

Research on the Effect of Teachers' Use of Extracurricular Materials on Improving Students' Comprehensive Quality

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Abstract. The double reduction policy of basic education, which aims at improving the core connotation of basic education and cultivating students with excellent comprehensive literacy as the direction of talent training, puts forward new requirements for school education and extracurricular social counseling. For this new education trend, this paper analyzes how would extracurricular materials influence the future direction students' comprehensive literacy education from three dimensions: extracurricular reading, extracurricular practice, and after-school counseling. Teachers should reasonably and appropriately use subject resources to improve students' learning efficiency and achieve more efficient and interesting teaching practice.

Keywords: Double reduction; Extracurricular reading materials; Extracurricular tutoring; Extracurricular practice; Student's comprehensive growth; Parent and school cooperation.

1. Introduction

The primary goal of China's double reduction policy is to cultivate students' comprehensive quality and raise school achievement levels.[1] Through the different aspects of adjustment of educational practice, social education, school education and family education are all undergoing comprehensive adjustment. Through more integrated educational methods, teachers in the schools make the teaching content scientific and rich by using relevant subject materials reasonably, improving the quality of the course, and investing more creation in the course construction to achieve higher school performance goals. Social education has shifted from subject guidance to literacy education, such as music, sports, and beauty, which provides more expanded content for students' after-school life. Family education has evolved from examination-oriented thinking toward a modern instructional concept, and children's educational planning should take into account the demands of social evolution. This has created an environment for Chinese students to study hard. The goal of the double reduction policy is to decrease the pressure of schoolwork and extracurricular tutoring on students.[2] By analyzing the influence of extracurricular reading, extracurricular practices and extracurricular tutoring, this paper considers the influence of these factors on the comprehensive quality of students' training.

2. Good results obtained through extracurricular reading

2.1 Stimulations of Illustrations and Text Content in the Book

The capacity for human intellect that can be attained by humans through the stimulation of their vision is very large. [3] If teachers make use of their students' sensory systems, they can pique the students' interest in learning, which in turn will significantly improve the quality of the instruction they provide. [4] The vibrant visuals and extensive narrative content in students' textbooks frequently pique their curiosity and encourage them to want to learn more. On the first day of school, when they are given their textbooks, many of the children cannot wait to start reading all of the stories. More reading chances can be found for students when they read in settings other than the classroom. They will be drawn to the book because of its originality and the new information that it provides, and they will read it in order to gain the information that it provides while also being captivated by the book's gorgeous graphics.

2.2 Improve Students' Comprehensive Knowledge Level by Providing Various Fables and Learning New English Words in the Context of the Story

Through one teacher's typical teaching practice experience, it is found that primary school students have strong initiative and high acceptance for reading stories and acquiring relevant knowledge from them. In English class, students in third grade of primary school like to read picture books. Students realize that picture books are different from textbooks. Getting rid of complex and repetitive subject knowledge, the vivid fables in the picture book are very pleasant to read. At first, all the students were exposed to Chinese fables. Everyone had a basic understanding of the story content, which gave a lot of teaching and reading space for English fables. Editors of reading materials can add some challenging English vocabulary words to the text to stimulate students thinking process. Students can use the existing Chinese knowledge to guess the meaning of unfamiliar words, which can arouse students' learning interest since it is a much easier method to memorize vocabulary.

2.3 Solutions to Properly Embed Extracurricular Reading Materials into the Classroom

Add extra-curricular reading materials to classroom teaching may cost the normal class hours of teachers to teach. First, according to the class acceptance rate of students, especially the classes with a good foundation and strong learning ability, the extra-curricular reading content can be appropriately increased. At the same time, a small amount of extra-curricular reading materials needs to be appropriately used for classes with a weak foundation and learning abilities within the scope of textbook knowledge. Increasing extracurricular reading content can fully stimulate students' interest in learning, strengthen the long-term outcome, broaden pupils' vision and knowledge structure, and serve as a major test for teachers' personal knowledge reserves and comprehensive teaching ability.[5] The English class time allocated for each semester is limited and fixed. Teachers must complete teaching, examination, and examination analysis within the specified time. Teachers should properly incorporate extra-curricular reading materials into classroom instruction in order to accomplish the teaching result of increasing students' educational achievements. Schools should give heed to handle assessment in teaching evaluation and provide a reward mechanism for teachers who achieve better teaching results.

Setting up reading weeks, in which the school chooses books based on the theme for a defined week of each term, is another effective strategy to encourage kids to read in their free time. For instance, students are given a reading assignment on the topic of bravery and are expected to read an article in class. Students have a variety of options for submitting their work, including creating a bookmark, a poster, or taking part in a debate. By allowing children to make their own decisions, you may help them develop in the path they wish. Inevitably, art-loving students will decide to draw a bookmark, and naturally, debate-loving students would decide to take part in the argument. In this approach, children can develop multi-dimensional comprehensive literacy through one assignment.

Additionally, parents' opinions on extracurricular reading are divided. Many parents believe that reading for extracurricular activities consumes too much of their children's daily time and that younger children need their parents to read with them, which takes up a lot of their time when they have jobs to do. The Chinese government expressly forbids schools from assigning homework to parents in disguise due to the double reduction policy, therefore the extracurricular reading is now handled by instructors who use the time in the classroom to encourage students to read. Parents are less burdened while students are still reading, it removes any potential parental concerns.

3. Research practice inside and outside the classroom has a powerful and empowering effect on students' growth

3.1 Teachers Know Better About Students' Capabilities by Doing Practices Questions

By Allowing Students to Acquire Knowledge in a Variety of Practices, Teachers can Understand Students' Strengths and Weaknesses, and Adjust Teaching Strategies to Enable Students to Achieve

Better Academic Performance Using the learning strategy of repeated practice can quickly inform teachers and students of their mastery of knowledge.[6] For example, the marked test paper can clearly indicate the understanding of grammar or proficiency in using words. However, this traditional learning strategy is also a universal and necessary learning strategy, and its disadvantages also exist. But study in 2018 shows that there is no significant difference on students' academic outcomes after implementing repeated exam and practices.[7] To avoid the excessive practice of knowledge examination questions, teachers should appropriately carry out the number of students' homework. Teachers have the responsibility to propose diverse, effective, and appropriate ways of practice. Students can spend time doing the right things to get the most effective learning results. Otherwise, students will be flooded by many exercises, and the effect is not so proportional, causing students to lose confidence in themselves, gradually become uninterested in acquiring new knowledge, lead to a decline in academic performance, and even form a rebellious learning attitude.[8]

3.2 Extracurricular Practice Exercise Students' Thinking Logic

The elementary school years are a crucial time for children to form their own ways of thinking and behaving in the world. After completing primary school, they will be characterized by a number of characteristics that will follow them throughout their entire careers. In this stage of the learning process, when students are receiving a lot of knowledge, it will be very helpful for them in the future to improve their logic and managing skills.

There are some fantastic books that children can read outside of school that will provide additional questions to test their thinking process. They instruct pupils to use the knowledge they already possess as a springboard for future thought. The cultivation of critical thinking abilities in pupils is an essential component in the process of achieving complete literacy.[9]

There is evidence that participating in the Mathematical Olympiad can help pupils improve their reasoning and logic. [10] Consider as an illustration the other pupils in the room with me. During the time that I was doing my internship, I saw that the majority of the students in the same grade who participated in Mathematical Olympiad had higher understanding and expression skills, and they found it relatively easy to master the information in class. The corresponding requirements can also be satisfied in a more reasonable manner if things are arranged properly.

3.3 The Appropriate Selection of Teaching Knowledge and Extracurricular Practice Materials Can Provide Useful Help for Teachers' Classroom Teaching

Extracurricular practice requires students to use their own spare time after class. Many teachers are accustomed to using repeated knowledge practice to test students' responses to knowledge in the exam. Through the learning concept that practice makes perfect, practice and consolidate knowledge and apply it for examination. Some teachers believe that only through continuous practice can the real exam answer fluently.[10] From the perspective of cognitive theory, this teaching strategy is reasonable. For this idea, in the process of teaching practice, to achieve the expected goal, we need to add the scientific application, that is, an appropriate selection of materials, an appropriate amount of knowledge question answering the application, to achieve the purpose of testing knowledge and establish discipline thinking. If excessive, these operations will reduce students' interest in learning and continue to create new problems.[11]

4. The reform trend of extracurricular counseling

4.1 Transformation of After-school Tutoring Under the Background of Double Reduction Policy

Tutoring services offered after school were quite popular in China for a significant amount of time, notably in the years leading up to the implementation of the double reduction policy. It can be challenging for parents to make the best decision when faced with a variety of extracurricular tutoring options. The majority of the time, parents base their decisions on the reputation and impact of a brand,

and they participate mindlessly by blindly following the decision of the crowd. Chinese parents see after-school tutoring with the mindset that if their kids can attend class, it is better than watch TV at home. Parents need to go to work, especially during the summer break, so there are no babysitters at home to watch over the kids. Parents are forced to send their children to tutoring classes or a variety of summer camps. Nevertheless, how significant of a part can after-school supervision play in the development of children, particularly in terms of the question of whether the improvement of children's overall quality is beneficial? The advanced heavy-duty learning state requires an entirely new style and substance of instruction for after-school programs in order to be adapted to the new social milieu. The extracurricular remedial programs that students take to suit their present cultivation needs do not provide students with reliable information regarding the content of the knowledge they gain. The trend that will emerge in the field of after-school counseling in the future is comprehensive quality training.

4.2 The Begin Use of After-school Time Requires teachers' Correct guidance

Extracurricular counseling effectively complements school education and family education and provides social education support to parents who are unable to take care of their children in time due to tight working hours. For many students, after-school counseling institutions have value and significance in existence. It is generally believed that the use of extra-curricular tutoring can help students consolidate their knowledge and achieve higher grades.[12] Not aware of students' private time, they should have a comprehensive life experience and practice. Teachers provide relevant auxiliary guidance to students in their spare time, especially by providing cultural reading books and educational materials involving music, art, sports, digital, cutting-edge science, and other fields, which can truly guide children, make scientific planning of their spare time, give guidance while returning students' spare time to children, and ensure that children's spare time becomes a meaningful and valuable life.[13]

Students who participate in meaningful activities that are conducive to growth can help open their horizon, promote thinking, and discover new directions and aspects of life.[14] The role of teachers as guides is critical in this process. First, following the execution of the double reduction policy, schools' teaching practices have been more evenly distributed, and all schools have increased extended classes. In extended classes, teachers will provide students with further extracurricular guidance, and provide more in-class and out-of-class guidance materials to help students consolidate classroom knowledge while improving students' comprehensive literacy and knowledge structure through a variety of auxiliary materials. In this case, the learning structure of students in the school has been fully supplemented. With the help of teachers, they can complete the learning of more knowledge and materials and realize quality education and all-around development.

The integration of textbooks and other associated materials in addition to textbooks in the classroom has been achieved for all students' educational experiences in school following the implementation of the double reduction. This has enabled the classrooms to meet the requirements of the Common Core State Standards. Students broaden their horizons and expand their skill sets by taking part in extracurricular activities outside of the classroom. Some examples of these activities are painting, music, and dancing. Because of art, their style of thinking can develop further, and their knowledge of the topics that are important to them can grow.

As a result of the reform of school education known as "double reduction," teachers are now expected to work reasonably cooperatively with resources both inside and outside of the classroom and to integrate more relevant auxiliary materials into the classroom and other learning time in the school. This has been a significant contributor to the improvement of students' knowledge structure as well as their overall quality. It has the potential to facilitate the unearthing of students' hidden abilities, to educate children according to their academic aptitude, and to foster children's future development.

4.3 Teachers' Fusion Ideas on the Use of In and Out of Class Guidance Materials

Facing the continuous innovation of future education reform policies, teachers' use of extracurricular materials is also facing new challenges and requirements. First, the expansion of the current textbook content is a useful supplement to teaching and a better and more vivid interpretation, which is convenient for students to accept and understand. On this premise, teachers cannot increase the burden of students' schoolwork, so they should integrate the use of extracurricular materials seamlessly and organically. Second, in the process of knowledge development and thinking training for students, educators must pay attention to quantity control, and incorporate lesson preparation materials and extracurricular auxiliary materials into the classroom in a scientific and concise manner to ensure appropriate teaching acceptance. Thirdly, in the extended class, teachers should distinguish the useful supplementary contents of the classroom content and guide them according to the specific situation of students at different levels around the teaching plan and syllabus, so as to play a better role in consolidating and improving. Finally, through the management and guidance of extracurricular time, teachers cultivate students' planning thinking, and use extracurricular auxiliary materials such as reading, aesthetic education, moral education, life, health, etc., to realize the comprehensive cultivation of students.

5. Conclusion

It is clear from the findings of the various studies conducted on the three levels that students' overall quality is significantly influenced by the amount of reading they do outside of school. Reading outside of schoolwork can help pupils develop a greater desire to study new things. When students are actively participating in class, there is a noticeable increase in productivity. Reading has a more significant impact than assigned homework. Students' personal development time is taken up significantly by the amount of extracurricular coursework they have to complete. If teachers take the time to carefully select relevant topics and maintain a manageable quantity of those options, they will be able to generate a beneficial directing impact. The shift away from a focus on specific subjects toward an emphasis on quality training in extracurricular activities has made a multitude of new opportunities available for improving students' overall quality. Kids, their parents, and the school administration all have the ability to make responsible use of the resources available for extracurricular activities, which can lead to a significant improvement in the students' overall quality.

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