

# On the Cultivation of Students' Self-management Ability

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**Abstract:** In the new curriculum, it is proposed to take students' autonomous learning as the main learning method, which requires us to devote ourselves to cultivating and improving students' self-management ability in daily education and teaching. Taking this as the cut-off point, this paper discusses the positive role and significance of improving students' self-management ability from four aspects: keeping the first line of defense of bad learning habits, the motivation of self-achievement, character remodeling and the pursuit of excellence.

**Keywords:** Middle school, Students', Self-management, Measures.

## 1. Introduction

Psychologists have done a fudge experiment. The experiment is to predict the future of four-year-old children by observing their response to fruit juice fudge. The researchers said that the simple way to get one fudge in each room is to take it to your children right away. But if you insist on not taking it until I get back from work, you can get two fudges. Then he left, and when he came back, he fulfilled his promise. Then, follow up the growth of these children. The study found that those children who could insist on getting two fudges at the age of four became more adaptable, adventurous, liked, confident and independent teenagers; Those who can't stand the temptation of fudge tend to become lonely, frustrated and stubborn teenagers[1]. They often succumb to pressure and avoid challenges. It can be seen how important it is to cultivate self-management ability.

Sukhomlinsky said: "the real education is self-education." Paying attention to the all-round development of people, the cultivation of students' complete personality and the full development of personality are not only an important content of education in the 21st century, but also an important goal and common trend of educational modernization all over the world. Implementing quality education, creating a good class collective and cultivating students' complete personality are the unshirkable responsibility of the head teacher. I think that in the process of effective class management, the head teacher can not rely on one or several teachers to strictly manage. The key is to educate and guide students to learn self-management, so that each student can be both the object of management and the subject of management, so as to achieve the purpose of "management is to ignore".

## 2. The Significance of Students' Self-management

The 21st century is no longer a distant call. We are stepping on the threshold of the new century. Life in the 21st century does not just come suddenly in time. It is a long-term vision that mankind once had. It is the unfolding of our bitter conception of future life. Paying attention to the all-round development of people, the cultivation of students' complete personality and the full development of personality are not only an important content of education in the 21st century, but also an important goal and common trend of educational modernization all over the world. Implementing quality

education, creating a good class collective and cultivating students' complete personality are the unshirkable responsibility of the head teacher. In my opinion, in the process of effective class management, the head teacher can not rely on one or several teachers to strictly manage. The key is to educate and guide students to learn self-management, so that each student can be both the object of management and the subject of management. To achieve management is for the purpose of regardless.

The so-called student self-management refers to the behavior taken by students themselves to control and coordinate class groups, groups, individuals and various environmental and material factors. It is of great significance in the following three aspects.

### 2.1. Implementing Students' self-management being the fundamental requirement of class collective teaching

Since the Czech educator Comenius put forward the collective teaching form of class teaching system in his "big teaching theory", this form has been basically adopted in all kinds of teaching activities all over the world. The advantage of collective teaching is that it can improve work efficiency, but its deficiency is that it is difficult to take into account the specific situation of each member of the collective. Self management is an important factor in students' self-education. It makes up for the lack of management in the collective teaching mode. It can be said that the smooth progress of class collective teaching is inseparable from students' self-management. A class composed of dozens of students can not achieve good management effect only by the strength of head teachers and subject teachers. Guide every student in the class to carry forward the spirit of ownership and become an active participant in the collective management of the class. The class may become a healthy and complete organism.

### 2.2. Students' self-management improving their ability of self-education

Fundamentally speaking, whether students can receive a good education has internal and external factors. Guiding students' self-management is an important way for its internal factors to play a positive role, so that students can receive education in a better environment.

### **2.3. Self-management cultivating students' independent personality**

The ultimate goal of education is to cultivate qualified talents needed by the society. The word "qualified" has a profound and broad meaning. What is a qualified person? That is, talents with modern and reasonable intelligent structure and independent and perfect personality. Independence not only means not relying on parents and having strong self-care ability, but also means not superstitious about books and having the ability of pioneering and innovative thinking. The effective implementation of self-management in class management is conducive to students' understanding of themselves, understanding others, clarifying the cooperative relationship between people, and laying a solid foundation for the cultivation of socialized talents.

## **3. Effective Measures to Cultivate Students' Self-management Ability**

The author concludes that effective measures can be taken to cultivate students' self-management ability from the following aspects:

### **3.1. Helping Students Hold the First Line of Defense of Their Hearts**

Wang Tingxiang, a thinker and educator in the Ming Dynasty, once told a story to Zhang Han, the author of the song *Chuang Meng Yu*. One day he took a sedan chair into the city. It was raining heavily. A sedan chair man wore a pair of new shoes. At first, he carefully chose the ground. Later, he accidentally stepped into the muddy water. After that, the sedan chair man "no longer cared". Wang Tingxiang said, "the way of living is still an ear. If you make a mistake, you will do everything!" It can be inferred that this is also true in all aspects of students' study and life. Only by helping students hold the first line of defense of their hearts can teachers effectively eliminate the invasion of all bad habits.

From the perspective of people's psychological habits, everyone has the heart of beauty. For the perfect thing, everyone will involuntarily maintain it; For incomplete things, the attitude is the opposite. Philosophically speaking, any bad learning habit has a process of occurrence and development. For the first time, there may be a second time when they are trembling, a third time when they are used to it, and a fourth time when they are righteous[2]. Therefore, we should help students stick to the first line of defense of mind and spirit.

Helping students hold the first line of defense is the first step to cultivate students' awareness of self-management. From the usual study habits to the goal of life, we should guard our students at every key point. The psychology of students is the most subtle. A little wind and grass may cause an uproar in students' hearts. Timely "thought Class" is a good medicine to adjust students' mentality; The beneficial competitive environment is the ladder to guide students upward; Teachers' trust and encouragement are the inexhaustible driving force for students' continuous progress.

### **3.2. Encouraging Students to Obtain A Sense of Self Achievement**

I remember once passing by the door of the game hall and seeing the nervous look of teenagers when playing games and the glory on their face after winning, I deeply realized their

perseverance and fighting spirit. I always think: if we can give them such a strong sense of achievement in learning, how can children learn listlessly? Therefore, in education and teaching, if teachers can pay close attention to students' emotional changes, through the experience of sense of achievement, they can stimulate and cultivate students' interest in learning and greatly improve the effect of learning. A question in class, a wonderful answer, an excellent homework, the conquest of a difficult problem, and the participation of extracurricular activities. We have too many such opportunities. Don't be too stingy, don't be afraid of trouble, and don't think it doesn't matter. Students grow up healthily with the encouragement of teachers and continuous self discovery.

Interest depends on success, which is an important enlightenment from psychology. Facts have proved that students who continue to succeed and are often praised are also constantly consolidating and developing their interest in learning[3]; However, students who fail repeatedly and are often criticized will gradually lose their interest in learning until they lose it completely. Nobel laureate Dr. Yang Zhenning said: strong interest is the key to my success. Yes, in many cases, we all have this experience: If due to personal success, we not only feel this strong sense of satisfaction, but also be encouraged and praised by others, we will strengthen this feeling, so as to generate interest and motivation for further study or work and urge people to succeed again. Research shows that the stronger the sense of achievement, the higher the learning enthusiasm and the better the internal potential of learning. In this way, students' self-management awareness will naturally improve as they enter a virtuous cycle of continuous renewal.

### **3.3. Reshaping Students' Perfect and Sound Character**

The 21st century is a century of competition. Only ability is not enough. Unique personality and extraordinary temperament are also the key factors to attract others to succeed. The ancients said, "at the beginning of a person, such as Wupu, both sex and emotion are plastic". It can be seen that character can be reshaped after tomorrow, especially if there are obvious defects in character.

For middle school students, laziness is the biggest bad habit, which is mostly caused by the following three reasons: one is the sense of self defeat, the other is the weak endurance of frustration, and the third is immediate hedonism. Secondly, the psychological state of inferiority is also prominent in middle school students, such as escapism, dislike of competition, anxiety, isolation and self-confidence. Low self-esteem makes people pessimistic, makes people lose confidence and courage, underestimates their ability, and cannot withstand the blow of difficulties and setbacks. Laziness and inferiority are both failed personalities. In our usual teaching process, we should consciously help students overcome this human weakness and constantly encourage them to rebuild their confidence with a noble and upward personality. Having a perfect and sound personality is a powerful guarantee for effectively improving self-management ability[4].

### **3.4. Making the Pursuit of Excellence A Habit**

The higher level of self-management ability is the pursuit of one's own life ideal. For excellent students, we must encourage them to pursue excellence as a habit, not as a capital. Just as many people know that failure is the mother of

success, few people know that success is often the mother of failure. Because of their excellence and temporary success, they slack off, lose their initial pride and the impulse to pursue their dreams, and suddenly fall when they go further. Whether it is the slack after success or the fall after slack, to succeed must be inseparable from conscious self-management.

Humility and tenacity, humility is a gesture, because the vision and ambition are great, it is even more low-key and modest, and tenacity is the greatest guarantee to achieve lofty goals. With it, we can lose and fight repeatedly. Self management is to win without pride and lose without discouragement. Excellent students always have a perfect plan and will not find reasons for failure. They can always find a balanced basis in their high self-management ability, solve various contradictions between ideal and reality, and then get used to excellence.

#### **4. Conclusion**

The cultivation of students' self-management ability is an important part of moral education. As educators, in class management, pay attention to give full play to the main role of students, give full play to students' self-management ability and people-oriented, which will help to improve students' enthusiasm to participate in class management, tap students'

creative potential, improve students' overall quality and achieve the goal of effective class management[5]. Letting students manage themselves is an important measure of people-oriented. There are some difficulties and many problems, but after all, this is the first step of students' self-management, which is a very challenging "new curriculum" for students' creativity and self-awareness. We should allow students to modify and adjust their thinking and behavior in self-management, and finally achieve the effect of self-education.

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