

# The Research on the Task-based Theory Applied in the College English Teaching

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**Abstract:** Task-based teaching theory is advocated the learning atmosphere of freedom and democracy, according to the learning objectives assigned by the teacher. The students will finish the task by using the learning strategies, and then realize the self-learning and practicing. The theory is from the view of the students to help students learn the knowledge or make practice. Teachers guide students to learn English with the concept of task-based teaching as the starting point, which is of great help to the improvement of students' English ability and skills.

**Keywords:** The task-based theory; College English; English skills and ability

## 1. Introduction

With the advancement of new curriculum reform, many new teaching modes have been adopted in college English, and the most common one is task-based teaching theory. It is a new kind of teaching methods based on the task-based theory, aiming to build a teaching model of student-centered frame. This kind of teaching method can motivate the inner power of the students, making the class teaching more interesting and livelier. Under the guidance of the teaching reform, with the Basic Education Curriculum Reform Outline and the National Medium - and Long-Term Education Reform and Development Program Outline as the guidance, the class teaching should pay attention to the student-centered teaching mode, so that the learning efficiency of students in the classroom can be improved. At the same time, as a teacher, using task-based teaching can fully respect students, stimulate students' initiative in learning and innovative spirit <sup>[1]</sup>. A good learning efficiency is the key to quality education, which can improve the traditional teaching mode, like teachers -centered cramming teaching mode. So task-based model can gradually constructs the student-centered teaching model and improve the teaching levels. To be exact, task-based theory focuses on the learning-centered classroom teaching structure in a scientific and accurate way. This kind of teaching method likewise is to cultivate students' autonomous learning habit, improve students' ability to learn, aiming to improve the overall quality of education and teaching. Task-based teaching is based on the development of students' physical and mental quality. According to students' learning needs, it adopts teaching methods suitable for students' age characteristics, combines teaching methods such as cooperative learning and group learning, establishes reasonable teaching objectives and teaching contents, and constructs a classroom teaching model guided by teachers and cultivate the students' independent thinking and learning habits. Therefore, Task-based teaching is actually student-oriented teaching model, paying attention to students' learning personality, stimulating students' learning potential, and enabling them to get full development in their respective zone of proximal development. It not only improves the effectiveness of class teaching, but also plays a role in promoting students' learning in all aspects.

## 2. Task-based theory applied in the college English teaching

Task-based theory aims to cultivate the students' abilities to accomplish the task assigned by the teachers in class. The purpose of this teaching method is to cultivate the students' abilities in English learning. It is rather suitable for the college students in the English class learning. In such circumstance, we need to do something to make this theory more useful in college class teaching <sup>[2]</sup>.

### 2.1 Change the traditional mode of English teaching

The teaching methods of college English in the long run is always based on the teacher-centered mode. This kind of teaching mode often adopts the similar teaching ways, such as analyzing the plots of learning content word by word, sentence by sentence. And then the teacher explains the English reading content in English and Chinese, especially in the grammar-centered class. To be exact, this teaching mode is bound to inhibit students' theme function, making students passively accept teachers' analysis and understanding of the learning content. The advantage of this teaching mode is that students can accept the learning content in a clear line, but their self-thinking abilities are weaker from their perspective. Therefore, the application of task-based theory in college English can solve this problem well. Teachers let go of their control over students and break the traditional teaching mode of cramming, and they let students read and learn the knowledge independently under the guidance of the teachers. Teachers only need to inspire and guide students to read the text deeply and solve the problems in the contents. But this does not mean that the teacher does nothing, on the

contrary, the teacher needs to prepare the enough information to let the students access the lessons. Students can read articles with the views of all the questions and tasks set by the teachers. With the deepening of the reading content and different stages, the teacher must organize and guide students to discuss, let the students express their opinions, complete the task and answer the related questions. Task-based teaching put emphasis on timely and appropriate evaluation, which reflects the democratic and free classroom atmosphere<sup>[3]</sup>.

## **2.2 Task-based theory is the problem-solving learning mode**

As is known to all, English learning is based on the large quantity of reading comprehension, so English text reading is of great importance to the students' English learning. Take English reading comprehension for example, it can be divided into intensive reading and extensive reading combined mode. The extensive reading is cultivating the student to grasp the main ideas and outlines of the passages. At this time, the teacher should put forward framed questions according to the extensive reading content, and ask the students to read with the questions<sup>[4]</sup>. Extensive reading needs to set the limited reading time, which can improve the English reading speed and accuracy of the students. In the process of extensive reading, the teachers assign the related tasks to students and guide the students to follow the contents as quickly as possible. It is certain that teachers should also give students corresponding reading strategies according to the difficulty of the reading content, so as to help students complete the task smoothly and put forward their own questions. After completing the extensive reading task within the specified time, the teacher will guide the students to dictate the reading content and their own understanding of the content of the article. Task-based teaching mode in the essence is another form of group cooperation. In the cooperation activities, the students can discuss with each other, diverge their thinking, and jointly solve the tasks and problems proposed by the teacher. The setting of tasks and questions should be detailed, specific, and even tedious. However, it is precisely these tedious and detailed questions that are conducive to the divergence of students' thinking, generating new questions in answering questions and solving them one by one. In the end, the students can truly achieve the reading goals with problem-solving as the main line.

## **2.3 Task-based teaching mode is the combination of exploratory learning and independent perception process**

Task-based teaching mode is actually a combination of inquiry-based learning and group cooperative learning, because in this process, students' initiative in learning and divergent thinking can be fully reflected. This teaching method urges students to read with a strong thirst for knowledge and actively complete scientific and reasonable questions set by teachers. In fact, this process does not emphasize the completion of tasks, but pays attention to the learning method and process. In the process of actively participating in English reading, students will have a strong sense of self-perception. If they are recognized and praised by teachers, they will also have a strong sense of achievement, which will prompt students to take the next step of English learning initiative. The task-based teaching mode pays more attention to the participation process of students' English reading, which enables students to develop independent thinking and emotional experience. Through self-reading and self-understanding, students can gain the abilities of solving problems, and thus develop the generality, creativity and criticism of thinking<sup>[5]</sup>.

## **3. Conclusion**

In the actual teaching of College English reading, the advantage of task-based teaching is obvious. With the task-based teaching mode, the students are fully respected. In other word, the student plays the main body of the learning. Task-based teaching mode changes the teaching mode, making the passive learning into active learning. Meanwhile, it increases the students' learning confidence, helps students to think actively, finds and solves the problems through a relatively complete reflection and cognitive process. Task-based teaching improves the students' divergent thinking and innovative the spirit to strengthen. In all, task-based teaching is a teaching mode that focuses on cultivating students' inquiring spirit, creative thinking and positive personality. The implementation of the teaching mode based on learning in English reading teaching is bound to be beneficial to the development of students' innovation and practical ability in the middle of primary school.

## **References:**

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