Ways to Cultivate College Students’ Self-management Ability

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Abstract

The self-management quality of contemporary college students is one of the necessary qualities for college students. It is also one of the important topics of current college work. It is related to the quality of college students’ four-year college life and their future work development. College students’ self-management is the process of college students' self-awareness, self-education, and self-development. Although the self-management ability of college students is vital for college students, there are still many college students who are unconscious about self-management. Various phenomena are not conducive to healthy living patterns. This article will start with the current problems of college students' self-management ability and explore the ways and effective methods to improve the cultivation of college students' self-management ability to help college students enhance their self-management awareness, strengthen their self-scientific management, and make them learn independently, live a healthy life, truly become the builders and successors of the great rejuvenation of the Chinese nation.

Keywords

Self-management, college students, ability training

College students are the future of our motherland and the hope for the great rejuvenation of the Chinese nation. The motherland attaches great importance to their education and future development. Today's college students are the post-2000 generation, growing up in a society where my country's economy is developing rapidly and people's living standards are constantly improving. The material conditions of their lives are already quite rich, and many of them are only children. They grew up under the care of their parents and friends. They do not have the ability to face setbacks and challenges independently and lack the training and responsibility for life. It has formed a self-centered mentality, fearing difficulties and setbacks, tending to enjoy pleasure and irrational consumption, and lacking the spirit of hard work and self-discipline. Many students who go to college are far away from their parents in their hometown. Entering the relatively relaxed and accessible environment of college, they need to independently face college life and study, as well as various problems encountered in interpersonal relationships between teachers and students. These college students face changes in their living environment and interpersonal relationships and need to face them alone. Many students have various problems, such as bad behavioral habits, blind following, etc. Some even have psychological distress and interpersonal communication difficulties, which seriously affect their normal study and life. It can be seen that the improvement of college students' self-management ability directly affects their learning ability and life attitude, and is also related to the development of their moral level. Therefore, improving the self-management level of college students is an essential task in our college education.

The cultivation of college students' self-management ability refers to a series of comprehensive educational activities
for college students through a series of self-learning, self-education, and self-development in order to meet the increasing requirements of social development for personal quality and to achieve the training goals of higher education (Yu Jiaxin & Shen Shuzheng, 2013). Effective self-management ability is of great and far-reaching significance to college students.

College student self-management ability refers to college students, being motivated by clear self-goals, giving full play to their subjective initiative, integrating and utilizing their own resources, planning their own study and life in an organized, directional, and systematic manner, and regulating their own behavior. So that you can not only meet the needs of social development but also achieve your own life value goals (Guo Xin & Bai Jingjing, 2009). Its connotation includes self-awareness, time management, emotion management, goal planning, behavior control, learning ability, innovation ability, social ability, etc.

With enrollment expansion in our country's colleges and universities year after year, the number of college students on campus continues to expand (Li Hongyan et al., 2008). There are many problems with the current situation of college students’ self-management ability: (1) Insufficient time management. College students have more spare time than high school students. They have much time at their disposal besides attending classes. How to use this spare time is of great significance to a college student. Sow to study and reap knowledge; sow to socialize and reap friends; sow to laxity and reap bad habits. Different college students have very different attitudes towards time. Some college students easily waste time or fail to plan time effectively in their daily study and life, resulting in low efficiency in completing tasks. Moreover, it encourages many bad habits and makes some behaviors that are not in line with students. (2) Improper emotional management. Emotional management refers to cultivating the ability to control emotions by studying individuals' and groups' understanding of their own emotions and the emotions of others, thereby producing sound management effects.

When college students leave their hometown and parents and adapt to the small school society, they will inevitably encounter many unpleasant things. Emotional management plays a very important role in the growth of college students. When many college students face academic pressure, interpersonal relationships, and other problems, they lack appropriate emotional management methods. They are prone to depression, anxiety, and other psychological problems, which affect their studies and their own development. (3) There is a lack of goal planning. "Everything will be successful if it is prepared beforehand, and it will be ruined if it is not prepared beforehand." Many college students have their own pursuits in life and are full of motivation. However, there are also some students who go to school step by step every day, without clear plans and life plans, drifting with the crowd, and even more confused. Although some college students have clear goals, they lack good planning and implementation strategies, resulting in their failure to achieve their goals in time, ultimately making them regret it when they graduate.

Fourth, poor behavioral control. Control is the rational behavior performed after judging one's own behavior. This rational judgment and execution constitute self-control. Behavioral control is crucial to a person's development, and reasonable behavioral control is a valuable asset in a lifetime. Some college students lack self-control, insufficient awareness of self-discipline, bad living habits, and are prone to addiction to games, online videos, social media, etc., which affects their everyday learning and quality of life. Fifth, lack of self-education. Self-education means encouraging college students to reduce their passiveness in learning, actively exert their subjective initiative, and deeply understand that education should be independent, spontaneous, and conscious (Ouyang Zhujun, 2021). Self-education includes self-observation and self-evaluation. Self-observation refers to the awareness of one's own perceptions, thoughts, and intentions; self-evaluation refers to the judgment and evaluation of one's own thoughts, expectations, behaviors, and personality characteristics, which is a necessary condition for self-regulation. Self-awareness is one of the essential abilities for the healthy development of college students. Some college students lack self-awareness and find it difficult to clearly understand their strengths, weaknesses, and needs, making it impossible to formulate effective self-management plans.

To sum up, although college students generally have a certain sense of self-management, there are still some problems and challenges in real life and learning operations, and it is necessary to further strengthen the ability to cultivation and guide college students. Improving self-management capabilities will help college students grow up healthily and realize their self-worth (Kun Yang, 2021).

There are many ways to cultivate the self-management ability of college students. Here we focus on a few aspects.

1. Set clear learning and life goals

"Everything is done beforehand and will be ruined if it is not done beforehand". The four-year academic career in college must have explicit goals. The learning and life goals of college students are further divided into long-term vision, medium-term planning, and short-term planning. In terms of personal long-term vision. First of all, you must clarify the long-term vision you want to achieve in the future, which belongs to career planning. For example, which field do you want to be the best in, and how to achieve career development? It is important to note that this vision is specific and feasible and can help you prepare for the next level of goals. It will be the long-term driving force for your study and life,
providing a steady stream of energy for your future life as far as personal mid-term goals are concerned. Based on the long-term vision, mid-term goals are listed, usually one year as a time period. These learning and life goals should be challenging, measurable, and attainable; in terms of personal short-term plans. Break down the mid-term goals into smaller, actionable tasks, and develop detailed practice plans, including daily learning task arrangements, learning resource allocation, etc. Also, create a reasonable schedule so you can track progress. At the same time, you must distinguish between essential tasks and less critical tasks according to your own situation. In order to complete the plan requirements more efficiently.

Next, you need to review and adjust learning goals regularly. Review your goals regularly, check progress and results, and make adjustments and optimizations based on actual conditions. If necessary, goals and plans can be modified to reflect actual circumstances, but the direction must remain stable. Finally, you can also set up a reward system for yourself. In order to motivate yourself to stick to your goals, you can set up some reward mechanisms, such as rewarding yourself with a small gift or watching a movie after completing a task, to encourage yourself to make continuous progress.

Overall, setting explicit learning and life goals needs to be specific and actionable and needs to be connected to a long-term vision. At the same time, it is also necessary to plan a detailed plan and a reasonable timetable and to review and adjust goals and plans regularly. Finally, you can set up rewards to motivate yourself to stick to your goals and achieve success.

2. Develop good time management and planning skills

The main body of time management is the students themselves (Fan Yujie & Du Xueyuan, 2023). To develop good time management and planning abilities, we need to do the following: First, understand various time management techniques. For example, Pomodoro working method, Pomodoro timing method, etc. These techniques can help improve learning efficiency, concentrate our energy, and ensure the completion of tasks. Second, pay attention to time waste. Pay attention to whether you often waste time, such as browsing social media or watching meaningless videos, and take measures to prevent these behaviors from affecting your learning and work efficiency. Third, develop the habit of planning. For daily tasks, make reasonable plans in advance and establish a schedule, including time, location, required materials, required skills, etc., to better control time in study, work, and life. After completing the task, the plan will be adjusted in time, lessons learned, and the next plan will be improved. Fourth, cultivate self-discipline. Self-discipline refers to demanding oneself by oneself, changing from passive to active, consciously following laws and regulations, and using them to restrain one's words and deeds without anyone's on-site supervision. College students need to develop a good sense of self-discipline and self-motivation, be able to persist in studying and working according to their own plans, follow personal schedules, eliminate interference, and not easily disrupt their own time schedules.

In short, it is a long-term process for college students to develop good time management and planning abilities. You must carefully analyze your time usage, formulate a feasible plan, and implement it firmly. Only through continuous practice and adjustment can you better control your time, improve efficiency, and achieve more goals.

3. Continuously improve self-awareness and psychological quality


Ways to improve self-awareness and psychological quality are: first, constantly reflect on yourself. College students reflect on their behaviors, emotions, and thoughts to understand their strengths and weaknesses and identify areas for improvement. This can be done through journaling, regular reviews, self-evaluation, etc. Second, actively learn emotion management skills, such as natural breathing, deep relaxation, mindfulness exercises, etc., to better control your emotions and enhance your ability to withstand stress. Third, cultivate a positive attitude. Look at things from a positive perspective, pay more attention to the benefits and gains in things, and avoid the interference of negative emotions. You can try methods such as positive psychology training. Fourth, maintaining healthy eating habits and sleep patterns, engaging in moderate exercise and exercise, and finding things that interest and please you can help improve your psychological quality. Fifth, seek help. If you encounter psychological distress or problems that are difficult to solve on your own, you can seek professional psychological counseling or consulting services to get better support and guidance. Sixth, actively participate in social activities. Participating in meaningful social activities, such as volunteer work, practical activities, etc., can help broaden your horizons and enhance your self-confidence and self-esteem.

In short, improving self-awareness and psychological quality requires efforts in many aspects. By reflecting on yourself, learning emotion management skills, cultivating a positive attitude, and improving your lifestyle, you can help yourself

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better understand yourself and enhance your psychological quality. At the same time, we should also pay attention to seeking appropriate help and support and actively participate in social activities in order to achieve better results in study and life.

4. Strengthen communication and interpersonal skills

Good interpersonal communication skills are very important. Through interpersonal communication and communication, people can obtain information, increase their knowledge, broaden their horizons, improve their understanding of themselves, quickly adapt to society, and promote self-development. Ways to strengthen communication and interpersonal skills include:

1. Listen to others and express yourself, learn practical communication skills, develop positive attitudes and behaviors, pay attention to non-verbal messages, participate in more social activities, have diversified interests and hobbies, and master conflict resolution skills.

2. Cultivate students' awareness of role interchange in communication and be able to think about problems from the perspective of others, thereby resolving various problems that exist in communication (Wang Qi, 2023).

5. Develop an active and healthy lifestyle

The report of the 20th National Congress of the Communist Party of China emphasized "promoting the construction of a healthy China" and "putting the protection of people's health in a strategic position of priority development" (Xi Jinping, 2022). An active and healthy lifestyle is the guarantee for improving self-management capabilities. To develop an active and healthy lifestyle, college students can start from the following points: First, eat a balanced diet. College students basically live in boarding schools. When living on campus, they must maintain a balanced diet, take in enough protein, vitamins, etc., avoid high-calorie and high-fat foods, stay away from tobacco and alcohol, and get closer to fresh fruits and vegetables. Second, actively exercise. Actively participate in various physical exercises, such as running, fitness, etc. Third, healthy sleep. It is also common for college students to stay up late. Maintain a regular schedule and eliminate the bad habit of staying up late.

In short, developing an active and healthy lifestyle requires long-term efforts and practice. Through a balanced diet, active physical exercise, healthy sleep, psychological management, quitting smoking and limiting alcohol, learning to relax, etc., we can promote physical and mental health and improve the quality of life and happiness.

College students are the key to the future prosperity of our motherland. Cultivating college students' self-management abilities is also an inevitable requirement for educational management in colleges and universities (Rong Meisheng et al., 2015). At the same time, it requires theoretical exploration, practical urging, and the attention and support of students, schools, and society.

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