Study and Practice on Skills Competition Help Vocational Education Students Growing up

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Abstract. In order to research the influence of skill contest on students' growth, a questionnaire survey was conducted among students of Tianmen Vocational College. Research shows that 100% of students want to be respected. 92% percent of students care about their advantage. This brings good enlightenment to teaching. Competition events should not be single. Only in the way that competition promotes each other can lead promoting learning through competition. The purpose of the competition is not to win the prize. Competition is learning, finding gaps and shaping students. Competition avoids the fictitious elements contrast with E-learning. Through the competition students could endeavour to study, self-respect can be developed, psychological quality can be enhanced and the sense of social responsibility can be enhanced. Skills competition pursues frontier ideas. Only by reform can achieve good results. Teachers play a key role in the course of the competition.

1.Introduction
Vocational education students are divided into two categories: higher vocational and secondary vocational. Some students have the ability to study undergraduate course, but like vocational technology, so they come to vocational schools. However, more students do not develop good learning habits, and only their grades are poor, can they study in vocational and technical schools. The sources of secondary vocational students are more complex, some have participated in the entrance examination of senior high school, some have not participated in it, and some have returned to school after many years of working. Some excellent secondary vocational school students are very excellent, but many students lack in-depth thinking and collective concept. Most of them are left-behind teenagers and lack communication skills, which has brought a lot of troubles in teaching. Vocational colleges aim at training high-quality skilled talents based on a certain theoretical basis and can carry out creative work. Skills competition fully carry forward the glory of labor, the value of skills and the great spirit of creation[1]. Skills Competition can promote students growth

2. The premise of competition helping students developing

2.1. Promoting competition by competition
There should be more competition events. Management should not favour one more than another. Otherwise, it is difficult to play the role of competition in promoting learning. Only by promoting competition through competition can we do well in promoting learning through competition. Now general colleges and universities have formed a four-level competition pattern, namely: school level, municipal level, provincial level and national level.

School-level competitions are the foundation. There are many students taking part in such competitions and win a wide range of prizes. Competitions organized by government departments, by national societies and associations and selection competitions for international disciplines are called “National competition”, which have a wide range of influence. In response to national competitions, provinces and municipalities carry out corresponding types of competitions.

College competitions should be diversified, which gives teachers and students more choices, so that students can be guided according to their situation and it is conducive to competitive among the competitions themselves. The atmosphere of competition, learning, catching up and surpassing can improve the level of competition. Tianmen Vocational College has actively launched competitions in recent two years. The competition is based on theoretical learning, highlighting practical learning, skills training. Training method is shown in figure 1. In the course of competition, we have grasped the key of glorious labor and precious skills. Tianmen Vocational College College support participating in national vocational college skill contest, provincial skill contest, provincial tea industry skill contest and world skill contest. Vocational education students can not only focus on skills training, They will meet new problems in work, need new methods to solve. So they require innovative thinking. In developing skills training, college carries out the cultivation of innovative ability. Schools support innovation competitions, such as college students' mechanical design innovation competitions, digital innovation design competitions. In this way, we can cultivate the spirit of innovation.

![Figure 1. Training mode](image)

2.2. Not aiming at winning a prize

Vocational students have done well in primary and junior middle schools. At a certain stage, parents and schools have not managed well, and their grades plummeted, which turning them not to strive for progress. After arriving at vocational schools, about half of them are either isolated, extreme or lazy. Tianmen Vocational College has obvious local characteristics. Its students mainly come from this city. Its language expression and living habits have great similarities. Butterfly effect is easy to form in class and after class. One student dozed off, some of the students next to him followed. One student talked, the students next to him talked. It's obviously not a good idea to aim for winning a prize in competition.

Gu Wenhao argues that students' competitions "can not be directly aimed at winning awards" [2]. This view is correct in economically developed areas and in large cities. Many places are underdeveloped, teachers are weak, facilities are backward, and students' comprehensive quality is weak. In this case, training students is a difficult thing. They go into arena is a good thing, and should be praised. To be exact, competition is not for winning prizes. Competition is for learning, finding gaps, and shaping students. We should be responsible to the society and the students when carry out competition.

students see the navigation lights on their way. Through the competition competitors feel that I can learn, I can do. If teachers and students are aiming at the grand prize to compete, they will not be able
to understand the original intention of the contest. In this case, they are often disappointed, the learning is difficult to sustain.

3. Internal Causes helping students grow up

3.1. Developing self-esteem

Often many secondary vocational school students are late for class, or leaving class early, or be tired and disobedient to advice.

In order to understand the psychological activities of secondary vocational school students, the research group conducted a questionnaire survey on 62 students, whose majoring is mould in 2017. The result is shown in Table 1.

| Problem                        | Yes (62 students) | No (0 students) |
|--------------------------------|-------------------|-----------------|
| Do you care about being respected? |                    |                 |
| Do you care about your advantage? | Yes (57 students) | No (5 students) |

The answer, 100% of students want others to respect themselves, 92% secondary vocational school students are very concerned about their own advantages. They believe they have the advantages. Although considered to be rather poor the students have a better idea, just like ordinary people. Valuing oneself is a psychological activity of self-esteem, that is, self-esteem sentiment. British psychologist McDuhu believes that self-esteem is not only the key to understanding volitional activities, but also the basis of self-respect and moral cultivation. Vocational teachers not only should teach professional skills, but also should interpret the inner world of vocational students, persistently and carefully cultivate a healthy self-esteem of students.

Competition is a good platform to cultivate students' self-esteem. Excellent people will win the honor of the competition and become learning models. They will be widely publicized through the network and newspapers. Where is the standard of higher excellence for students? Where is the right direction? Other students will think about it.

When you see others being respected, you also have the idea of being respected. Gao Xihua and Huang Ruijuan investigated the influence of skill contest on nurses' self-esteem.

The self-esteem score of the competition students was 30.1639, but the nurses who had not participated in the competition was 30.1631+ [3]. Carry out nursing skills competition has obviously improved the advantages of nurses' self-esteem. Competition platform has brought positive energy to vocational school students. Once the shadow was neglected in primary or secondary school has disappeared. Through the competition, they find the dignity of being a man.

3.2. Strengthen Psychological Quality

Repeated alternating action can cause fatigue. The damage caused by repeated alternating action is called fatigue damage. Pavlov School believes that fatigue is the result of the development of brain protective inhibition [4]. When an action is repeated, the signal impulse action is used in the nerve center. The long-term repetitive excitation of the central nervous system will consume the energy in the cell. In order to avoid more consumption, it will produce protective inhibition, resulting in the decline of competition training ability. Skills training has a dull and tedious process. After a long period of intensive training, there will be psychological resistance, which is manifested by lack of confidence and lack of interest in things. But at the end of the game, after a period of rest, the nerve center has no training impulse stimulation, and habitual sensation is missing again. The spontaneous training needs stimulate the brain nerve center again when seeing or hearing the winning information of the competition. This is the performance of the operational conditioning reflex [5].

Yao Ying and Cui Jinggui of Qinghai Normal University conducted a comparative study on 65 awarded elite athletes and 295 general skill athletes. The data cited is shown in Table 2 [6] "t" is the test value, "p" is the probability of the sample observation results when the original hypothesis is true. The smaller the p value, the more significant it is. p < 0.002, so there are significant
differences in player' emotional perception, emotional regulation and emotional use. It can be seen from the table that the psychological quality of excellent players is obviously higher than that of ordinary players.

Table 2. The contrast of psychological quality

|                      | excellent player | general player | t     | p        |
|----------------------|------------------|----------------|-------|----------|
| emotion perception   | 4.109±0.490      | 3.759±0.504    | 5.097 | 0.000    |
| emotion regulation   | 4.257±0.520      | 3.976±0.514    | 3.987 | 0.000    |
| Using emotions       | 4.398±0.423      | 4.007±0.51     | 5.689 | 0.002    |

Skills competition can not only improve their knowledge, but also enhance their hands-on ability and innovation consciousness. More importantly, students who have participated in competitions are accustomed to the pressure of skill training and can bear more similar pressure. Competition matures the players psychology, makes them can think more comprehensively, and correctly treats praise, criticism, can correctly face mistakes and doubts.

3.3. Enhancing the sense of social responsibility

Not paying attention to things outside the window, only reading page after page. This method of learning is not related to practice, it is not a good one. Students need professional practice and social research. The purpose of practice can deepen the understanding of this major and firm the correct direction of learning. Students whose objectives are not clear will grow slowly, and they will not work hard enough. Students who lack social practice are easy to become selfish, become extreme and lack of respecting for others. Some students with weak self-control will do things against the law and discipline.

Competition skills mostly come from enterprise production and people's needs. Students should combine professional learning with enterprise needs, or combine with people's life, which solve the difficulties for the society, solve the difficulties for people. In this way students take on social responsibility and can achieved the promotion of comprehensive quality.

4. External Causes Helping Students Growing

4.1. The vanguard of teaching reform

The form of textbooks is fixed and some knowledge lags behind. [7][8]. It takes a long time to compile a textbook. There are strict procedures for examining and revising textbooks. The general process is three times revision, three times modifying and one time reading must be done before using a new textbook. The content of textbooks can not keep up with the pace of scientific and technological development. Traditional teaching must be reformed. Educators should understand what level of vocational education has developed and what are the needs of enterprises. Yu Zhibin believes that the World Skills Competition embodies the real life or work scene. As a professional, he should have higher quality and skill level. Nanjing Communications Vocational and Technical College carries out the core curriculum teaching reform aiming at skill competition. The college make contest content as part of students' learning content. The integration of "teaching", "learning", "doing", "training" and "examination" has achieved good results. Skill competition leads the direction of skill development, and skill competition is always at the forefront of teaching reform. Tianmen Vocational College attaches great importance to competition teaching, actively participates in seminars, exchanges competition experience and discusses teaching methods. Seize the opportunity to improve teaching methods. Learning theory in practical, teaching is highly pertinent. It is easy to understand theory by theory teaching with practice. The teaching situation of "promoting learning by competition and improving by practice" has been formed.

4.2. Not idle practice

There are certain difficulties in skills competition, which requires higher physical strength, skills and theoretical level. For example, World Skills Competition CAD Machinery Design Project lasts two
days, it takes 2.5 hours every morning and afternoon in competition. Player want to achieve good results in competition, physical training is necessary. Learning-by-doing is an effective way in studying, which cooperated with the brain, eyes and hands. It's difficult to make a desertion in training. Modern classroom is a classroom with network as its feature. Teachers use the network to check on work. Teachers and students use network to communicate and use network resources to teach. The malpractice of network is that students are addicted to it. The network classroom has a larger fictitious component. Skills competition training adopts the method of teaching, demonstration and actual operation. In order to achieve good results, the skills training mode of work-integrated learning, school-enterprise cooperation and work on regular post has gradually been formed. Study in the right direction and study on a firm footing. Competition training extends the classroom space, which taps the potential of team. Students can not only think independently, but also discuss with each other. Creative thinking bursts out naturally.

4.3. Promoting teachers development
Jia Guiling believes that who guide the competition should not only learn new professional technologies, but also know the requirements of enterprises. Teachers benefit teaching as well as students in the competition[10][11]. The step-by-step teaching procedure is: preparing lessons, teaching in classes and correcting exercises. The content of other professional is less involved, and teaching and examination are not separated. So many teachers' abilities have been improved slowly without the competitive pressure. Students have weak sense of competition and innovation. This is far from excellent skilled personnel.

In the competition, the students are the subjects to be tested, but in essence, the tutor is the driving force. The tutor needs to clarify three questions: Can I teach? What should I teach? How should I teach? Teaching concepts can not be copied blindly, teaching methods must be updated. The competition will set some new technology problems. We should use professional theory to solve them creatively. Competitors can accurately judge the cause of the problem and quickly find a reasonable solution, which is the key to achieve good results. If we break through this point, we can cultivate more excellent talents and promote teachers continuous developing.

5. Putting into practice
Tianmen Vocational College is a local vocational college built on the basis of local secondary vocational schools. After ten years of hard work, we have formed a competitive situation from scratch to more. Constantly explore, create our own competition methods, which is effective. In 2018, 21 prizes were won in the student competition, including one second prize in the national contest, one first prize and three second prizes in the provincial contest. Teachers win 15 awards in teaching competition.

6. Summary
As long as the proper method is found and the teachers work hard, the students in vocational colleges can be changed from mediocre students to excellent students. Competition is a good education. In order to do well in competition, students should have a solid theoretical basis, strengthen practical skills training, and develop the docking between teachers and apprentices. Skills Competition, as a fair competition platform, has the opportunity to learn and show, in which students regain their self-esteem. There should be many types of competition project for students. Management should not favour one more than another. Secondary vocational school students have weak foundation. They should be encouraged to participate in competitions and not be encouraged to win prizes. Competition can expand the scope of learning, clarify the direction of learning, and accelerate the growth rate. Skills contest can avoid the fictitious network, overcome difficulties and make progress. Competition brings positive energy for students' growth. Vocational colleges should actively study and participate in competitions according to their own characteristics.
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