

On Cultivation of Students' Autonomous Learning Ability in Senior High School English Teaching

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Abstract: With the deepening of quality-oriented education, teachers should pay more attention to the cultivation of students' independent learning ability, strengthen students' learning consciousness, enable students to develop good English learning habits, and effectively cultivate students' core quality of subjects in the current English teaching activities in high school. Based on this, in this study, the problems existing in English teaching in senior high schools are studied and discussed, and corresponding teaching suggestions are put forward to effectively improve students' English knowledge level, strengthen teaching reform, improve students' independent learning ability, and promote the development of education in China.

Keywords: High school English; Students; Autonomous learning ability; Cultivation; Strategy

Preface: In the process of China's social and economic sustainable development, economic exchanges with other countries are gradually increasing, which brings forward higher requirements for English teaching. In order to cultivate more talents in English, in practical teaching activities, teachers should pay more attention to the cultivation of students' autonomous learning ability and effectively stimulate students' interest in learning. So that more students can participate in the classroom, improve students' English knowledge level. Compared with junior high school and primary school English, senior high school English has more difficulty and vocabulary. In order to improve the overall teaching quality, in teaching activities, teachers should strengthen the basic knowledge teaching, but also strengthen the cultivation of students' autonomous learning ability, so that students can master the correct learning methods and skills, improve the overall quality of high school English teaching.

Introduction: In the process of sustainable social and economic development, China has gradually increased its economic exchanges with other countries, which brings forward higher requirements for English teaching. In order to cultivate more talents in English, teachers should attach great importance to the cultivation of students' autonomous learning ability, stimulate students' interest in learning effectively in practical teaching activities and get more students participate in the class, improve the students' English knowledge level. Compared with junior high school and primary school English, senior high school English is more difficult and has more vocabulary. In order to develop the overall teaching quality, teachers should strengthen the teaching of basic knowledge in teaching activities, and enhance the cultivation of students' independent learning ability, so that students can master the correct learning methods and skills, and improve the overall quality of high school English teaching.

1. Problems in senior high school English Teaching

Due to the influence of traditional teaching concepts and methods, in senior high school English teaching activities, teachers pay more attention to students' performance, and do not fully realize the importance of strengthening the cultivation of students' English autonomous learning ability. In senior high school English teaching activities, because most students' English level is not high, there is a serious psychological dependence in the whole learning process, which reduces the overall quality of senior high school English teaching. In Teachers' teaching activities, it is difficult to build a good learning atmosphere for students. Students can only follow the teacher's steps to learn, and lack of effective autonomous practice, which reduces the overall quality of high school English teaching and is difficult to effectively cultivate students' autonomous learning ability. The lack of targeted teaching process is not conducive to the cultivation of students' autonomous learning ability, but also reduces students' enthusiasm for learning, making it difficult to implement high school English teaching activities.

2. Problems in senior high school English Teaching

Due to the influence of traditional teaching concepts and teaching methods, teachers think much of students' performance in high school English teaching activities, and fail to fully realize the importance of strengthening the cultivation of students' independent learning ability in English. In high school English teaching activities, most of the students' English level is not high, what's more, there are serious psychological dependence in the whole learning process, which reduces the overall quality of high school English teaching. In Teachers' teaching activities, it is difficult to build a good learning atmosphere for students. Students can only follow the teacher's steps to learn, and lack of effective autonomous practice, which reduces the overall quality of high school English teaching

and is difficult to effectively cultivate students' autonomous learning ability^[1]. The lack of targeted teaching process is not conducive to cultivating students' independent learning ability, but also reduces students' enthusiasm for learning, making it difficult for high school English teaching activities to be implemented

3. The importance of strengthening the cultivation of autonomous learning ability in senior high school English Teaching

By strengthening the cultivation of students' autonomous learning ability, students can make full use of the time in and out of class to strengthen learning. The whole process of autonomous learning can improve students' learning consciousness, effectively stimulate students' learning enthusiasm, so that students can master the correct learning methods, effectively improve students' comprehensive ability. In order to strengthen the cultivation of students' autonomous learning ability, teachers should change the teaching mode, guide students to study actively, avoid students' boredom, and understand the key and difficult points in English texts. In the process of guiding students' autonomous learning, we should strengthen the cultivation of students' professional spirit and exploration spirit, stimulate students' interest in learning, and enhance students' creative thinking. The strengthening of the cultivation of students' autonomous learning ability can give full play to students' unique potential, let students recognize themselves, find suitable learning methods at the same time, ensure the orderly development of English teaching activities, and improve the overall quality of high school English teaching eventually.

4. How to strengthen the cultivation of students' autonomous learning ability in senior high school English Teaching

4.1 Innovating teaching ideas and guiding students' autonomous learning

In high school English teaching activities, in order to effectively cultivate students' autonomous learning ability, teachers should constantly optimize and innovate teaching ideas, fully realize the important role of strengthening the cultivation of students' autonomous learning ability, and be able to integrate students' actual learning situation, and use advanced teaching ideas to build an efficient English classroom. In order to carry out quality education, in senior high school English teaching activities, teachers should meet the requirements and standards of comprehensive curriculum reform. By adopting more targeted teaching methods, students can strengthen the learning of basic English knowledge, improve their personality in the process of learning, establish a positive learning attitude, and fully realize their important role in English learning^[2]. In the process of learning, it is not enough to rely on teachers alone. More importantly, it is necessary to study independently, learn to explore and master the correct learning methods. Therefore, in senior high school English teaching activities, teachers should fully realize this, return the classroom to students, timely adjust the traditional teaching concept, and guide students to carry out corresponding learning activities, so that students can feel the charm of English knowledge. At the same time, it also enables students to master the correct learning methods and skills to improve the overall quality of high school English teaching. In order to guide students' autonomous learning, in senior high school English teaching activities, teachers can use flipped classroom to exert a subtle influence on students with a warm attitude, so that students can have a correct understanding, establish a correct concept of learning, and strengthen autonomous learning.

4.2 Optimizing the teaching method and exploring the way suitable for yourself

By guiding students to carry out autonomous learning activities, students can master the correct learning methods and skills in the process of exploration, and effectively improve the overall quality of high school English teaching. In order to effectively cultivate students' autonomous learning ability, in senior high school English teaching activities, teachers should actively carry out corresponding teaching activities. While strengthening the basic knowledge teaching, students can master the correct learning methods, and can strengthen the application of learning methods in specific practical activities, so as to effectively improve students' learning efficiency. Therefore, in the current high school English teaching activities, teachers should constantly optimize innovative teaching methods, so that students can master the skills of autonomous learning, actively participate in the corresponding learning activities, choose a more suitable learning method, strengthen English knowledge learning, and improve students' learning effect. Before the formal class, teachers can guide students to preview after class. In the process of guiding students to carry out autonomous learning activities, students can have a preliminary understanding and understanding of the content of this lesson, and can put forward targeted problems through systematic learning to strengthen the cultivation of students' autonomous learning ability. Let the students look up the new words in the dictionary and enter the classroom with questions, improve the students' concentration, strengthen the learning of new knowledge, effectively stimulate the students' learning enthusiasm, and build an efficient English classroom^[3]. In classroom teaching, teachers can strengthen the interaction with students, effectively relieve students' psychological pressure, and can increase students' classroom concentration, combined with clear learning objectives, improve students' autonomous learning ability. In the classroom, guide students to group discussion, produce effective thinking collision, stimulate students' enthusiasm for learning. At the same time, more students can actively participate in the classroom, strengthen the cultivation of students' autonomous learning ability, improve students' language organization ability, expression ability and logical thinking ability.

4.3 Building a good environment and strengthening autonomous learning

In high school English teaching activities, teachers also need to build a good learning environment for students, give students full trust, let more students can actively participate in the class, strengthen the cultivation of students' independent learning ability. Therefore, in high school English teaching activities, teachers should give more encouragement and help to students, and give affirmation to students' efforts. In practical teaching activities, students should be provided with enough time to strengthen their knowledge learning. By building a good learning environment for students and fully mobilizing students' various senses, students can be guided to strengthen their English knowledge learning and understanding. In classroom teaching activities, teachers can also

guide students to strengthen after-class reflection, in order that students have a deeper cognition and understanding of what they have learned in this class. In the process of guiding students to reflect, teachers can guide students to strengthen thinking and exploration, enhance students' thinking and perception, make students have a more profound knowledge and understanding of the whole learning content, improve students' learning effect. In the process of instructing students to carry out extended learning after class, we should strengthen the connection between inside and outside class, maybe students can make use of their spare time and combine different situations to effectively improve students' autonomous learning ability. In high school English teaching activities, teachers can also guide students to carry out inquiry-based learning activities, and instruct students to strengthen independent learning by carrying out relevant thematic activities for students. During of cooperating with others and learning together, students' learning consciousness is constantly strengthened, and they can form a correct learning attitude and construct an efficient English class.

5. Epilogue

In short, in high school English teaching activities, we should strengthen the cultivation of students' autonomous learning ability, constantly strengthen the students' learning process, let students develop good learning habits, and build an efficient English classroom. Therefore, in specific teaching activities, teachers should improve teaching methods, stimulate students' interest in learning, so that more students can participate in the classroom. The improvement of teaching mode helps highlight the dominant position of students, tap the potential of students, effectively cultivate students' autonomous learning ability, so that we can have more students learn independently, effectively cultivate students' core literacy, and improve the overall quality of high school English teaching eventually.

6. Conclusion

In short, in high school English teaching activities, we should strengthen the cultivation of students' independent learning ability, constantly strengthen the learning process of students, make our students develop good learning habits, and build an efficient English class. Therefore, in the specific teaching activities, teachers should improve teaching methods, stimulate students' interest in learning, which is good for more students can participate in the class. Through the improvement of teaching mode, students' dominant position should be highlighted, students' potential should be explored, students' autonomous learning ability should be effectively cultivated, more students should be able to study independently, and the core quality of subjects should be effectively cultivated, thus improving the overall quality of English teaching in senior high schools.

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