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The Status Quo and Countermeasures of College Students' Academic Style Construction

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Abstract: The academic style construction of college students is an important content of college education, which is of great significance for cultivating students' comprehensive quality and improving the quality of education. This paper analyses the problems in learning attitude, learning method, learning environment and learning habits through the investigation and research on the current situation of college students' academic style construction, and discusses the personal and environmental factors that affect college students' academic style construction. On this basis, countermeasures for the construction of college students' academic style are proposed, including measures at the school level and individual level. This study aims to provide targeted guidance and suggestions for the construction of college students' academic style, and to promote the comprehensive quality improvement of college students and the improvement of education quality.

Keywords: College Students; Academic Style Construction; Learning Attitude; Learning Method; Learning Environment; Learning Habit.

1. Introduction

With the development and progress of society, the construction of college students' academic style has become the focus of attention of the education sector and all walks of life. The construction of college students' learning style refers to the cultivation of students' good learning attitude, learning method, learning environment and learning habits in order to improve students' learning ability and comprehensive quality. However, there are many problems in the construction of college students' learning style at present, such as improper learning attitude, unscientific learning method, poor learning environment and irregular learning habits.

The problems of college students' learning style construction not only affect the learning effect and development of individual college students, but also have a certain negative impact on the whole society. Good academic style construction is one of the important goals of university education, which is of great significance for improving the quality of college students' learning, cultivating innovative spirit and practical ability. Therefore, an in-depth study of the current situation and countermeasures of the academic style construction of college students is of great theoretical and practical significance for promoting the overall development of college students and improving the quality of higher education.

2. The Current Situation of College Students' Academic Style Construction

First of all, college students' learning attitude is generally not correct enough. A part of students lack positive attitude towards learning, hold a negative mindset, and lack enthusiasm and motivation for learning. They may study just to cope with the examination and lack the real understanding and mastery of knowledge. Another part of the students are too much in pursuit of results, overly utilitarian, studying just to get good grades, ignoring the real value and practical application of knowledge.

Secondly, the learning methods of college students are not scientific and effective enough. Some students lack good learning methods and do not master effective learning skills and strategies, resulting in poor learning results. They may just mechanically learn by rote, lack of understanding and thinking, and are unable to apply what they have learnt to practical problem solving. Other students rely too much on teachers and textbooks and lack initiative and independent thinking.

In addition, the learning environment of college students also has an impact on the construction of learning style. Some schools have the problems of insufficient educational resources, weak learning atmosphere, etc. The lack of a good learning atmosphere and academic atmosphere affects the learning effect and the cultivation of academic literacy of students. In addition, the social environment may also have a negative impact on the learning style, such as over-indulgence in social entertainment activities, ignoring the importance of learning.

Finally, the study habits of college students need to be further improved. Some students do not have good study habits, have irrational study plans and poor time management, and are prone to procrastination and wasting time. They may not have developed a fixed study time and study habits every day, resulting in poor study results. Other students are overly dependent on the Internet and mobile phones, addicted to games and social media, and unable to study at ease.

To sum up, the current situation of college students' academic style construction exists problems such as improper learning attitude, unscientific learning methods, poor learning environment and bad learning habits. In order to improve the construction of college students' learning style, it is necessary to make efforts at both school and individual levels. Schools should create a good learning environment, provide diversified learning resources, and strengthen the organisation and management of learning style construction. Individuals need to cultivate self-discipline and self-management ability, set up correct study motivation and establish good study habits. Only with the concerted efforts of schools and individuals can we promote the development

of college students' learning styles in a better direction.

3. Factors Affecting the Construction of College Students' Learning Style

The construction of college students' learning style is affected by many factors, which can be divided into personal factors and environmental factors. Personal factors mainly include self-discipline, self-management ability and learning motivation. Environmental factors include educational environment, social environment and family environment.

Personal factors play an important role in building college students' learning styles. Firstly, self-discipline is a person's ability to exercise self-restraint and control, which is crucial to the continuity and concentration of learning. Students who lack self-discipline tend to be easily distracted and find it difficult to concentrate on their studies. Secondly, self-management ability refers to a person's ability to reasonably arrange time, make study plans and effectively manage learning resources. Good self-management ability can improve learning efficiency and learning outcomes. Finally, learning motivation refers to an individual's perception and experience of interest, motivation and goal of learning. Students with high learning motivation are more actively engaged in learning and have better results in learning.

In addition to personal factors, environmental factors also have an important influence on the construction of college students' learning style. Educational environment refers to the learning resources and learning atmosphere provided by the school. A good educational environment can provide students with rich learning resources and a stimulating learning atmosphere, prompting students to learn better. Social environment refers to the environment in which students interact with classmates, teachers and society. A positive social environment can stimulate students' interest and motivation in learning. Family environment refers to the education students receive in their families and the support and attention of family members to learning. The education style of the family and the attitudes and behaviours of the family members have an important influence on the students' learning style.

To sum up, personal factors and environmental factors are important factors affecting the building of college students' academic style. Universities and families should make joint efforts to provide a good educational and social environment, cultivate students' self-discipline, self-management ability and learning motivation, so as to promote the good development of college students' academic style construction.

4. Countermeasures for the Construction of College Students' Academic Style

The construction of college students' academic style is a long-term and complex process, which requires the joint efforts of school and individual levels. At the school level, first of all, we need to build a good learning atmosphere. Schools can organise various academic lectures, academic competitions and other activities to cultivate students' interest and enthusiasm in learning. In addition, schools can encourage students to participate in academic research projects and provide opportunities for students to get in touch with cutting-edge academic knowledge, so as to stimulate their learning motivation.

Secondly, schools should provide diversified learning resources. School libraries should be rich in books and academic journals to facilitate students' reading and research. At the same time, the school can establish a learning resources sharing platform, so that students can borrow and share learning materials with each other to improve learning efficiency.

Finally, schools need to strengthen the organisation and management of learning style construction. Schools can set up study guidance centres to provide students with study counselling and guidance. Schools can also formulate rules and regulations related to the construction of learning style, clear learning requirements and learning discipline, and establish a long-term mechanism for the construction of learning style.

At the individual level, college students need to develop self-discipline and self-management ability. They should make a reasonable study plan, arrange time reasonably, overcome procrastination and improve study efficiency. In addition, college students should set up correct study motives. They should make clear their learning goals, realise the importance of learning, and develop a desire for learning from the bottom of their hearts.

At the same time, college students should establish good study habits. They should develop the habit of daily review, complete homework and course study in time, and avoid piling up and procrastination. In addition, college students should also pay attention to the cultivation of learning methods and master effective learning skills, such as extracting the key points and summarising to improve the learning effect.

In conclusion, the construction of college students' learning style needs the joint efforts of schools and individuals. Schools should build a good learning atmosphere, provide diversified learning resources, and strengthen the organisation and management of learning style construction. Individuals should cultivate self-discipline and self-management ability, set up correct study motives and establish good study habits. Only with the joint efforts of schools and individuals can we promote the comprehensive development of college students' academic style construction.

5. Conclusion

Academic style construction is an important part of university education, which is of great significance to the personal development and social responsibility of college students. This paper analyses the current situation and influencing factors of college students' academic style construction, and puts forward some countermeasures to improve the situation of academic style construction.

There are some problems in the current situation of college students' academic style construction, including improper learning attitude, unscientific learning method, poor learning environment, irregular learning habits and so on. The existence of these problems directly affects the learning effect and comprehensive quality of college students. At the same time, personal factors and environmental factors also have an important impact on the construction of college students' learning style.

In order to improve the current situation of college students' learning style construction, corresponding countermeasures can be taken from the school level and personal level. Schools can promote the construction of students' academic style by building a good learning atmosphere, providing diversified

learning resources and strengthening the organisation and management of academic style construction. Individuals, on the other hand, should cultivate self-discipline and self-management ability, set up correct study motives and establish good study habits.

In conclusion, the construction of college students' academic style is a complex and important task. Only through the joint efforts of schools and individuals can we improve the quality and level of academic style construction, cultivate more excellent college students, and make greater contributions to the development of society.

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