



Research Paper

Investigation report on self-regulation construction of School of Foreign Languages

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Abstract: With "Self-disciplined Panzhihua college students" brand gradually establishing and constantly improving, the discipline construction has become one of the most important content of the college management education work, for further carrying out process of school management concept, first-class service quality to improve school management, strengthen the educational pertinence and effectiveness of the management measures, effectively promote the long-term development of the hospital, School of Foreign Languages has conducted a multi-dimensional survey on students' learning, including the construction of dormitory style of school of Foreign Languages, the use of mobile phones of class 2021 freshmen, and the learning of college English students.

Key words: Investigation report; self-regulation construction; School of Foreign Languages

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I. Investigation on the style of study in dormitory of Foreign Language College

This survey was conducted for all students of the School of Foreign Languages from 2018 to 2021, with the purpose of understanding the current situation and problems of dormitory life of the students in the School of Foreign Languages:

1) Dormitory atmosphere of study: more than 50% of the students think the dormitory style of study is strong, among which 40% think it is strong, 16% think it is very strong, only less than 10% of the students think the dormitory style of study is poor. Among them, the students who think the dormitory study style is poor put forward problems such as staying up late playing games. The results showed that most students could still study in the dormitory.

2) Bedtime: Most dormitories lights out between 11:30PM and 12:00 PM, and most students choose to go to bed before 12:00 PM, but there are still a few students who stay up late at night playing mobile phones.

3) Get up time on weekends: when there is no class on weekends, about 43% of students will choose to get up after 9AM, and only 2% will choose to get up at about 6 AM. It can be seen that most students' sense of self-discipline will be relatively weakened on weekends.

4) Spare time life in dormitory: the survey shows that students who sleep and have a rest account for the largest proportion followed by playing mobile phones. The results show that few students study in the dormitory in their spare time. After the dorm lights out, more than 50% of students will choose to finish their study tasks before going to bed, and 9% will never study after the lights out. This shows that most students have a positive attitude towards learning and can complete learning tasks well in the dormitory, but most students are weak in planning their spare time after completing learning tasks.

5) Class attendance: Most of the students hold a negative attitude towards being late for class, leaving early, and being absent from class, but 3.7% still think it doesn't matter. This shows that most students have a high attendance rate in class, but there are still a small number of students have problems with their learning attitude.

Picture 1) Study style in dormitory

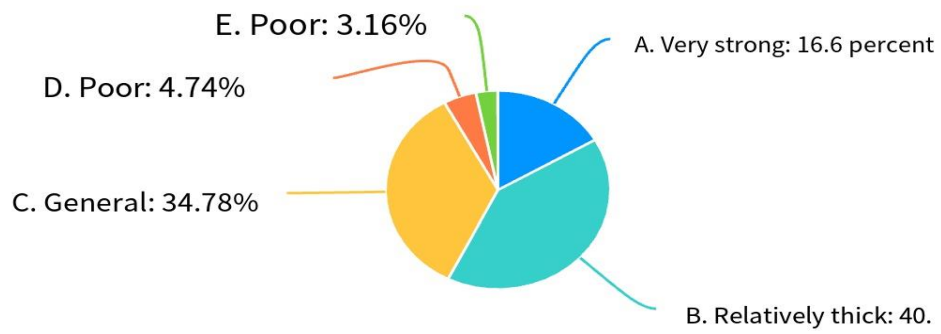


Figure 2) Bedtime

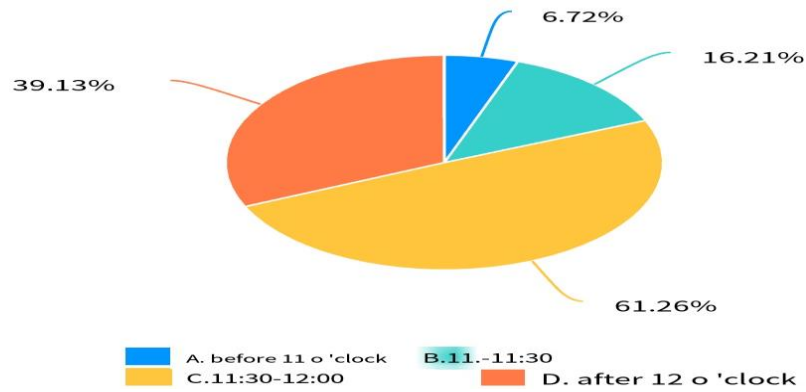
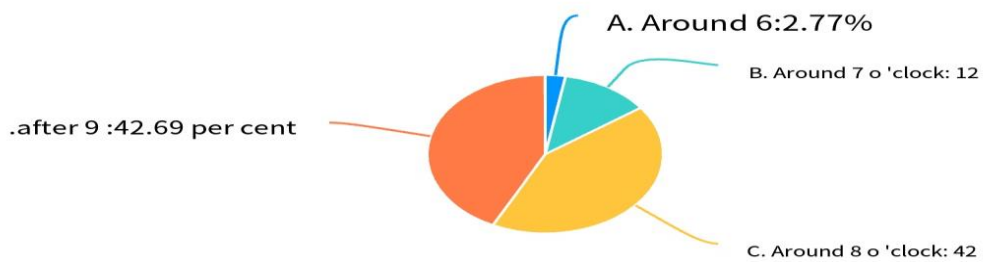


Figure 3) Weekend wake-up time



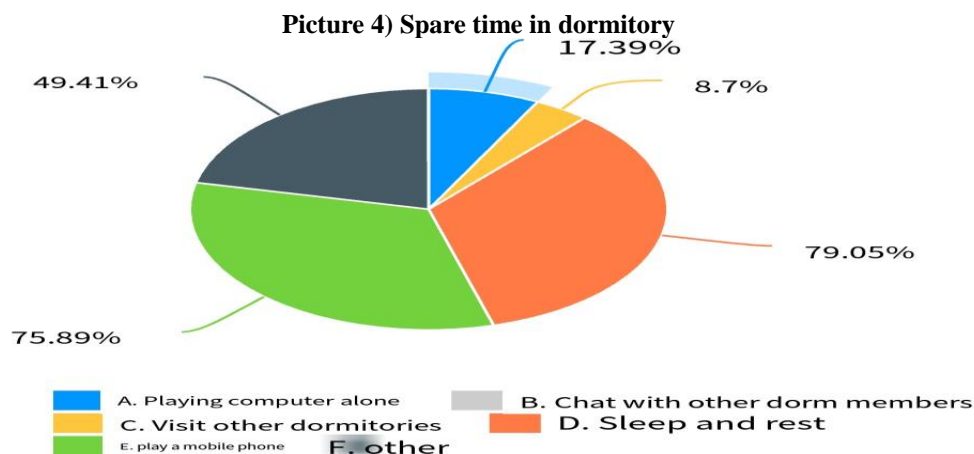


Figure 5) Study after lights out

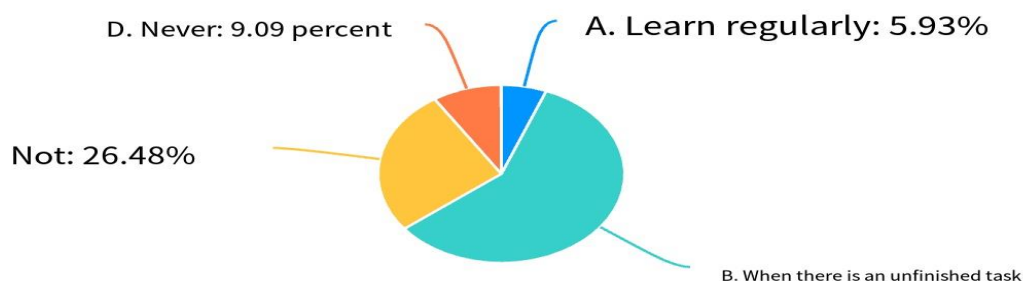
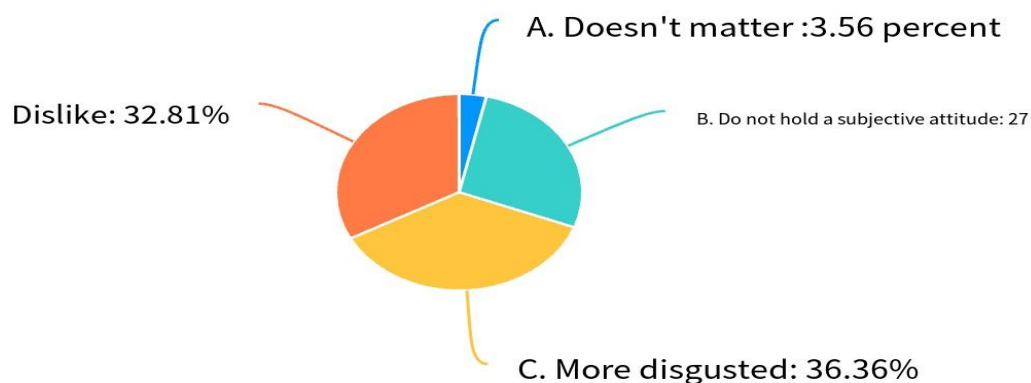


Figure 6) Class attendance rate



II. Survey on mobile phone usage of 2021 freshmen in School of Foreign Languages

The survey was carried out among 2021 freshmen in The School of Foreign Languages. The main purpose of the survey was to understand the current situation and existing problems of mobile phone use among 2021 freshmen in the School of Foreign Languages:

1) Students use mobile phones mainly for study, supplemented by shopping, listening to music, taking photos, watching videos and other entertainment items, but students have a large demand for mobile entertainment functions. And two-thirds of the students use their mobile phones within 3 to 8 hours, of which 5

to 8 hours is the majority. This shows that students use mobile phones for a long time and are highly dependent on them.

2) Two thirds of students use mobile phones most frequently during lunch and evening breaks. Students also reported habitually using their phones on weekends, after school and before going to bed at night. It also shows that students have a monotonous school life, a lot of free time and a lack of self-planning.

3) Apart from study, students mainly use mobile phones to obtain information about leisure and entertainment, daily life, political news, literary accomplishment and personal emotions. Students have a wide range of activities on mobile phones in various forms. Most of the students think that mobile phones have functions such as relaxing mood, reducing pressure, facilitating life and encyclopedia, but nearly one-third of the students think that mobile phones will make their procrastination more serious, will reduce their initiative, enthusiasm and inquiry. In addition, only a very small number of students realized that mobile phones have the disadvantage of exposing personal privacy easily, indicating that most students do not have strong awareness of network security.

4) Half of the students think that they must carry mobile phones to get a sense of security, or carry mobile phones at all times, only one person thinks that they can basically do without mobile phones, most of the students have typical symptoms of mobile phone dependence. On the other hand, students mainly use mobile phones for social communication, shopping, movies and other entertainment activities. Only nearly one-third of students are interested in learning apps. This shows that students' learning enthusiasm needs to be improved and the use of mobile phones needs to be guided correctly.

5) More than half of the students still play with their mobile phones after the dorm lights out, and nearly half of the students said they stay up late because of mobile phones. But the vast majority of students can go to bed before 12:00P.M, nearly 40 students will go to bed between 1:00 and 2:00. This shows that students' self-control is not strong enough and they rely heavily on mobile phones. Finally, the main reason why people think mobile phones are attractive is the superiority of mobile phones and their poor self-control, and only a few people use mobile phones as learning tools.

III. A survey of professional English and College English learning

This survey is aimed at some college English students of 2019, 2020 and 2021 in order to understand the current situation and problems of non-English major students in college English learning:

According to the survey results, more than half of the students are only moderately interested in English, and only 29.7% are very interested in English. Therefore, it is very important to improve students' interest in English.

2) A further survey shows that more than half of the students think English learning is very important, and these students will take an active part in English activities.

3) Survey data show that most students hope to have special materials suitable for them, few students hope to have integrated materials, and few students hope to have other different types of materials.

4) And when the analysis of various questions in English shows that in CET-4 and CET-6, more than half of the students think listening is their most annoying and weakest part. Among them, reading is the best part of students in this section. Of course, there are still a small number of students who think reading is their weak part.

5) The students indicated that more meaningful English club activities can be as follows: ① Watching American TV series, analyzing characters, ② English drama, improving oral communication, ③ English word games, ④ English simulation life scenes, singing English songs, ⑤ English film dubbing, ⑥ English learning and sharing meeting, etc.

Figure 1) participating student grade



Figure 2) students' interest in college English

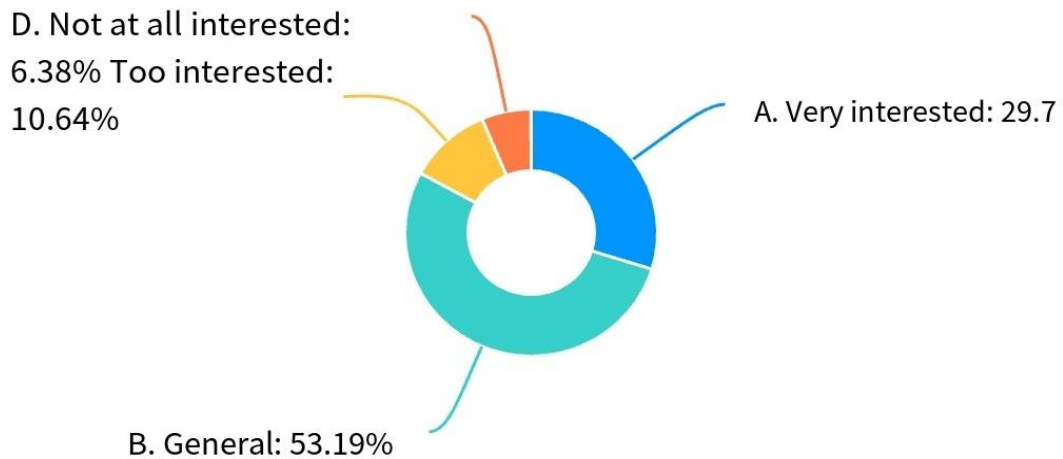


Figure 3) students attitude toward college English

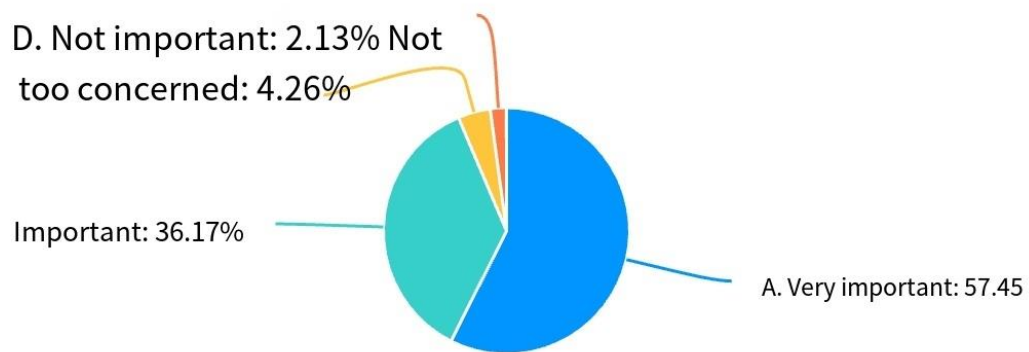


Figure 4) type of English learning materials are expected to be added

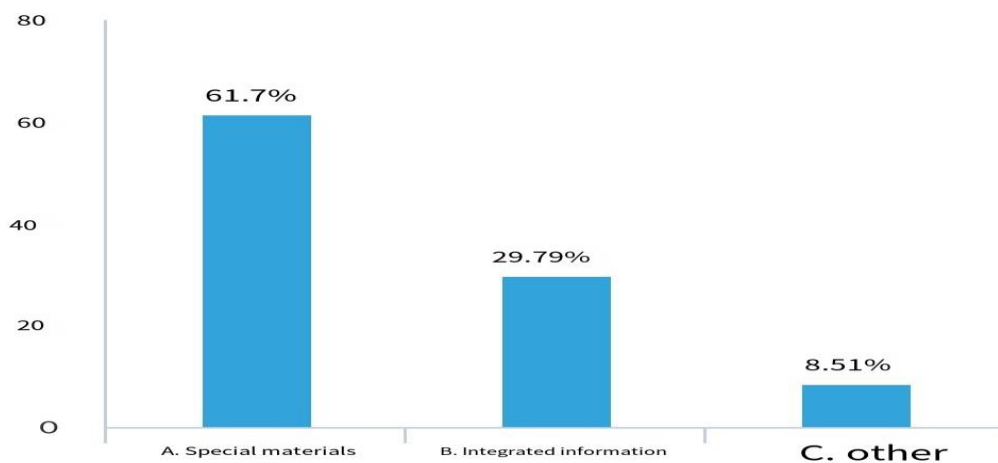


Figure 5) most annoying part of English learning and passing

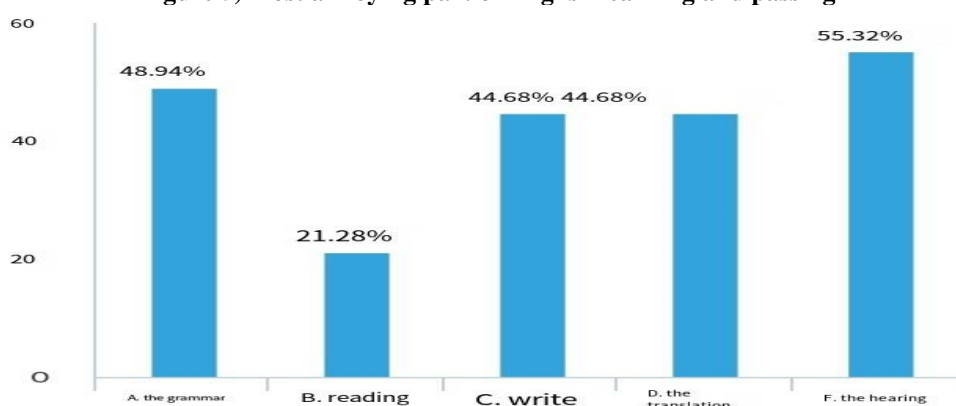


Figure 6) weakest part of English learning and passing exams

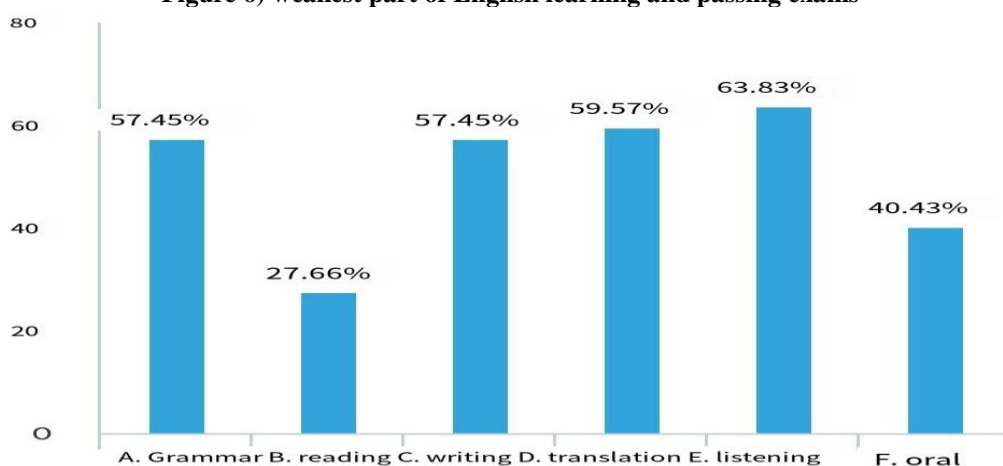
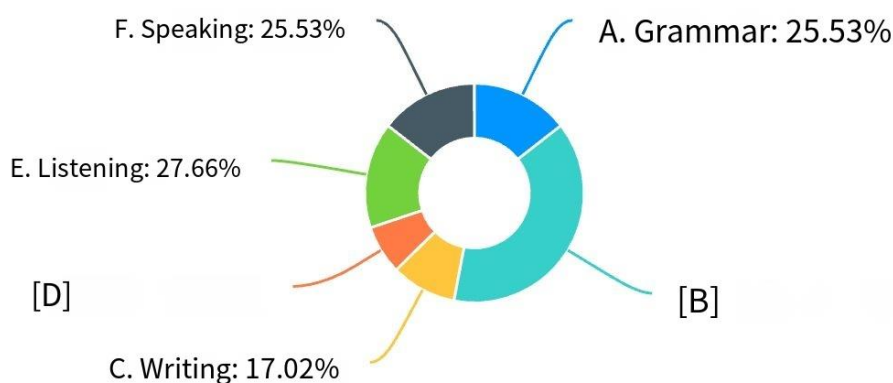


Figure 7) best part of English learning and passing



Can see from the above investigation, the present foreign language discipline construction has obtained certain achievements, but also to see which still has some problems to be solved, believe that these problems, also is the common problem facing the colleges, especially how to make students get rid of the high school model, could become a self-discipline and heteronomy to let the students to the school and the school, To be able to consciously and actively carry out self-discipline planning, effectively deal with the relationship between study, life and entertainment, and truly achieve self-consciousness, self-discipline and self-improvement, this is the problem that colleges should think about in the process of self-discipline construction, and it is also the original intention of the school to build self-discipline brand.