Study on the Improvement Path of the Autonomous Learning Ability of Chinese College Students Majoring in Journalism and Communication under the Network Teaching Environment

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Abstract: With the development of science and technology and the popularization of the Internet, the network teaching environment has become an important part of modern education, and the ecological environment of higher education of journalism and communication in China has also undergone great changes. The network teaching environment emphasizes more that college students should have strong autonomous learning ability and be able to study efficiently, so as to meet the development of journalism and communication disciplines, the development of the industry and lifelong learning in a "learning society". This study aims to analyze the problems of the autonomous learning ability of Chinese students majoring in journalism and communication in the network teaching environment, then it puts forward the path to improve the independent learning ability of college students majoring in journalism and communication.

Keywords: Network teaching environment, Journalism and communication, College students, Autonomous learning ability, Improvement path

1. Introduction

1.1. Research background

In recent years, with the rapid development of the digital era, the application of the Internet and information technology in the field of education has become more and more popular. Network teaching has become a new kind of education mode, and has gradually been widely used in various fields, including journalism and communication education. The network teaching environment provides students with a more flexible and convenient learning way, but also puts forward higher requirements for students' autonomous learning ability. As a subject combining theory and practice, journalism and communication requires students to have a solid theoretical foundation, but also to apply theoretical knowledge to practice. Students need to rely on autonomous learning to constantly improve their professional quality and level. At the same time, autonomous learning is also a lifelong learning attitude and ability, which can enable students to grow and progress in work and life.

1.2. Concept of Autonomous learning

"Autonomous learning" is relative to "Passive learning". Different scholars have given different definitions about what is autonomous learning ability. For example, *Cui Xiaomin* (2018) believes that autonomous learning ability refers to the ability of learners to consciously and actively determine learning goals, make learning plans, choose correct learning methods, monitor their own learning process, and evaluate learning effects[1]. *Xie Honglian, Peng Weiqiang* (2019) consider autonomous learning ability refers to the learning participants in the process of learning, create their own learning motivation, and to self learning, behavior actively, observe actively , judgment, evaluation and feedback, give full play to the subjective initiative of a way of learning and learning process[2].

According to this study, self-directed learning ability is the ability of learners to acquire knowledge and skills through active participation and construction, and it is a kind of learning ability with high autonomy. In the process of autonomous learning, learners should have a strong sense of learning,

actively choose the learning content and way, set learning goals, arrange the learning process, and promote the learning and problem solving through active exploration, practice and reflection.

2. Necessary to improve the autonomous learning ability of college students majoring in journalism and communication under the network teaching environment

Journalism and communication major has its own distinctive characteristics, journalism professional students must have higher autonomous learning ability, to understand the development trend of the media industry, emerging technology, market demand and career development opportunities.

2.1. The nature of the discipline determines that the autonomous learning ability of college students of journalism and communication majors must be improved

The subject nature of journalism and communication determines that college students majoring in journalism and communication must actively cultivate and improve their autonomous learning ability in the network teaching environment.

2.1.1. The discipline of journalism and communication covers a wide range of subjects

The discipline of journalism and communication involves multiple knowledge and skills of news gathering and editing, cross-media creation and media management. It is a professional, involving a wide range of disciplines. Students majoring in journalism and communication must be able to flexibly use tools such as the Internet, social media and mobile platforms to disseminate, promote and operate media content, and to master and improve theoretical knowledge and practical skills through autonomous learning.

2.1.2. The discipline of journalism and communication changes rapidly

The discipline of journalism and communication has been developing and changing, and new ideas and theories are constantly emerging. Students should not only learn existing knowledge, pay attention to social hot spots and news and current affairs, but also constantly expand their vision and way of thinking to adapt to the needs of diversified communication channels and audiences.

2.1.3. The news and media industry is developing rapidly

Students majoring in journalism and communication will devote themselves to the media industry, which is characterized by rapid information updates and fierce competition. With the rapid development of the network and information technology, the news industry is facing great changes, and the positions of news communication are also changing very quickly. The traditional news industry is gradually replaced by digital media, and the news reporting methods are constantly updated and changing. The traditional knowledge and skills are no longer enough to cope with the rapidly changing media environment. This requires students majoring in journalism and communication to keep learning, master new technologies and tools in time, and achieve better career development.

2.2. The network teaching environment provides favorable conditions for college students majoring in journalism and communication to study independently

2.2.1. Network teaching method is very flexible

The Internet era has brought more freedom and convenience to higher education. Network teaching broke the limitation of time and space, open online courses, distance learning, collaborative learning, and personalized learning have all been developed. Students can study according to their own time arrangement and location selection, which not only expands the boundaries of education, but also improves the flexibility, autonomy and personalization of learning.

2.2.2. Network teaching resources are very rich

In the Internet era, online teaching resources are also very rich. Students can obtain learning materials through online videos, e-books and other forms, and can make independent choices according to their own learning progress and interests.

2.2.3. Network teaching provides a variety of learning tools

Network teaching also provides a variety of learning tools and interactive methods, such as online

discussion and real-time q & A, which promote the interaction and communication between students and teachers. The online teaching environment provides favorable conditions for the college students of journalism and communication to study independently, which makes their learning methods more convenient. At the same time, it also requires the students majoring in journalism and communication to integrate into the network learning environment and constantly improve their ability of autonomous learning.

2.3. Autonomous learning of college students majoring in journalism and communication is designed to meet the development needs of a "learning society"

2.3.1. Autonomous learning is to adapt to the development needs of the "learning society"

As a college student majoring in journalism and communication, college learning is no longer a passive acceptance of knowledge, but an active exploration and research. Through autonomous learning, they can improve their learning efficiency and quality. However, with the rapid development of science and technology today, the knowledge learned by a person in the student stage is far from meeting the needs of the society and the work, and must have a strong ability to learn to meet the development needs of "learning society". Autonomous learning ability is a necessary guarantee for students' long-term development in the future, which can benefit students for life[3]. In the "learning society", learning has become a continuous process, and the autonomous learning of college students majoring in journalism and communication is crucial to meet the development needs of the learning society. Only through continuous learning and improving themselves can students adapt to the needs of social development in the Internet era and make greater contributions to the development of society.

2.3.2. Autonomous learning is a requirement of lifelong education

Autonomous learning is also a requirement of lifelong education. The idea of lifelong education reminds us to continue to learn and adapt to the new knowledge and skills in the news industry. College students majoring in journalism and communication should be good at making use of various resources and platforms for autonomous learning, and constantly improve their professional quality and ability. This not only helps them to remain invincible in the job market, but also helps them to remain competitive in their lifelong career development.

3. Problems existing in the autonomous learning ability of college students majoring in journalism and communication

In the modern information society, Autonomous learning ability is paid more and more attention, especially for college students. However, in the network teaching environment, although network teaching provides college students with more free and flexible learning methods, it also brings some challenges. Some students majoring in journalism and communication encounter some problems when facing autonomous learning.

3.1. Lack of clear learning goals and learning plans

Some college students do not know what learning results they want to achieve and lack of learning planning ability. As a result, they do not have clear learning goals and cannot effectively arrange their learning time and make learning plans. Some students may feel confused and unable to study efficiently.

3.2. Lack of motivation and interest in autonomous learning

Some college students lack the consciousness of autonomous learning, lack of interest, enthusiasm and investment in the learning content, and often fall into the dilemma of delay and lack of learning motivation. They may feel that the learning task is large and difficult to perform. In addition, the temptation of social media, online games and other entertainment things makes it easier for them to relax their study, and they are lack of continuous learning motivation and persistence.

3.3. Lack of self-discipline and self-management ability

Students majoring in journalism and communication are more familiar with the Internet and use it more frequently due to their professional background. Facing the relatively free learning environment

of network teaching environment, some students may be more likely to fall into a state of laziness, procrastination and indulgence, unable to effectively control their learning progress and learning behavior. Some college students may be distracted by external interference, preventing them to concentrate on their studies.

3.4 .Lack of effective learning methods and skills

Some students majoring in journalism and communication lack effective learning methods and skills, such as not learning how to read news efficiently and organize knowledge efficiently. Without good learning methods and skills, they often lead to poor learning effect.

4. The way to improve the autonomous learning ability of college students majoring in journalism and Communication in the network teaching environment

There are many problems in college students' autonomous learning ability, which need to be considered comprehensively and take corresponding measures to improve them. In the network teaching environment, college students majoring in journalism and communication should take the initiative to seek learning opportunities and resources, and constantly improve their competitiveness and adaptability. To improve the autonomous learning ability of college students majoring in journalism and communication, it can be started from the following aspects:

4.1. Guide students to plan clear learning goals

Establishing the learning goal of college students majoring in journalism and communication is the core of learning in the network teaching environment. Students need to make clear their learning objectives and effectively allocate their time and energy. Teachers should also guide students to develop good learning habits and improve students' ability to reasonably plan their learning goals and plans.

4.1.1. Set learning goals reasonably

Teachers can have individual or group discussions with students to understand their learning needs and interests, and help them to develop specific and feasible learning goals. Students can also set daily, weekly or monthly learning objectives according to the requirements of journalism and communication related courses and their own needs, and decompose them into specific learning tasks, so as to promote the learning process in an orderly way and maintain the order and continuity of learning.

4.1.2. Teachers provide a clear assessment criteria

Teachers can provide clear assessment criteria that encourage students to regularly reflect on and evaluate their learning progress, allowing students to know exactly what learning outcomes they need to achieve. In addition, teachers can also help them to adjust and update their learning objectives, better adapt to the network teaching environment, and improve the learning effect.

4.2. Stimulate students' motivation and interest in autonomous learning

In the online teaching environment, to improve the autonomous learning ability of students majoring in journalism and communication, students should be encouraged to understand the importance and application value of journalism and communication majors, so as to stimulate their interest and enthusiasm in learning.

4.2.1. Teachers design interesting online learning activities

Teachers can design interesting and interactive online learning activities. For example, multimedia teaching resources, online discussion and group cooperation can be used to make students actively participate in journalism, communication and other courses.

4.2.2. Teachers provide personalized learning support

Teachers can provide personalized learning support and feedback to help students discover their own learning interests and potential. For example, students can recommend suitable learning resources and activities based on their interests and learning style.

4.2.3. Students are encouraged to choose the content and way of autonomous learning

Teachers can encourage students to choose their own learning content and learning style, so that they can feel the autonomy and initiative in learning.

4.2.4. Establish good communication between teachers and students

Teachers can establish good communication and interactive relationships with students through social platforms, video conferencing, real-time collaboration tools and other channels, care about their learning progress and difficulties, and provide necessary support and guidance.

4.2.5. Strengthen the interaction and cooperation between students

Interactions and cooperation between students can also stimulate learning motivation, such as encouraging college students to use various social media platforms, academic forums, and online groups for communication and discussion. Students can share their own opinions and thoughts, learn and solve problems together with others, and form a learning community, so that students like to explore the connotation and form of news reports, so as to better understand and deepen the understanding and love of news media and communication theories.

4.2.6. Give students appropriate rewards

Giving students appropriate rewards and recognition and encouraging them to actively participate in learning is also a way to stimulate learning motivation.

4.3. Cultivate students' self-discipline and self-management ability

College students majoring in journalism and communication need to have good self-discipline and self-management ability when facing a lot of learning tasks and their own time arrangement.

4.3.1. To develop good, continuous study habits

College students should develop good and continuous study habits, establish a fixed study period, and include learning as a part of daily life.

4.3.2. Prioritize the learning tasks

College students should prioritize learning tasks, identify and prioritize the most important and urgent tasks, allocate time and resources appropriately, and ensure that each task is received appropriate attention and completion.

4.3.3. Create environments where students can focus on learning

The university should create a quiet, clean environment where students can study well and stay away from various distractions and entertainment devices, reduce social media and mobile phone use, and allow students to focus on learning tasks.

4.3.4. Students should actively seek support, and teachers should supervise it

Students should actively seek support and feedback, seek help and opinions from others, and communicate with classmates and teachers. Review their learning progress regularly, and constantly adjust and improve their learning strategies. Teachers can also provide supervision and feedback mechanisms, use online survey and test tools to help students understand their own learning status and progress, and cultivate students' self-discipline.

4.3.5. Establish a reward and punishment incentive mechanism

According to the students 'learning goals and plans, giving rewards after the completion of the tasks can not only improve the students' learning motivation, but also enhance the students' self-discipline. At the same time, a punishment mechanism to avoid procrastination and laziness.

4.3.6. Keep developing a self-disciplined attitude

Students should adhere to develop the mentality of self-discipline, improve self-efficacy, have the courage to overcome difficulties and setbacks.

4.4. Guide students to master effective learning methods and skills

The Internet provides rich resources and tools for teaching. In the dynamic learning environment of

network teaching, it is particularly important to guide students to effectively use a variety of learning resources, and to cultivate students' ability of autonomous learning and information search.

4.4.1. Guide college students to understand and rationally use the school's online learning platform

Schools usually provide online learning platforms that contain rich learning resources, such as online libraries, online courses, file sharing, real-time editing, online assignments, and exams. Teachers should introduce students to the existence and use of various learning resources, organize and classify resources, guide students to conduct efficient search and screening, guide them to read and analyze relevant news and literature, and cultivate their information literacy and independent research ability.

4.4.2. College students are encouraged to use various digital resources for independent study and research

In the online teaching environment, students can not only obtain massive learning materials through search engines, digital libraries and many other resources, but also obtain and share relevant learning resources through new media tools such as the Internet and social media.

4.4.3. Students are encouraged to participate in online learning programs and practical activities

The major of journalism and communication pays attention to the cultivation of practical ability. Teachers can guide students to apply theoretical knowledge to practice by designing some case learning and practical projects.

4.4.4. Students should cultivate the habit of reading news

Journalism is the core content of journalism, and students should spend some time every day reading all kinds of news stories, especially those on the Internet. Read more about different types of news. This process of information acquisition and processing of reading, analyzing and judging news texts can help students develop the ability of independent thinking, and then improve their ability of autonomous learning ability.

4.4.5. Help students to master some learning tools and skills

Teachers should help students to master some learning tools and skills, such as online notes sorting, mind mapping, speed reading, etc., can help students to sort out and comb the learning content, improve learning efficiency.

4.5. Improve the autonomous learning ability of teachers majoring in journalism and communication

According to this study, the cultivation of students 'autonomous learning ability also depends on the improvement and development of teachers' autonomous teaching ability. In the face of information explosion and knowledge update, teachers need to have the ability of autonomous learning to continuously improve their professional level, which is crucial to improving the teaching quality and students' autonomous learning ability.

4.5.1. Teachers should actively integrate network resources

Teachers majoring in journalism and communication should actively integrate the professional resources on the school and the network platform, understand the forefront of the news and media industry, and obtain the latest research results and teaching experience.

4.5.2. Teachers should attend online courses and seminars

Teachers of journalism and communication majors can use online learning platforms to participate in relevant online courses and seminars. These platforms offer a wealth of learning content, as well as opportunities to communicate with experts and peers in other fields.

4.5.3. Teachers should try to cross interdisciplinary learning

The discipline of journalism and communication is closely related to other disciplines. Teachers should try cross-disciplinary learning, cooperation and research, broaden their subject horizons, and explore new teaching methods and modes.

4.5.4. Teachers should cultivate the awareness and habit of autonomous learning

Teachers of journalism and communication majors should cultivate the consciousness and habit of autonomous learning, make regular learning plans, and continuously pursue the deepening of

knowledge. Only by constantly learning and improving themselves can teachers better guide students and promote the development of the disciplines and majors of journalism and communication.

5. Conclusions

To sum up, college students majoring in journalism and communication should realize the importance of autonomous learning ability, and pay attention to the cultivation and improvement in their daily study. Through reasonable planning, self-restraint and effective learning methods, college students can overcome the problems of self-learning ability, become an excellent news and communication talent, and better cope with the challenges in the future. Teachers majoring in journalism and communication also need to have the ability of autonomous learning to improve their professional quality and adapt to the development requirements of educational reform.

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