

# Home-school Cooperative Education

-- Reflections on the Double Reduction Policy

Tingxi Liu

Anhui University of Finance and Economics, Bengbu 233030, China

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**Abstract:** In the new era of socialism, with the changes of social economy and population, education also closely follows the pace of reform changes. In order to develop the education cause, the implementation of the "double reduction policy" undoubtedly injected a strong dose for the reform of the compulsory education stage. The so-called "double reduction" policy is to reduce the excessive homework burden of primary and middle school students in the compulsory education stage and reduce the excessive off-campus training for students. This paper reviews a series of historical policies aimed at reducing the burden of compulsory education, discusses the historical origin of the "double reduction" policy, and gives corresponding consideration to the implementation and measures of the "double reduction" policy in light of the current social situation.

**Keywords:** Double reduction policy, Reducing burden, Education.

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## 1. The Proposal and Background of Double Reduction Policy

On July 24, 2021, general office of the central committee of the communist party of China, the State Council general office issued "about further reduce the compulsory education stage student's opinions on homework burden and external training, goal is to reduce the stage of compulsory education students of primary and middle school students too much homework burden and to reduce the excessive outside training, hereinafter referred to as" ShuangJian "policy.

The core concept of "double reduction" is to reduce the burden, that is, to reduce the workload of primary and secondary school students. In fact, since the founding of the People's Republic of China, the Party and the state have introduced a series of relevant policies. As early as 1951, the Decision of the Administration Council on Improving the Health Status of Students in Schools at all Levels was put forward: "Reduce the burden of students' academic work and club activities." In 1955, according to the instruction of the central leadership, the Ministry of Education issued the Instruction of the Ministry of Education on Reducing the Excessive Burden on Students in Primary and secondary Schools.

After the reform and opening up, the state has introduced a series of student burden reduction policies. In particular, the Outline of China's Education Reform and Development issued by the CPC Central Committee and The State Council in 1993 clearly stated that "Primary and secondary schools should take effective measures to reduce students' excessive workload." In order to carry out this spirit, the State Education Commission issued the Opinions on Comprehensively Implementing the Educational Policy and Reducing the Excessive Workload of Primary and Middle School Students in 1994, which stated: "The daily amount of homework for each grade in senior high school shall be set by each province. ... In principle, elementary school students should get more than nine hours of sleep, middle school students nine hours of sleep, and high school students eight hours of sleep.

In 2000, the Ministry of Education issued the "Emergency

Notice on Reducing the Excessive Burden of Primary School Students", which proposed the main measures to reduce the burden of students from the three levels of schools, teachers and parents: At the school level, we should standardize the use of educational materials, arrange the work and rest time scientifically, implement the grading system for the assessment of primary school students' academic performance, abolish the hundred-mark system, and prohibit primary school students from participating in various competitions. Teachers should strictly implement the curriculum plan, improve the quality of education and teaching, and assign homework reasonably. Parents should arrange their children to attend school nearby according to regulations.

In 2010, the CPC Central Committee and The State Council promulgated the Outline of the National Plan for Medium - and Long-term Education Reform and Development (2010-2020) : Reducing the burden on students is the common responsibility of the whole society, and the government, schools, families and society must work together to address both the symptoms and root causes of the problem. The requirements set forth in this document to reduce the students' burden means that the work of reducing students' workload has entered a period of comprehensive management. It makes reducing the schoolwork burden of primary and secondary school students become the focus of the government's education work, and has even been written into the government work report for many times. In 2013, the Ministry of Education issued Ten Regulations on Reducing the Burden of Primary School Students, which put forward several requirements, such as sunshine enrollment, balanced class arrangement, "zero starting point" teaching, no homework, standardized examinations, grade evaluation, one subject with one supplement, no illegal supplementary lessons, one hour of exercise every day, and strengthening supervision. In 2018, the General Office of the Ministry of Education and other departments jointly issued the "Notice on Effectively Reducing the Extracurricular Burden of primary and secondary School Students and Carrying out Special Management Actions for off-campus training Institutions", which stressed that six prominent problems, such as security

risks, lack of certificates and licenses, strengthening the tendency to take exams, and teaching beyond the curriculum, should be firmly addressed in some off-campus training institutions. In April 2021, the General Office of the Ministry of Education issued the "Notice on Strengthening the Management of Homework in Compulsory Education Schools", which clearly proposed that teachers should strictly control the total amount of written homework, innovate the types and methods of homework, strengthen the guidance of homework completion, and carefully correct feedback homework.

Although the country has introduced a series of policies to reduce the burden, some teaching disorders still exist, and the past policy documents are not applicable to the current new era of primary and secondary education. In the past, many burden reduction measures were often only "quantity" reduction, without touching the educational concept, training objectives, teaching system and management mechanism, so they only addressed the symptoms but not the root cause, and did not play a good effect (Li Lin, 2021). At present, the exam-oriented education "popular", "workbook" intensified, increasingly heavy burden on students homework (XiaoZhengDe, 2014), homework too many, the quality is not high, the function alienation (FuHui, 2021), part of the middle and primary school emphasises boring quantitative training, in the mire of utilitarian, short-sighted deeper, ignored the law of education and science. Some schools and teachers shirk their responsibilities and let parents help children study, correct homework and so on. What's more, for personal gain, they send their children to after-school training institutions or to remedial classes organized by themselves, which undoubtedly increases the economic burden of parents and the academic burden of students. Education reduces the burden, the family increases the burden, the more the more negative. Most families in China suffer from "education anxiety" (Li Lin, 2021).

In addition, in recent years, the Ministry of Education issued a number of effective measures to reduce the burden on students, unable to change the parents want children to advance in learning, rapid progress of the mentality. Students' academic burden is increased rather than reduced by reducing the burden on campus and supplementing outside school. In addition to the pressure of quality and enrollment, various forms filling, inspection, evaluation, assessment, and social things unrelated to teaching are the main reasons for the heavy burden of primary and secondary school teachers (Kong Deyong, 2021). It should be noted that the chaos in the training market is also one of the reasons for the excessive workload of students (Wu Tingwei, 2021). The non-standard and unreasonable operation of various disciplinary training institutions ignores the mental health of primary and secondary school students and adds a heavy burden to their heavy workload.

Based on this, the state issued the Opinions on Further Reducing the Workload Burden of Students in Compulsory Education and the Burden of Off-campus Training, which is based on the current situation, focusing on the long-term, essence of education, and clean up the source of education, giving the field of education a shot in the arm. The basic meaning of "double reduction" is to change the single teaching method. To get out of the dilemma of exam-oriented education, constantly broaden the way of education, change the way of education, and ensure the all-round development

of students' morality, intelligence, body, beauty and labor (Wu Wanqiang, 2021). From the perspective of the school, "double reduction" focuses more on improving the quality of education and teaching by improving the after-school service level of the school, so that students can better return to the campus. From the aspect of off-campus, "double reduction" emphasizes the strict management of off-campus training institutions according to law, and has introduced unprecedented regulations, especially from the aspect of funds to standardize off-campus training institutions, illegal growth space. In other words, the difference between the "double reduction" policy and the previous burden reduction policy is more reflected in strengthening the main position of school education and deepening the governance of off-campus training institutions (Xu Yuqian, 2021). The introduction of "double reduction" policy is a kind of correction on the road of education development, the correction of the bias of advanced learning, the correction of the bias of excessive burden. At the same time, it is also a kind of regression: return to the essential law of education and return to the main responsibility of schools (Li Lin, 2021).

The implementation of the "double reduction" policy undoubtedly requires the cooperation of schools, teachers, students and relevant departments of the state to jointly shoulder the "heavy burden" of reducing the burden. The "double reduction" policy also puts forward different requirements for different subjects of primary and secondary education. Under the "double reduction" policy, I think we should realize the home-school cooperative education and implement the "double reduction" policy from the following aspects.

## **2. Strengthen the Main Role of School Education, Improve the Quality of School Education and Service Level**

### **2.1. Improve the School Homework Management System**

The "double reduction" policy focuses on reducing the excessive homework burden of primary and middle school students, reducing the total amount of homework and the length of homework. At present, the exam-oriented education is "popular", the "sea of questions tactics" is becoming more and more fierce, and the students' homework burden is becoming heavier and heavier. Schools should improve the homework management methods, strengthen the coordination of homework of subject groups and grade groups, rationally regulate the structure of homework, ensure that the difficulty is not supranational curriculum standards, and solve the problem of excessive homework burden of primary and middle school students. It is also necessary to establish an on-campus publicity system to publicize the assignment and completion of homework in a timely manner and strengthen quality supervision. According to the law of physical and mental development of primary and middle school students, the "double reduction" policy clearly stipulates the homework hours of primary and middle school students at different stages, and prohibits them from studying too much.

### **2.2. To Reduce the Workload of Teachers**

In addition to the pressure of quality and admission, various forms filling, inspection, evaluation, assessment and other social things unrelated to teaching are the main reasons for

the heavy burden of primary and secondary school teachers. And the implementation of the "double reduction" policy makes teachers have more responsibilities. Therefore, schools should help teachers to free themselves from some unnecessary trifles and reduce their administrative burden, so that teachers can implement the "double reduction" policy more efficiently.

One is to reduce meetings. Can not hold a meeting as far as possible, can open online meeting will not open offline, avoid because of the meeting occupy teachers' free time. At the same time, the notification rights of middle-level cadres should be tightened, the situation of notifications flying everywhere on social software should be eliminated, and the Party and government service centers should coordinate and release the notifications.

The second is to reduce the evaluation burden. The evaluation of students is an important work, whether it is the moral education evaluation of students at ordinary times, classroom evaluation, or the comprehensive evaluation at the end of the semester, it needs to improve the efficiency. The school should optimize the evaluation method and introduce a new evaluation system to evaluate students' daily behavior habits and classroom learning performance instantly. By means of information technology, it not only helps students to form good behavior habits and learning habits, but also helps teachers to effectively share the evaluation affairs and improve the efficiency of education and teaching.

The third is to reduce the burden of writing. Report and fill in all kinds of forms, as far as possible to achieve electronic, network, optimize the inspection, evaluation link. At the same time, it advocates electronic lesson preparation, focuses on the second lesson preparation and after-class reflection, and helps teachers to free themselves from heavy writing.

Four is to dilute the attendance system, only by attendance is not tied to the teacher. Schools should optimize the attendance management system, advocate flexible working system, give teachers more freedom and time, put more energy into education and teaching, and internalize the "double reduction" into conscious actions.

### **2.3. Improve the Quality of After-school Service**

Schools should formulate implementation plans for after-school services to improve the quality of after-school services. Enhance the appeal of after-school services. Do a good job in answering questions, expand students' learning space and learning content. After class service can implement "personalized education", on the basis of tutoring students to learn cultural knowledge, actively carry out community activities, for cultivating students' hobbies and skills, promote students' all-round development to build a broad platform. Through the dual-track mode of "characteristic club" and "class club", most students are allowed to participate in various disciplinary activities and cultural and sports activities.

## **3. Pay Attention to Teachers' Teaching Ideas, Improve the Quality and Efficiency of Teaching**

### **3.1. Practice the Norms of Teachers' Ethics and Improve Teachers' Professional Ethics**

The implementation of the "double reduction" policy also requires attention to the teacher's ethics. At present, there is still a situation of uneven teacher ethics in the teacher team. Some teachers do not follow good moral norms and responsibilities, and deliberately teach less content in class to induce students to sign up for training courses outside the school in order to make profits. Therefore, teachers should use the primary and secondary school teachers' professional ethics in the new era of primary and secondary school teachers' professional conduct ten guidelines of ethics norms governing the education of their teaching behavior, consciously resist the temptation of high salary to family education and training institutions, paid, not to score as the only standard to evaluate students, not to the student test scores ranking, Do not recommend outside training institutions to parents in the class group, help parents change the education concept, constantly improve their learning ability, adhere to the original intention of education, better every class, and effectively assist the school to implement the "double reduction" policy.

### **3.2. Update the Teaching Concept, Improve the Efficiency of Classroom Teaching**

The above has shown that under the "ShuangJian" policy, the student's academic pressures ease - such as work, study time is compressed to reduce, in this case, the students were putting time was compressed to a certain extent, this time is even more need to improve the efficiency of teaching, in an attempt to the teaching in a shorter time and less academic tasks under the premise of Will not reduce the quality of the original teaching. Therefore, it is very important to establish better norms of teachers' ethics and improve teachers' professional ethics.

At the request of the burden, no doubt, "cold" under the traditional form of the test content is greatly reduced, and more pay attention to quality education, then the past the only performance theory "clearly inappropriate, so also want to do a good job of teachers, teachers in lesson preparation, teaching, especially the school lessons set is in the teaching plan and index, can not ignore the content of quality education, moral education. It is not only to keep students' academic tasks up with the policy requirements, but also to keep teachers' moral level up with the policy instructions.

### **3.3. Strengthen Homework Research and Give Play to the Educational Function of Homework**

Under the premise of demanding a more efficient teaching plan, it is necessary to work on the task without damaging the teaching quality and taking into account the connotation of quality-oriented education. Homework is an important part of school education and teaching, and a necessary supplement to classroom teaching activities. To reverse the homework too many, the quality is not high, such outstanding problems as functional alienation, in April 2021, the general office of the Ministry of Education issued the notice on strengthening the

management of the compulsory education school homework, clearly put forward the teacher wants to rein in written assignments total homework finished, the innovation way of job types, guide, correcting feedback seriously homework, etc.

In the obligations of the past, often is the test requirements of operation, and the job form, demand is varied from the teacher more, different teachers because of their habits often have different requirements, to be sure these assignments to strengthen knowledge understanding, play a role of a lot of content to recite, but obviously difficult to balance quality education. Therefore, strengthening operational research should be taken seriously undoubtedly. This means that the school's lesson preparation team should have a comprehensive and detailed homework plan, form the management of the homework system, and do a good job of dividing homework, which homework is to improve the ability to take the test, which homework can improve students' moral accomplishment, or which homework is both. In this respect, it is undoubtedly a good plan to use moral articles in Chinese and English textbooks, or to introduce science topics with educational stories. This is of great significance to improving the quality of teaching.

### **3.4. Improve Their Learning Ability and Actively Participate in After-school Services for Students**

In the case that extracurricular training is limited, for students, there is more self-directed learning after class. As for teachers, they should guide students to make reasonable and efficient use of after-class time for learning and actively participate in after-class services for students. On the one hand, teachers need to improve their learning ability, which is not only reflected in the classroom knowledge teaching, but also in the after-class -- outside the classroom life small matter guidance, put forward appropriate suggestions for students to deal with family chores and friends. On the other hand, some guidance should also be put forward for students' learning after class. For example, appropriate guidance should be given for reciting skills of liberal arts subjects and solving problems alone of science subjects after class.

Teachers should realize that after-school service is not a continuation and extension of subject classroom teaching or a new lesson, but a variety of educational activities to meet the diverse growth needs of students in the school and promote the comprehensive and healthy development of all students. Secondly, teachers should give full play to their own interests and specialties, organize students to carry out a variety of popular science, culture and sports, art, labor, reading, interest group and community activities, to cultivate students' interests and hobbies and specialties. Teachers should also learn the theories related to the development and implementation of school-based curriculum, and develop diversified school-based curriculum based on the actual situation of the region and school, so as to promote the personalized development of students. Finally, teachers should improve their learning ability, service ability and overall planning ability in the process of participating in after-school services for students. Only teachers who constantly learn new ideas, new knowledge and new skills can be competent for the work of students' after-school services.

## **4. Pay Attention to Family Education, Improve Home-school Coordination Mechanism**

### **4.1. Establish Home-school Collaboration Mechanism and Improve Home-school Linkage Mechanism**

The "double reduction" policy is a policy that requires the participation of multiple subjects. However, the participation of multiple subjects is not to fight for each other and solve the problem independently, but more importantly, it needs the mutual cooperation and close cooperation between different subjects. For students, under the guiding spirit of the policy, the school's schoolwork pressure is reduced, homework tasks are reduced, and after-school tutoring is suppressed, so they will spend more time in school and family. This requires families and schools to establish a good synergy mechanism, linkage mechanism for students to create a relaxed and can learn knowledge, reduce burden and efficient learning and living environment.

In view of the above situation, several suggestions should be put forward. First of all, strengthening the relationship between teachers and parents should be the most important point. Strengthening the relationship between parents and teachers means that the problems of students can be handled cooperatively. Secondly, use the Internet platform to establish a good feedback mechanism, feedback mechanism is a necessary means to strengthen the contact between teachers and parents. Since most parents may be busy with work and family, and teachers not only have school tasks, but also have their own families, it is difficult to have direct face-to-face communication opportunities between parents and teachers. In this case, online platforms such as wechat and QQ are needed for communication. Again, the growth of one of the students not only need their parents and the teacher's care, also need the help of other parents, like the outbreak of the small contradiction between students, parents and teachers may arise is not willing to face to face, points out problems, then will need to establish anonymous information feedback, to help parents and teachers to know students situation. Finally, the school should let parents understand the teaching spirit of the school, the overall teaching task arrangement, so that parents can arrange their own work, time, and cooperate with the school to educate students.

### **4.2. Pay Attention to Students' Mental Health and Enrich Students' Extracurricular Life**

The mental health of students should not be neglected in the process of their growth. Under the policy of "double reduction", students have more time after class and less learning tasks. In this case, it is necessary to enrich students' life through appropriate after-school life to help students establish a good mental health state and a correct outlook on life and values. Sufficient after-class time should not be excessively wasted in playing video games, mobile games, watching TV and other activities, of course, as appropriate leisure is indispensable, but students should not be over-indulged in them. On the one hand, we should guide students to take part in extracurricular activities, strengthen the body, appropriately expand interpersonal relations, so that students learn to get along with others in the communication skills, so as to form a good psychological state; On the other hand, the combination of fun and learning should be strengthened.

Students should participate in science and technology activities, such as attending knowledge activities in the children's palace. They can also follow their elders to understand the hardships of social work, so that they can have a more correct understanding of life.

## **5. Give Play to Social Service Functions and Strengthen Policy Supervision and Improvement**

### **5.1. To Provide Family Education Guidance Services**

Ding Liyan, vice president and Party member of Hangzhou Women's Federation, believes that "double reduction" means "double increase" for family education work: on the one hand, for parents, the level of family education needs to be increased, which will test their wisdom more. On the other hand, for family education, the social demand for scientific tutor guidance has increased, which brings more space for family education guidance service work. At the request of "Shuangjian" policy, the family education to increase demand for the guidance of scientific services, social organizations and schools to open parents school, established the parents committee, provide, with family education mtcsol coaches, parents give scientific, practical and easy to operate method of family education guidance, let the good family education into school education. At the same time, we should also pay attention to the standard of family education guidance service and cultivate qualified family service providers, so that family education can better cooperate with the measures of reducing school burden.

### **5.2. To Lock Training Institutions, Investigate and Punish Violations of Discipline Training Activities**

The most striking aspect of the "double reduction" policy is undoubtedly the restriction and crackdown on after-school training institutions. For a long time, the overdevelopment of training institutions has not only created the anxiety of educating students and children, but also raised the cost of raising a child and aggravated the "inwinding". In the face of the new census, the sharp drop in the birth rate is a wake-up call for the nation, and reducing the cost of raising children is a key part of it. An important part of reducing the cost of training students and children is to limit the excessive expansion of training institutions. At present, the limitation on the training institution of the policy has been introduced, and the follow-up to prevent wildfires burn, you will need to organs at all levels carry out the implementation of the policy implementation, on the one hand, authorities need to actively to strike, on the other hand need relevant units to provide report way, let the masses supervision, and to report them. For existing training institutions, the government should strengthen its management and guidance, and urge them to operate within the scope permitted by the policy, without increasing the pressure on students, parents and even schools. The Ministry of Education should study and draft the standards for setting up off-campus training institutions as soon as possible, and make provisions for both disciplinary and non-disciplinary institutions in terms of organizational structure, practitioners and training content.

### **5.3. Urge All Localities and Schools to Improve the Implementation Plan of After-school Services and Establish an Online Service Resource Guarantee Mechanism**

The Ministry of Education should urge all schools to "one school, one plan" to improve the implementation plan of after-school services, promote the full coverage of schools, ensure the time "5+2", enrich the content and level, attract students to participate widely, and ensure the implementation of funds. Time "5+2" means that the after-school service hours of the school shall in principle be after school in the morning, noon and afternoon of the normal school day no earlier than half an hour after the normal local closing time. The school shall provide after-school service 5 days a week in normal school days, and at least 2 hours a day in the afternoon. The Ministry of Education and relevant departments need to supervise all schools to effectively implement the relevant implementation plans and measures, establish a support system for students with learning difficulties, and help students who are temporarily behind in their learning progress.

We will give full play to the role of the national online cloud platform for primary and secondary schools and TV "classroom in the sky", and provide primary and secondary school students with free high-quality curriculum resources covering all grades and disciplines. The guarantee mechanism of online service resources should be established. The state and education departments should develop rich and high-quality online teaching platforms (such as the national cloud platform for primary and secondary schools, the national public service platform for educational resources, etc.) to provide high-quality educational resources to students free of charge and save extracurricular tutoring time.

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