

Talking about How to Improve Learners' Self-monitoring Ability with Practice

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Abstract: Self-monitoring refers to the psychological activities that students consciously and systematically monitor and evaluate in the learning process to adjust their thinking, cognition, feeling and behavior, so as to achieve their goals better and faster. Improving learners' self-monitoring ability can more effectively achieve learning objectives, enhance learning ability and improve learning efficiency. Most of the students in vocational colleges are in adolescence. They generally have the characteristics of strong practical ability, many ideas, wide interests and hobbies, lack of achievement in cultural courses, lack of patience and lack of self-monitoring ability. This paper will talk about how to help vocational college students improve their self-monitoring ability and help their study and life.

Keywords: Learning; Self-monitoring ability; Learners

1. Establishing learning objectives

In order to better improve learners' self-monitoring ability, learning goals are set on the first day of the first year. Goals are divided into long-term goals and short-term goals. According to the time, they can be divided into the first year, the first month, the first week, the first day, and so on. The set objectives should not only be clear and quantifiable, but also need to be completed with the help of review and inspection. Set weekly review objectives and check whether the objectives are completed. If the goal is not completed, analyze the reasons for not completing the goal and set the time to complete the goal again.

2. Guiding students to make learning plans

Learning objectives are oriented for students' learning. After clarifying the objectives, students need to be guided to formulate corresponding learning plans. ^[1]There are obvious differences between students in learning methods, learning basis and many other aspects. Teachers need to guide students to formulate a learning plan that matches and coordinates with their own abilities in combination with their own actual situation. Based on the previously established learning objectives, weekly and monthly learning plans can be formulated respectively. Taking the weekly plan as an example, you can specify the learning objectives of this week in the schedule, mark the learning tasks to be completed in the seven days from Monday to Sunday, and record the completion of the day in real time. A scientific and reasonable plan is conducive to the realization of learning objectives. At the same time, in the process of implementing the plan, middle school students need to play a self-monitoring role to monitor whether they complete the learning tasks according to the established plan, and clearly mark what things have an impact on the implementation of the plan, such as temporary collective activities, adjustment of teaching activities, etc., at this time, students need to adjust their plans in time. Over time, in the process of implementing the plan, middle school students can develop good learning habits, and imperceptibly improve their self-monitoring ability.

3. Creating a harmonious teaching atmosphere

Self-monitoring is a special skill and accomplishment in students' learning process, but for most students, their understanding of self-monitoring is often in a strange state^[2] Without understanding its connotation and significance, students will fall into confusion in the process of forming and improving their self-monitoring ability. Therefore, teachers also need to guide students to clarify what self-monitoring is and how to carry out self-monitoring in the learning process. Classroom teaching is a process of two-way interaction between teachers and students, and the interaction between teachers' teaching and students' learning. A relaxed and harmonious classroom atmosphere is more helpful for students to seize the best opportunity of autonomous learning. Under the background of traditional education, teachers often adopt the teaching method of single teaching, so it is impossible for students to carry out autonomous learning. The long-term passive absorption of knowledge leads to a dull classroom atmosphere and restricts the formation of students' self-monitoring ability. For example, teachers can enter the classroom with a smile, have expectations for students, and give timely encouragement to students in teaching. Create a relaxed, harmonious and harmonious atmosphere of interaction and communication between teachers and students, promote the improvement of students' learning enthusiasm and learning motivation, and students can involuntarily change from "want me to learn" to "I want to learn". Relevant data show that

the formation and development of students' autonomous learning ability and self-monitoring ability are closely related to teachers' teaching style. Democratic and open classroom and amiable teachers will unconsciously change students' learning attitude. Students with positive learning attitude can promote students to explore independently in the process of classroom learning, and then form good self-monitoring ability.^[3]

4. Setting up study groups to promote each other

Find students with the same goals to form a learning group, formulate learning tasks and goals, regularly share learning experiences and experiences, learn from each other and promote each other. Confucius said, "when three people walk, there must be my teacher; choose the good and follow it, and change the bad." When others' learning methods are worthy of learning and reference, choose to learn from them. When you see that others have shortcomings, you should also reflect on whether you have the same shortcomings, and if so, correct them. Learning and training is conducted through group learning. After each learning task is completed, record your feelings at each stage of the learning process and understand your learning characteristics. Is it "learning fast but with many mistakes" or "learning slow but with few mistakes?" And according to their own characteristics, optimize and modify learning strategies. The experience formed in this process will lay a foundation for learners to further master the ability of self-monitoring.

5. Firming confidence and don't give up

There will inevitably be some difficulties and setbacks in the learning process, and learners often want to give up. Teachers can set up some reward methods. For example, after reciting words today, they can reward themselves to watch a movie. Similarly, if you fail to complete the self-control index, you also need to give yourself some appropriate punishment. You can also find friends to supervise yourself, tell your roommates or close people about the goal plan, and let them set a reminder plan. For example, ask your parents to call at 8 a.m. every morning to urge you, and you can enter the self-trend stage after a period of time. In addition, the establishment of self-control ability is inseparable from the promotion of internal drive. In the process of learning, you can motivate yourself by means of self-encouragement and self-suggestion, for example, meditate in your heart: I must complete the goal set today, I can complete it, and so on. At the same time, in order to reduce external interference, try to turn off or disconnect the electronic products in the learning process.

In teaching activities, students' learning method is the root of teaching method. As Mr. Ye Shengtao said, "the ultimate purpose of teachers' teaching of any subject is to achieve the purpose of no teaching", which is also the highest level of wisdom teaching. Improving learners' self-monitoring ability is an effective means to achieve this state. The establishment and improvement of self-monitoring ability will benefit learners for life. Guide students to set learning goals and make learning plans, so as to make students form the awareness of autonomous learning in a democratic and harmonious classroom atmosphere. At the same time, encourage students to find partners with the same goals to form learning groups, and help students cultivate and establish self-monitoring ability through the above ways. In addition, students should be encouraged to be confident and complete these steps step by step.

References:

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