

# Research on the Practice Teaching Innovation of Foreign Journal Reading and the Paths of Cultivating Students' Autonomous Learning Ability

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## Abstract

In the current academic landscape, the significance of foreign periodicals in shaping the educational and research experience within colleges and universities cannot be overstated. As we navigate the complexities of this new era, the pressing challenge for college educators is to enhance students' autonomous learning capabilities in the realm of reading foreign periodicals. It has become imperative to explore innovative and practical teaching methods that not only captivate students but also empower them in this process. In this dynamic context, advocating for a proactive approach to revitalize the teaching methods for reading foreign periodicals becomes crucial. The call is for a transformative teaching reform in colleges and universities—one that sparks innovation, fosters engagement, and ultimately elevates students' autonomous learning proficiency. This paper delves into an exploration of practical suggestions derived from the current landscape of teaching foreign periodicals in academic institutions. Through thoughtful analysis and discussion, we aim to pave the way for an educational environment that nurtures independent and effective learning.

## Keywords

Foreign periodicals, Practical teaching, Autonomous learning ability, Innovation path.

## 1. The Significance of the Reform of Foreign Periodical Reading Practice Teaching

### 1.1. The improvement of students' professional quality and comprehensive ability

In the practice teaching of reading foreign periodicals, teachers guide students through carefully selected publications from abroad. This approach allows students to engage with the latest professional knowledge and research findings, facilitating the expansion of their intellectual horizons and the enhancement of their professional caliber. Foreign periodicals typically epitomize the cutting-edge trends within specific fields. By immersing themselves in these periodicals, students gain insight into the latest trends and pressing issues within international academic circles, thereby enabling a deeper comprehension of the trajectory of their respective professional domains. Throughout this reading process, students not only encounter specialized vocabulary and expressions across various disciplines but also hone their skills in information acquisition and analysis. Consistent engagement with foreign periodicals facilitates improvements in English reading speed and comprehension, rendering students more adept at meeting the rigorous reading demands of professional academia. Furthermore, delving into foreign periodicals nurtures critical thinking and fosters an innovative mindset among students. Exposing them to diverse perspectives from scholars worldwide on pertinent issues stimulates their problem-solving abilities and enhances their

capacity for independent thought. As students navigate through the pages of foreign periodicals, they gain insights into the cultural nuances, cognitive frameworks, and academic conventions of different nations and regions. This exposure equips them to navigate global academic exchanges and collaborations more effectively in the context of globalization. Additionally, reading foreign periodicals cultivates a well-rounded international perspective among students, fostering a heightened awareness of and interest in global affairs.

### **1.2. The cultivation of students' autonomous learning ability**

In the reform of teaching foreign periodical reading, the role of teachers undergoes a profound shift. No longer mere disseminators of knowledge, they now assume the roles of instructors and guides, fostering students' independent learning. Teachers nurture students' subjective awareness and initiative by steering them towards autonomous learning. To empower students, it's imperative for teachers to foster a conducive learning environment that encourages active engagement. Firstly, this involves wholeheartedly respecting students' individual differences and tailoring teaching to suit their aptitudes, thus enabling each student to embrace a learning style that resonates with them. Secondly, teachers should ignite students' curiosity, prompting them to proactively explore and confront challenges driven by their interests. Furthermore, teachers must emphasize the cultivation of teamwork skills, promoting collaborative problem-solving through group discussions and cooperative endeavors, thereby enhancing the efficacy of learning. In the practical teaching process, teachers should coach students in the art of information discernment and organization. In the age of information overload, students must possess the capacity to sift through and digest information effectively to excel academically. Teachers can design targeted assignments that allow students to practice filtering relevant documents, extracting key insights, and applying acquired knowledge to real-world problems. Moreover, teachers should instill in students a spirit of self-reliance and resilience, guiding them to confront challenges with confidence. Encouraging critical thinking, fostering in-depth discussions, and welcoming diverse perspectives and solutions are essential components of this process. Concurrently, teachers must nurture students' innovative mindset, empowering them to unleash their imagination and creativity to devise novel approaches to problem-solving. By doing so, teachers not only equip students with essential skills but also inspire them to embark on a journey of lifelong learning and discovery.

### **1.3. The Promotion of innovation in teaching methods and curriculum system**

The reform of foreign periodical reading practice teaching demands that educators continuously explore and innovate teaching methodologies to cater to the diverse needs of students. Employing a range of instructional techniques, such as group discussions, case analyses, and role-playing, enhances the dynamism and engagement within the learning process. Through active interaction, students not only deepen their comprehension of subject matter but also hone their teamwork and communication proficiency. Teachers can craft challenging and pertinent topics aligned with students' interests and professional backgrounds, fostering critical thinking and encouraging active participation in discussions. In case analyses, instructors can select exemplary cases to facilitate theoretical comprehension and its application to practical scenarios, nurturing students' analytical, judgment, and problem-solving skills to adeptly tackle complex issues with composure. In role-playing exercises, the simulation of real-world scenarios allows students to assume various roles, enabling them to gain profound insights into relevant theories and practical procedures. This approach enhances their practical abilities, adaptability, and overall competencies, equipping them to meet the demands of practical endeavors in the professional realm. Concurrently, the curriculum framework should undergo continuous refinement to effectively address the varying requirements of students across different majors and academic levels.

#### **1.4. The improvement of teachers' education and teaching level**

The overhaul in teaching foreign periodical reading practice brings forth heightened expectations for educators. To meet these demands, teachers must remain avid learners, continually accumulating experience to enhance their prowess in education. To effectively guide students, staying attuned to the latest academic trends and acquiring interdisciplinary knowledge is crucial. This not only fosters teachers' professional growth but also serves as the bedrock for elevating the overall quality of education and teaching[1].

### **2. The Path Analysis of Cultivating Students' Autonomous Learning Ability in the Process of Reading Foreign Periodicals**

#### **2.1. Cultivation of learning preparation ability**

The ability to prepare for learning is a crucial foundation for students aiming to study independently. This encompasses various literacies such as information literacy, language literacy, and subject literacy, each playing a pivotal role in enhancing students' autonomous learning outcomes.

In our modern society, information literacy is akin to a fundamental survival skill. The deluge of information in the digital age necessitates the ability to swiftly and accurately extract relevant information. Cultivating this skill is particularly vital for students, and schools can facilitate this by offering opportunities to grasp the methods and retrieval skills of diverse databases through lectures and seminars. This ensures that students can efficiently find the information they need, enhancing their learning efficiency, especially when navigating foreign periodicals. Language literacy is another indispensable facet of autonomous learning. When delving into foreign periodicals, the level of language literacy becomes the linchpin, determining whether students can accurately comprehend the article's content and grasp the author's perspectives. To fortify language literacy, schools can provide relevant courses, intensify English education, and elevate students' proficiency. Supplementary activities like English corners and reading sharing sessions can further motivate students to read, speak, and practice more, thereby honing their practical English application skills. The pinnacle of autonomous learning lies in the cultivation of subject accomplishment. Each academic discipline possesses unique thinking patterns and learning methodologies. Mastery of these subject-specific nuances is imperative for effective independent learning. Schools should tailor their approach, aligning with the distinct characteristics of each major, and conduct targeted training to empower students to grasp the subject's knowledge system and core concepts effectively. This holistic approach ensures students are equipped with the multifaceted skills necessary for successful autonomous learning[2]. Simultaneously, the school can foster a culture of active participation among students by encouraging them to engage in project research, subject competitions, and various other activities. This approach aims to nurture their innovative and practical abilities, providing a well-rounded educational experience.

#### **2.2. The training of learning resources utilization ability**

Harnessing the wealth of learning resources is pivotal in enhancing autonomous learning capabilities. As information technology continues to advance, the array and volume of available learning resources grow exponentially. Navigating this vast landscape effectively becomes a crucial skill for autonomous learners. Integral to the learning journey are network resources, now seamlessly accessible through the Internet. Students can effortlessly tap into a myriad of academic materials, including papers, periodicals, books, blogs, and forums. Educators play a vital role in instructing students on efficient utilization of these resources, guiding them in the use of academic search engines, online databases, and academic forums. Academic search engines expedite the location of pertinent materials, online databases furnish a plethora of

journals and papers, while academic forums facilitate communication with fellow scholars, encouraging the sharing of experiences and opinions. Alongside digital resources, library holdings are indispensable for autonomous learners. Libraries are veritable troves of knowledge, housing a vast collection of physical books, e-books, and periodicals. Instructors should mentor students on resource retrieval methods, such as navigating library catalogues, utilizing academic search engines, and employing subject navigation. Furthermore, promoting engagement with professional librarians through library reference services can provide valuable assistance. Classmates and teachers form an intrinsic part of the autonomous learning process. Interacting and sharing insights with peers, educators, and scholars enhances understanding and mastery of knowledge. Organizing activities like group discussions and academic sharing meetings fosters collaboration among students, allowing them to exchange ideas and experiences. This collaborative approach not only enriches their perspectives but also nurtures critical thinking, problem-solving skills, cooperation, and effective communication. In summary, by proficiently utilizing learning resources, students can significantly augment their autonomous learning capabilities. These resources not only offer a wealth of knowledge but also contribute to the development of critical thinking, problem-solving skills, cooperative spirit, and effective communication. Educators, therefore, should guide students in resource utilization, encouraging them to explore, discover, and innovate while tailoring their approach to individual needs and learning styles[3]. Each student has their unique learning style and hobbies, making it crucial for teachers to grasp these individual characteristics. Providing tailored guidance and suggestions based on the diverse needs of students is key. Some students thrive on absorbing information from traditional paper books, while others prefer the vast realm of network resources. Teachers should adeptly recommend learning materials that align with students' preferences and requirements. Moreover, staying vigilant to the dynamic landscape of learning resources is imperative. In the ever-evolving technological landscape, the types and abundance of learning resources undergo continuous change. Teachers must stay informed about new resources and technologies, incorporating them into the teaching process promptly. This proactive approach ensures a better match with students' learning preferences, fostering their autonomous learning skills.

### **2.3. The training of learning process control ability**

The ability to fine-tune and steer the learning process is pivotal in the journey of autonomous learning. This encompasses various facets like goal establishment, time mastery, emotional equilibrium, and strategic deployment. Each element intertwines, forming a comprehensive learning control system. A well-defined learning objective serves as a beacon, offering learners a clear path to stay engaged and motivated throughout the learning expedition. In the exploration of foreign periodicals, it becomes crucial to assist students in delineating explicit goals. This not only enhances their reading efficiency but also ensures optimal learning benefits within a constrained timeframe. To enhance this aspect, educators can collaborate with students, crafting specific and measurable learning goals tailored to individual situations and needs. Effective time management assumes a pivotal role in the learning process. Proficient time handling empowers students to organize their study periods judiciously, elevating their overall efficiency. Introducing practical time management techniques, such as the Pomodoro Technique and the Four Quadrants Method, equips learners with valuable skills to streamline their study hours, yielding maximum results with minimal effort. Emotional regulation is another cornerstone of the learning journey. The emotional state directly influences the learning outcome. Fostering a positive learning environment activates learners' cognitive processes, enhancing efficiency. Conversely, negative emotions can impede cognitive functions, hindering the learning process. Hence, educators must attentively monitor emotional shifts, guiding students in mastering emotional adjustments and maintaining a positive learning disposition. Strategic utilization is an indispensable component of the learning process. Diverse

content necessitates varied strategies for optimal comprehension. In the context of foreign periodical reading, students benefit from employing effective reading strategies. The SQ3R reading method, comprising stages like browsing, questioning, reading, reviewing, and repeating, proves to be a common yet effective approach. Cyclic application of these steps deepens understanding and elevates the overall reading experience. Additionally, educators can encourage students to explore other effective reading strategies, such as thematic reading and critical reading, aiding them in discovering the most suitable approach for their learning style.

#### **2.4. Cultivation of ability to participate in learning activities**

Active participation in learning activities serves as a crucial metric for assessing a student's comprehension and application of knowledge in real-world scenarios. This participatory ability is particularly central in the context of autonomous learning, embodying the essence of a student's engagement. Its significance transcends mere performance metrics in classrooms, teams, or academic pursuits; rather, it encapsulates the depth of a student's involvement and the subsequent growth derived from these engagements. The classroom, being the primary arena for knowledge assimilation, assumes a pivotal role as a platform for nurturing students' participatory skills. Within the realm of classroom instruction, educators ought to foster an environment that encourages students to voice their opinions and pose questions actively. This not only enhances their understanding of foreign periodicals but also hones their language expression, logical reasoning, and critical thinking abilities. Such interactive sessions enable teachers to stay attuned to students' learning trajectories, identifying and resolving challenges encountered during their academic journey. Simultaneously, students benefit from diverse perspectives shared by peers, broadening their horizons and sparking new ideas. Teamwork, an indispensable competency in contemporary society, finds cultivation through group discussions, literature reviews, and collaborative activities. These collaborative endeavors empower students to discern their roles within a team, leverage their individual strengths, and acquire essential skills in cooperation and relationship management. The experience gained through teamwork not only contributes to students' immediate academic pursuits but also lays a solid foundation for their future career development. Mutual learning, assistance, and collective progress become inherent aspects of the collaborative process. In addition to teamwork, academic competitions provide a stimulant for students' academic enthusiasm and further amplify their participatory abilities. Participation in such competitions exposes students to a broader spectrum of knowledge, expanding their academic horizons. Moreover, these events foster innovative thinking and practical application, thereby enhancing students' overall competence. For instance, engagements in English writing and translation competitions elevate language application skills, making students adept at navigating foreign periodicals. Similarly, participation in mathematical modeling competitions nurtures logical thinking and problem-solving abilities, facilitating a deeper understanding and practical application of mathematical knowledge.

#### **2.5. Cultivation of Self-reflection and Evaluation Ability**

The ability to reflect on and evaluate oneself is crucial for students to thrive in autonomous learning. This skill not only enhances their knowledge retention but also nurtures independent thinking and problem-solving capabilities. To bolster students' autonomous learning skills, teachers must prioritize the development of their self-reflection and evaluation abilities. One key strategy is guiding students to regularly summarize their studies. Through consistent reviews of their learning experiences, students gain a deeper understanding of their strengths and weaknesses, paving the way for targeted improvements. This reflection should extend beyond mere content mastery to encompass an evaluation of learning methods and attitudes. For instance, students can assess the effectiveness of their strategies when reading foreign

periodicals, evaluating their ability to gather information and comprehend article contents. Additionally, teachers can employ specific evaluation tools and methods, such as learning plans and progress tracking, to help students identify and address issues promptly. Encouraging students to create detailed study plans, including daily tasks and progress tracking, enables them to pinpoint shortcomings like slow reading speed or comprehension difficulties. Cultivating a mindset of continuous improvement is equally vital. Students should be empowered to adjust their learning strategies based on self-evaluation, fostering an ongoing cycle of enhancement. To achieve this, teachers should motivate students to actively seek feedback, experiment with new learning methods, and promptly reflect on their experiences. Peer collaboration can also play a significant role, as students exchange insights, share methodologies, and draw inspiration from one another. This collaborative approach not only enriches the learning experience but also contributes to a culture of constant improvement.

### 3. Conclusion

To sum up, this paper meticulously examines the importance of reforming the teaching practices of foreign periodical reading in higher education institutions. It elucidates the positive impact of such reforms in colleges and universities, delving into four crucial aspects. Building upon this foundation and considering the existing landscape of foreign periodical reading instruction, the paper articulates strategies for nurturing students' autonomous learning capabilities during the foreign periodical reading process. By addressing five key dimensions, it offers insightful and methodical guidance to enhance the effectiveness of foreign periodical reading teaching in higher education settings.

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