

Brief Discussion on the Influence of Learning Support and Self-Management on the Results of Postgraduate Entrance Examination

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Abstract: In recent years, great changes have taken place in the social demand for talents. The advantages of college students in the job market no longer exist. If we do not continue to study, we will not be able to become talents with high professional quality and strong comprehensive ability, and lack stronger competitiveness in the market, which will have a great adverse impact on their future development. Starting from the overall employment and career development environment at home and abroad, it will be found that the postgraduate entrance examination is the first choice for college students, resulting in increasingly fierce competition for the postgraduate entrance examination. How to win in this competition is a problem that teachers should actively think about. This article will analyze it from two aspects: learning support and self-management.

Keywords: Learning Support, Self Management, Influence of Postgraduate Entrance Examination

1. Introduction

College students need to continue their postgraduate entrance examination to improve their quality and professional knowledge. However, from the current situation, the postgraduate entrance examination faces great competition. As a student manager counselor, while improving greater learning support for college students, it is also necessary to guide them to learn self-management, so that they can achieve good results in the postgraduate entrance examination through scientific and reasonable arrangements in both internal and external aspects to obtain ideal results.

2. The connotation of learning support and self-management

The so-called "learning support" refers to the sum of various types of services provided by colleges and universities through various ways and means in order to better promote students' autonomous learning and achieve learning goals. Although there are few concepts of learning support in the current research, and there are not many professional works containing its content, there are many similar references. In the west, it is usually called "student support service", which is also generally called "learning support service"; [1] In our country, the concepts similar to the content of learning support include student assistance services, learning support, etc. no matter how these names are changed, their essence is to express the services that are helpful to students' learning activities.

"Self-management" means that college students actively mobilize their own initiative on a voluntary basis in order to improve their self-ability, achieve the training objectives of higher education, and meet the needs of society for high-quality talents. Through the effective management of time, emotion and behavior, they can achieve the purpose of efficient learning, so as to achieve good results in the graduate examination.

3. The direct influence of learning support and self-management on college Students' postgraduate entrance examination results

Colleges and universities need to cultivate talents with outstanding abilities and qualities. College students in colleges and universities should not only accept the guidance of teachers, but also learn to make full use of the various types of learning support provided to help them review, and be able to manage themselves scientifically and effectively. Only in this way can they achieve ideal results.

It can be seen from the current teaching situation in colleges and universities that, unlike before, learning requires students to rely on various forms of "learning support" and "self-management". No teachers use cramming to tell the knowledge points involved in textbooks, and there is no need to do a large number of exercises. Instead, college students need to be proficient in using various learning software. Through autonomous learning, we have a deeper understanding of the knowledge in the professional field, and through the strong control of time, emotion and behavior, we can maximize the efficiency of self-learning, so that through self-management, we can make full use of different forms of learning support, smoothly move forward on the way of postgraduate entrance examination, and achieve the desired effect.

4. How to maximize the efficiency of learning support and self-management

During the review stage of the postgraduate entrance examination, high-intensity knowledge learning is carried out every day. After investigation, it is found that the success or failure of the postgraduate entrance examination depends on the use of learning support during the review period and the quality of self-management. A survey shows that if you can effectively adhere to the last course of the graduate examination, the probability of success in the postgraduate entrance examination will be greatly improved. The process of postgraduate entrance examination is a process of self challenge and transcendence. Therefore, how to effectively use learning support and carry out efficient self-management will become the two major factors for the success of postgraduate entrance examination.

4.1. Efficient application of learning support during the postgraduate entrance examination of college Students

Learning support requires a comprehensive consideration of the learning process and learning environment. Its purpose is to help and promote students' autonomous learning and effectively improve the efficiency and quality of learning. In the review of graduate examination, on the one hand, college students can make full use of the learning support services provided by colleges and universities to review the subjects and contents involved in the graduate examination online, make full use of the accessibility and convenience of network scientific and technological resources to find their own review methods, and make full use of all kinds of high-quality review materials on the network platform, as well as make the review efficiency of graduate examination get a greater degree of improvement, so as to add power to get good grades; On the other hand, college students can also obtain consulting services, learning guidance, psychological guidance and other help from college teachers to take the postgraduate entrance examination[2].

4.1.1. College students use college learning resources to help take the postgraduate entrance examination

Once college students have determined the goal of postgraduate entrance examination, they should learn to make full use of the learning resources in colleges and universities, such as reading books and periodicals in the library and reading room that are beneficial to their postgraduate entrance examination, participating in postgraduate entrance examination lectures and postgraduate entrance examination tutorial classes organized by colleges and universities, and learning lessons from senior brothers and sisters who come ashore. In short, we should try our best to turn all available learning resources in colleges and universities into our own use.

4.1.2. College students get help from college teachers to help them take the postgraduate entrance examination

College teachers are much better than college students in terms of the profundity of knowledge, the breadth of vision, and the depth of practice. It is definitely a great help on the way for college students to take the postgraduate entrance examination. College students can give full play to their subjective initiative to obtain the guidance of college teachers' postgraduate entrance examination, which can not only make their own postgraduate entrance examination career get twice the result with half the effort, but also give their own life a deep teacher-student relationship. Good college teachers are not only good teachers, but also helpful friends. They can not only guide the professional knowledge of the postgraduate entrance examination students, but also pay attention to the psychological dynamics and emotional needs of the postgraduate entrance examination students, do their best to do a good job in the psychological health education and consultation of students, and let the postgraduate entrance examination students maintain a positive and optimistic attitude, which can not only persevere in maintaining their learning

state, but also combine work and rest, and go to battle light.

4.2. Efficient application of self-management during the postgraduate entrance examination of college students

During the period of students' receiving higher education, cultivating students' self-management ability is an important content for colleges and universities to strengthen learning management. Improving students' self-management ability will help students grow healthily and make them fully developed in all aspects. During the review and preparation of the postgraduate examination, we need to pay more attention to the self-management of college students, specifically from three aspects: time, emotion and behavior.

4.2.1. Planning the time reasonably

In the preparation stage before the postgraduate examination, time will be particularly tight. Students should make full use of time, make learning planning in advance, and do a good job in time management. Specifically, the time planning should be detailed, specifically to what time to get up, eat, learn which subject, and go to bed, so as to be orderly and step by step according to the established learning plan, and avoid studying all night because of today's good state, or being stubborn because of today's bad state. College students should do a good job in time management, make a scientific and reasonable division of daily learning and living arrangements, and be able to urge themselves to follow the plan.

4.2.2. Managing emotions well

The so-called emotion is the change of human physiology and psychology under the stimulation of the outside world, which will have a direct impact on human behavior. In the review stage of the postgraduate examination, students should maintain a good emotional state. They can alleviate the anxiety caused by the postgraduate entrance examination by exercising, listening to music, dancing, and strengthening communication with family, friends, teachers and friends, so as to gradually cultivate college students' good emotional self-management ability.

4.2.3. Timely adjustment of personal behaviour

The personal behavior of college students studying in colleges and universities is the result of their interaction with the university environment. [3]Each student's cultural foundation, ideological and moral character, psychological state and so on are different, which makes their values and so on have great differences, so there are different ways of behavior. Therefore, we should actively care for students, effectively guide students to make timely and reasonable adjustments to their personal behavior, so that their academic and personal growth can achieve good development.

4.3. The efficient method of self-study during the examination of postgraduate

From primary school to university, after years of study, every college student has a set of suitable learning methods, and these methods have a positive role in promoting the improvement of learning efficiency and the cultivation of abilities in all aspects. Nevertheless, take an examination of grind in review, still have a few through verification and have the study method that has extremely outstanding effect, hope to take an examination of grind each student to help somewhat

4.3.1. Multiple rounds of review method in a short period of time

Postgraduate examination to college students bring more and more pressure, some students usually review the effect is very good, but as the examination time is approaching and become more and more nervous, feel that this knowledge has not been reviewed, the aspect of the content has not been understood, in short, the examination has not begun to panic.

To let the state of mind of postgraduate entrance examination student become stable, might as well recommend this kind of according to the exam place left time and set the method of many rounds of review. For example, you can take 10 days, 5 days respectively for a cycle, if there is a month before the exam, 10 days for a cycle can also review three rounds, and 5 days for a cycle can also review six rounds, so that will let the anxiety, tension is relieved, but also can review knowledge step by step.

The reason why the review cycle is positioned for 10 days or 5 days, is because as long as the exam is not temporary, the knowledge has had enough understanding, then 10 days is enough for students to carry out a round of more detailed review, and 5 days is also enough to carry out the review of knowledge points. You can suggest that you according to their own situation to review the knowledge of the

classification, so as to develop a new review schedule according to this method. Generally speaking, when students sort out and compress the review cycle, the sense of urgency of learning will be stronger, but also will bring about the improvement of review efficiency. Even if the review plan can not be completed within the expected time, the excess time is generally not too much, which will also make the efficiency and quality of learning effectively improved, and still has a positive role in promoting the improvement of the postgraduate entrance examination results.

4.3.2. With the help of the frame diagram, to complete the review and supplement of knowledge points

In the present of information technology is more developed, in the final stage of the one's deceased father grind review can guide students to use computer software to make each chapter or each part of the framework, with the help of a printer to print the relevant content, after according to the framework to fill in the important knowledge, you can also put their own experience into it, make the effect of the review is more ideal.

For a chapter or part of the knowledge using framework to fill, can also put similar chapters or content together, form a project to compare the same and different, by contrast to make you for the knowledge of this understanding deeper at the same time, also can more firmly remember the differences, in order to avoid confusion.

Using frame diagram and project to review and a very outstanding advantage, namely when the students into the examination room, even appear nervous or for the test content less skilled, also can project or frame for clues to memories, gradually think of the part of the details, so as to be able to calmly complete the exam, test the ideal result.

5. Conclusion

In a word, at present, China is in the critical stage of accelerating the modernization drive. The demand for high-quality economic and social development puts forward higher requirements for talent literacy, so that a large number of undergraduate students in colleges and universities choose to continue their postgraduate entrance examination to obtain opportunities for further professional study, in order to improve their professional literacy and employment competitiveness through receiving graduate education. The main factors that affect the scores of graduate students include learning support and self-management. Colleges and universities can give students more support and services to enable students to have better self-management ability, so as to obtain better scores and improve the passing rate of graduate school entrance examination.

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