

An Analysis on the Importance of Habit-Forming Education

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Abstract: The Chinese nation is undergoing great changes, and all people are working together to achieve great rejuvenation and two centenary goals. Education bears the mission and the future. The opinions of the Central Committee of the Communist Party of China and the State Council on deepening the reform of education and teaching and improving the quality of compulsory education in an all-round way clearly requires “to establish a scientific outlook on education quality, deepen the reform, build an education system of all-round cultivation of morality, intelligence, physical education, beauty and labor, and improve the implementation mechanism of establishing morality and cultivating talents”. In order to carry out the national policy of education, we must attach importance to the cultivation of children’s habits in the process of growth, and attach importance to the cultivation of students by society, family, school and teachers.

Keywords: Habit-forming education; Knowledge; Building morality and cultivating people

Family education is the cradle of children’s habit education, and parents are the first teachers of children. Every family, before the birth of a child, should go to understand, learn the relevant knowledge and methods of educating children, participate in the relevant training, to avoid the confusion of education after the birth of a child. Whether as a parent or a teacher, we should learn the basic physical and mental characteristics of children in different stages of development, and use corresponding education methods and means in line with the age characteristics, in order to expect effective education effect.

1. Cultivation of habits in all stages of learning

1.1 Infant education (1-2 years old)

At this stage of infants, parents’ life and work habits have a direct impact on their children. “The parent-child relationship between the mother and the baby, the expression of communication, and the actions of habits are often printed in the baby’s mind.” The safety and comfort of a baby in his mother’s arms make him establish a social relationship of trust and attachment to people. This stage of education focuses on the cultivation of parent-child relationship and healthy eating habits. If conditions permit, breastfeeding should be the main way, and other liquid food or digestible food should be supplemented at the same time. Don’t form a child’s preference for a certain kind of food. To develop a normal work and rest, can not be contrary to the work and rest of adults. At this stage, infants should crawl and walk independently. Even if he falls, encourage him to get up. For babies with slow development of language and action, they should have enough patience, more company and encouragement. Never shout or blame loudly. At this stage, the harmonious relationship between husband and wife is very important for the growth of the baby. Because babies must be observing, imitating, and parents’ words and deeds will be branded in their hearts. Most babies have good memory at this stage. This period is also the period when the baby’s character is gradually developed. Many bad habits, such as willfulness, irritability, incessant crying, not sleeping at night, etc., start from this time.

1.2 The cultivation of preschool children’s habits (3-6 years old)

This stage is the Enlightenment period for all kinds of interests and habits. The main task is to cultivate children’s ability of concentration, independence, self-control and common sense of life.

(1) Cultivate children’s habit of concentration and ability of emotional communication. Control children’s time of watching TV and playing mobile phones, and keep children away from games. Don’t let children form the habit of reading while watching TV, feeding, playing and even chasing after food.

(2) To control children’s excessive play, as long as the limit is exceeded, resolutely stop and correct in time.

(3) Cultivate children to play with their neighbors actively, learn to be humble, learn to share, and not be self-centered in everything.

(4) Cultivate children’s normal eating habits, not picky, not partial to food, not to develop the bad habit of eating snacks.

(5) The cultivation of frugal habits. This can’t be solved by one or two sentences. For example, in the poem “weeding, weeding, dripping, weeding, who knows that every grain of Chinese food is hard. “ How to let children experience it? This poem is easy to recite, but to understand and experience, parents need to practice it. Experience together with children in a specific environment, so that children can bear in mind and reflect in the line.

2. The importance of habit-forming education

Habits affect life, details determine fate. Good habits have a huge and long-term impact on health, learning, work, family and society. From a higher level, it is a symbol of a country and a nation's civilization and progress, an important gene of cultural self-confidence, and an important component of a country's prosperity. On the contrary, bad habits not only restrict the growth of individuals, but also restrict the progress of the country and the nation.

2.1 The bad effects of bad habits

There is a saying that "if you clean the snow in front of the door, you can't care for others' tiles and frost". This phenomenon is still caused by the lack of sympathy and care for others' education, the indifference and the deviation of the thought of "no matter who you are, no matter who you are". There is also a phenomenon that "no paper scraps are picked up on the road, no one stands up when the broom is down". This phenomenon is mainly due to the lack of labor education. It is caused by the thought of selfishness. Of course, there are many other phenomena, through which we can see the essence.

2.2 The educational view of ancient Greek philosophers

In Aristotle's politics, there is a saying: "all else is the work of education; we learn some things by bit and some by instruction". We learn knowledge through our own habits and teachers' guidance. "Here we also see the importance of habits.

2.3 The essence of Education

Education is not only to impart knowledge, but also to teach children how to behave. To be honest and upright all one's life, you can't do without good habits. The power of habit is huge. It can decide people's destiny. A few years ago, at a gathering of Nobel laureates, a reporter asked one of them, "which university do you learn the most important thing?" The scientist thought for a while and replied earnestly, "in kindergarten." "In kindergarten, the teacher taught us not to take other people's things; things should be sorted out; students should not be bullied; food should not be wasted; attention should be paid to observation and lessons should be taken seriously; wrong things should be apologized, etc. these good habits accompany my whole life," the scientist continued. So greatness comes from commonness, commonness comes from habit. A good habit makes a man's future, and a bad habit ruins his future. However, the formation of a good habit is not achieved overnight. It is gradually formed by the influence of his parents, elders, relatives, friends, teachers, classmates and growing environment in the process of human growth.

3. History calls for habit-forming education

In the face of education reform and new college entrance examination reform, we should pay more attention to the cultivation of habits. From the beginning of the habit of children, that is to determine the development of children's life-long acquisition of sex education.

3.1 Luzhou high school students of Grade 1959 return to their alma mater

In the spring of 2019, in the Lushan high school campus, where flowers are in full bloom and full of spring, the students of Luzhou high school from grade 1959 ushered in a unique reunion. They have been away from their alma mater for 60 years. Most of them are nearly 80 years old and have retired for many years. Among them, there are university professors, researchers, nuclear physics experts, marine research experts, and some have worked in the National Institute of physics, making immortal contributions to the development of high technology in China. With their dedication and perseverance in their whole lives, they have interpreted what is patriotism, what is the dream and ambition of striving for glory for our country and our alma mater. They agreed that success should be attributed to the following:

- (1) At the beginning of hard life, there was more time to exercise every semester;
 - (2) Have more time to participate in social labor. They have been involved in road construction, playground construction, ferry construction, coal picking, brick picking, coal pulling, rice picking, etc.
 - (3) Teachers and students work together and communicate harmoniously;
 - (4) Students have five days per semester to eat and do with poor farmers;
 - (5) Students help each other, teachers do not discriminate against poor students; (6) Students develop the character of gratitude.
- Let's sum up a little bit. Isn't their success "cultivating virtue and cultivating people simultaneously"?

3.2 Problems in current education

(1) The present education is a satisfying education, a spoiled education. Teachers should not punish students physically or criticize students excessively. Once there is any case, parents, society, media and public opinion all point to the teacher and the school. Under the influence of the one-sided view that "there are no bad students, only teachers who can't teach", the leading role of students and teachers can't be played effectively.

(2) The students can't bear hardship and lack of attribution.

At present, it is an indisputable reality that students are burdened with heavy schoolwork, but there is a factor of students' poor ability to bear hardships. Once the score drops, the students do not find the reason from themselves. The parents often blame the reason on the teachers and demand to replace the teachers. The parents often regard the children's class selection and teacher selection as the active cause of the children's growth, forget the root internal cause of the children's subjective initiative, forget that the parents are the first teachers and legal guardians of the children.^[1]

(3) Many children nowadays lack physical exercise

Nowadays, children's schoolwork is very heavy, and the whole education lacks a unified and coordinated mechanism to ensure that children can effectively carry out physical exercise, labor exercise and social practice. As a result, many of their physical indicators cannot be achieved, such as bounce, speed, endurance, throwing, horizontal bar and parallel bar. Some of the reasons for not reaching the standard are due to safety factors, and some of the sports are not carried out at all. Therefore, in the very short meeting in the school, it is often seen that children are difficult to support the phenomenon of falling to the ground; in junior high school, high school students with myopia are everywhere. Every year, there are several "seedlings" in the air flight physical examination, which are difficult to

protect.

(4) Nowadays, there are more and more children with psychological problems. Some children are introverted, poor at communication, low self-esteem, sensitive, easy to go to extremes, not good at getting along with others. Some said it was caused by mobile phones, computers, games and the Internet. To be fair, when the representatives of these advanced productive forces bring great benefits to people, if they can't control their use, they will be controlled instead. Who is to blame?

To sum up, education now faces serious challenges. As an educator, how can we take on the responsibility of “cultivating morality and cultivating people”? How to find the essence of education in reflection?

4. Develop education and create brilliance

Everyone wants to succeed, although everyone has different aspirations. But there is only one way to succeed, that is diligence. As the saying goes: “there is a way to study, and there is no end to learning.” There is no shortcut to study. Can you see a rainbow without going through wind and rain? We should educate the spirit of the Chinese nation's responsibility, according to the nature and laws of education, cultivate students' subject consciousness, and cultivate students' moral character and responsibility spirit.^[2]

(1) We should inherit and carry forward the traditional values of the Chinese nation and vigorously carry forward the “four self-confidence”. To carry forward the national spirit is to vigorously advocate thrift, diligence and kindness. It is a traditional virtue of the Chinese nation to educate students to be industrious and kind-hearted, and to let students know “to cultivate themselves diligently and to support virtue by frugality” The connotation of this sentence; let the students develop the character of indifference and tranquility, know that indifference can make their mind clear, tranquility can make them far away; let the students have a great mind and ambition, then they can “cultivate themselves, unify their families, govern the country, and level the world.” Only when students have a sense of responsibility and a sense of responsibility can they “establish their hearts for heaven and earth, make their lives for the people, continue to learn for the saints, and open peace for all the world.”

(2) Cultivate various habits by stages. For example, exercise habits, reading habits, study habits, discipline habits, respect for people's habits, get along with people harmoniously, protect nature, revere life, revere nature, plan career and live independently.

(3) Do a good job in the cultural course of “tourism, learning and research”. To travel ten thousand miles is to read ten thousand books. As long as there is a chance, we should let the children go out for a walk and have a look. Only when they are in the real situation, can they have different life feelings, contrast, reflection and summary. Book knowledge must be combined with social practice. Mr. Tao Xingzhi once said, “life is education, society is school, and teaching and learning are integrated.” Students' life experience will give them strong wings for future success.

(4) Learn to be tolerant, to get out of the closed self, not to be a frog in the well. The frog in the fable “frog at the bottom of the well” is self-confident because it does not touch the outside world. In inheriting our excellent culture, we should also learn from the excellent culture of other countries. “Shut up” will subjugate the country, and “close ourselves” will inevitably fall behind. Therefore, children should be actively integrated into the world and be baptized by the wind and waves to become the elite and pillar of the nation.^[3]

Education is an art that needs to wait. The country and the nation are waiting for the children's growth. As long as children are healthy in body and mind, strong in physique, firm in will and fully developed, they will surely lay the foundation for future happiness; as long as children have good habits, certain social practices and their own insights, they will surely succeed. Let's hold high the great banner of “Building Morality and cultivating people”, and train students to develop morally, intellectually, physically, aesthetically and laboriously in an all-round way. We should not only teach students to study, but also cultivate their good habits and good character. Let the brilliance of children's human nature illuminate the endless land of China. This is the person with family and country feelings we cultivate, and this is the person who dares to take responsibility for our education. Let us remember that it is more important to cultivate habits than to impart knowledge, which is the essence of education.

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[3] The second paragraph of Chapter 13, Volume 7 of Aristotle's Political Science