workplace environment will make it easier for you to deal with difficult situations later in your career”. Through continuous feedback and communication, teachers can cultivate their independent learning ability and correct their learning attitude. They will also be good at applying English in daily life and develop the habit of independent learning.

2.2 Make clear the student’s dominant position

In recent years, the traditional teacher-centered classroom teaching mode is no longer in line with the development trend of contemporary society. Therefore, in order to better stimulate students' awareness of independent learning, it is necessary to reform the college English teaching mode and give students the autonomy of learning. In the contemporary teaching model, it pays more attention to the change of the roles of teachers and students in the classroom. In this teaching model, teachers no longer act as the "dictator" of the classroom, but become the leader of students' classroom learning. Students also change from passive acceptance in the past to the subject of classroom learning. As shown in Figure 1:

| Optimization strategy |
|-----------------------|
| Stimulate students’ interest in learning | To clarify students’ dominant position |
| Establish encouraging evaluation system |

Figure 1. Optimization strategy.

Teachers can assign students some learning tasks online or offline according to the arrangement of course tasks, teaching content and teaching objectives, and guide them to explore and learn independently by using extracurricular materials or some auxiliary tools. Students can also choose their own time to study in college English learning according to their specific conditions, and make appropriate adjustments to their learning progress. Such appropriate freedom can enable students to give full play to their initiative and keep their enthusiasm for college English learning. The formation of students' independent learning consciousness and the cultivation of their independent learning ability are inseparable from teachers' guidance and encouragement. Therefore, teachers should conduct targeted guidance according to students' personality characteristics, so as to better improve students' independent learning ability and improve teaching efficiency.

2.3 Establish incentive evaluation system

In college education, encouraging evaluation can stimulate students' enthusiasm and enhance their consciousness of learning and practice. As shown in Figure 2:

Figure 2. English classroom interaction.
For example, in oral English training, teachers can use encouraging evaluation in class to encourage students to express the same meaning in different ways because of the lack of individual words. Through encouraging evaluation, students can learn that it is possible to gain positive results by changing their perspective. Over time, students will be able to develop a multi-perspective observation system, and at the same time, avoid following others. Then, it will be easier to build confidence and consciousness in English learning.

3. Conclusion
To sum up, in order to better enable students to develop the habit of learning English consciously, it is necessary to cultivate their awareness of independent learning. In the process of teaching, English teachers should make clear the subject status of students, give students more space to learn English, and encourage and guide students to learn, so that they can improve their enthusiasm to participate in classroom teaching activities. Cultivating students' autonomous learning ability is one of the ultimate goals of current education, so students should be taught some necessary skills of autonomous learning in the teaching process, so that they can improve their awareness of autonomous learning, enhance their comprehensive ability, and meet the needs of social development.

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