Strategies for Promoting Online Education to Achieve Efficient Teaching —Focusing on English Higher Education in China

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Abstract. With the development of science and technology in the world, online teaching, which is different from the traditional education mode, is gradually becoming more popular. Since the outbreak of COVID-19, China has responded to the government's call and adopted online teaching for a long time. Due to the lack of experience and skills of online teaching mode, the learning efficiency under the new mode has also been greatly affected. Teachers can not carry out the previous management assessment methods, students are far away from the classroom, and their concentration is also reduced due to changes in the environment. China's English higher education has made continuous progress and development in the past decades, and has made many achievements so far. However, nowadays, the traditional higher English teaching mode gradually shows some problems to be changed. The purpose is to guide students to explore and learn the language knowledge itself, encourage students to use English in practice, and promote the development of students' English comprehensive ability. Therefore, the application of online teaching mode in China's English higher education can obviously not continue the traditional teaching methods. This paper is going to help Chinese education to use new strategies to change the teaching and assessment methods, change the roles of teachers and students in learning, improve the participation in the classroom, mobilize the enthusiasm of students, and cultivate students' practical use of English and autonomous learning ability

Keywords: education model, online course, higher English education, teaching strategies, modern teaching pattern

1. Introduction

With the development of technology, people can now conduct education in the form of live online teaching. This new form has become more and more popular. On the one hand, sometimes people seeking education can't get the education resources they want around them. On the other hand, when people encounter many practical problems and can't smoothly enter the classrooms to receive education as before, they often conduct online education. Take COVID-19 as an example; since its outbreak in 2020, many places around the world have implemented lockdown policies. The Chinese government has called for "no suspension of classes". Although online teaching conforms to the requirements of teaching development, promotes the reform of traditional teaching mode, and will be an inevitable education mode in the future, the lack of teacher-student interaction and the lack of

norms in teaching management and assessment are still a big problem with the change of education mode. A large number of teachers are not familiar with live teaching, there are no strategies and methods for online live teaching, and the classroom environment is poor; Students' lack of self-learning and poor participation directly affect the quality of education. Therefore, it is very important to find more suitable educational strategies and management methods for the new form of online education. With the acceleration of globalization, China has made full use of various information exchange tools to better integrate into the international community and strengthen cultural exchanges. One of them, higher English education, is also facing the reform of educational methods. According to the learning content and teaching characteristics of China's higher English education, this paper seeks for better online teaching methods, with the aim of helping China's higher English education complete the transition from traditional education to the new education mode more smoothly and using online teaching to promote students' learning of English efficiently.

The main method used in the study is literature research. Through consulting papers, periodicals, books, news reports and other literature materials, the research aims to understand the current situation of online teaching and higher English education in China, and analyze and summarize the existing problems. After that, it will further understand the targeted solutions, improve the teaching mode, and make contributions to the efficient teaching of higher English education under the online teaching mode.

2.   Literature Review

2.1.   Current Situation of China's Higher English Education

China's higher English education has been developing for many years. However, the state of English education is still not advanced. "Higher English education in China is still in the stage of exam oriented education, and most teachers teach according to textbooks, ignoring language skills training" teaching model needs to be changed to encourage students to learn independently[1]. "At present, there are many graduates of English major, but few can really use it. English teaching and examination are not comprehensive tests of students' language communication ability."[2].The vast majority of people have high scores in English learning, but their application ability is low. "Dumb English" puzzles many Chinese English learners.

English, as a language education that requires many aspects of listening, speaking, reading and writing, is more difficult to achieve efficient teaching when students are in a passive position. The disadvantages of traditional classroom have already appeared in Chinese English higher education. Students simply accept the teacher's knowledge infusion, and then memorize it as a knowledge reserve for the English level test. In a good situation, the knowledge points can be mastered and passed the examination, so that the purpose of receiving higher English education is achieved; The bad situation is that it is difficult to remember the knowledge acquired through non active exploration, and it is difficult to grasp and understand it deeply, and even the grade examination goal under the examination oriented education thinking can not be reached. Under such an English teaching situation, no matter how hard the teacher works and how patiently he provides quality courses, he can not guarantee that the knowledge taught in a class can be fully mastered by the students, let alone how to make practical use of it. English education in China often pays more attention to students' reading and writing abilities, followed by listening, while English speaking ability is the least important. The test oriented psychology of students has long driven their enthusiasm for English subjects to decrease. The educational goal of higher English education should not be to make English meaningless knowledge just by passing the examination, but to really let students be good at practical application and give full play to the maximum use of English as a tool of information exchange, so as to maintain the original intention of developing English higher education.

2.2. Current Situation of Online Education

The focus of online teaching strategy has always been to enable educators to better supervise students' learning, because the biggest drawback of online teaching is that it is too far away to conduct tutoring education in real time, or it is like the environment in the classroom where teachers constantly remind students to mobilize their emotions. In a teacher led classroom, the authority of the teacher is often the guarantee of the efficiency of listening to the class. However, the authority of the teacher is greatly weakened, and the students reduce their sense of tension and pressure psychologically when faced with online courses, thus reducing their concentration. " For students, their self-control is not strong, and they are vulnerable to external influences; In terms of teachers, they did not redesign teaching strategies according to the characteristics of online teaching, and did not receive feedback from students in a timely manner"using modern teaching methods to reform the traditional teaching mode was highly advocated, in the online education mode, this change has become an inevitable trend[3]. However, it will take some time for teachers who are more good at teaching students face to face and using traditional teaching tools to achieve efficient teaching to get used to it. The use of computer multimedia technology is not skilled, and the playing of multimedia courseware is not synchronized with the teaching plan. The situation may occur at any time, which will seriously affect the teaching quality.Under the online teaching mode, the teacher's assessment standard is often unable to be the same as the traditional teaching mode, and it is impossible to observe everyone's learning state in detail in ordinary learning life. As an effective tool to test learning results, it has become a puzzle for many teachers and students how to conduct fair and error-free online education. Therefore, the problems faced by online higher English education come from two aspects. The first is how to change the existing problems in English education and guide students to participate in English learning. The second is how to break through the disadvantages of online education and adopt new strategies for teaching. The common point of the two problems is that it is very necessary to improve students' participation in the classroom, enhance students' enthusiasm and initiative, and change students' cognition of the classroom.

3. Teaching Strategies

3.1. In Class Teaching

The traditional teaching mode teaches language knowledge in a simple and boring manner, which is further removed from the historical tradition and cultural background of the mother-tongue countries. Using constructivism theory can help network English teaching to have better teacher-student interaction.

"Constructivism holds that knowledge is acquired by means of meaning construction under the guidance of teachers and under a certain social and cultural background, using necessary learning materials."[4]. Situational teaching under the constructivist teaching mode, " means that learners should have a deep understanding of the content, nature and related key points and fields of the knowledge they have learned. The best way is to let learners really come into contact with the relevant facts and feel for themselves, so as to achieve a deeper understanding, more comprehensive thinking and more solid memory storage of the content they have learned"[5]. The teacher creates a learning situation in combination with the course content and encourages the students to search for the corresponding knowledge points or the background history of the text. In this mode, students do not initially prepare their ears and pens, but actively step into the learning situation or cultural background. Next, the teacher guides the students from point to point, and the students learn and think independently, so as to complete a more solid memory of knowledge. In the classroom, teachers and students interact with each other, and students discuss and exchange the discussion results. Through

personal reading and knowledge storage in the early stage and the exchange and sharing of different opinions in the later stage, students can act as knowledge constructors and obtain a sense of achievement and satisfaction in the classroom.

The "problem-based teaching" as an education model of constructivism can often play a good role in the participation of students in online English teaching. "It aims to solve problems by students themselves, finding materials and discussing"[6]. Let the students focus on how to understand the question, find the answer and answer. Compared with traditional teaching methods, in the process of paying attention to problems and students' answers, teachers can easily assess students' performance in the classroom, and can also grasp students' knowledge and weak areas through students' answers. As the problem proponent, the teacher aims to guide the students to use the problems to learn the course content more efficiently; As the problem proponents, students can encourage students to think more, find loopholes and ask questions, and on the other hand, teachers can understand the students' learning situation in real time.

Teachers can collect books and poems that students enjoy reading, songs that they frequently listen to, classic movies, and even current news hot spots to pique students' interest. The online temporary translation of bibliographic paragraphs or lines and lyrics can often be carried out. If a higher level of assessment is required, the requirements of rhyme, rhetoric and other aspects can be improved, which often tests the translation level. After the students explain their understanding, the students will evaluate each other and compare their own translations to learn from each other. In view of current events, the teacher invited students as commentators after publishing news events to train students' thinking ability and encourage them to fully express their opinions. In this way, the initiative can also be further handed over to students, that is, students can find materials, make translation topics or news speeches, or even edit material analysis topics or writing topics. The goal is to assist students in delving deeply into their English learning value based on their interests, summarizing learning resources, and sharing them.

3.2. After Class Evaluation

The examination method of online teaching in higher English education can be more flexible, instead of simply using paper-based examination. Especially for English subjects, the ability of reading, writing, listening and speaking and translation can be more effectively assessed through the following ways. The phased assessment can first be conducted in the form of oral defense. The topic range of the oral defense is determined by the teacher according to the topics discussed in the class, and can even be extended to the whole subject. The focus is on whether the students can find new problems and new solutions. During the preparation of the oral defense, the bibliography and other materials read by the students are obtained, analyzed and summarized in a targeted way, which greatly complements the knowledge storage of the students on the premise that the students have the initiative. The English speeches prepared in the whole process of the oral defense have greatly exercised the students' English language organization ability. The speeches edited in advance according to the oral defense requirements and standards can also show the logicality, orderliness and coherence of the students' English writing. The questioning session after the defense is the part where the students can not prepare the speech in advance. This part has to a great extent exercised the students' practical English use level and oral communication ability. The diversity of questions can be realized by expanding the main body of questions. The questioners can not only have teachers, but also other students.

English proficiency assessment in the form of debate is also more effective. The positive side and the negative side of the debate should first conduct some analysis and evidence search on the topic. If the debate is initially completed by relying on the mother tongue, it needs to be converted into appropriate English to make their own language more convincing. The free debate session has a high

level of oral and listening training. Students need to respond quickly in a short time, catch loopholes after hearing the response given by the other party, and give powerful arguments. The advantage of debating is that when students pay attention to the debating problem itself, English expression will reduce the psychological factor of fear of making mistakes, which is often the biggest obstacle that prevents English learners from speaking English. Finally, teachers can use media technology to record or create other forms of recording, remind or correct language errors, and score based on performance during the debate.

The above assessment methods can comprehensively evaluate the students' basic abilities of listening, speaking, reading and writing. If students majoring in English receive higher English education, they need to conduct targeted assessment according to the characteristics of the subject. Phonetics, spoken English, etc. can still use the above methods, while English writing, lexicology, grammar and other disciplines can be evaluated in the form of papers in addition to oral defense. The specific requirements can be to do research within the scope of the discipline and write research projects in the form of individuals or teams. The purpose is to guide students to understand the content of the discipline more deeply on the basis of normal learning.

4.   Conclusion

The online teaching mode will be more and more widely used in higher English education. In order to solve the problems in traditional English education, such as the low efficiency of teachers' one-way instillation, the unbalanced development of personal English ability, the excessive emphasis on examination and the neglect of the actual use of English, the low participation of students in online teaching, the constructivism theory is used in ordinary teaching to guide students to learn the language while paying attention to the cultural background of language development and students' interests; In the assessment, the traditional test paper answering form is changed to give full play to the characteristics of the English language, and the students' English ability and learning achievements are assessed by means of multiple forms such as oral defense and debate.

The purpose is to urge students to maintain a high degree of concentration in the classroom and learning in an environment different from traditional teaching. On this basis, students' initiative and enthusiasm will be increased, and students will be guided to learn and memorize knowledge through self exploration and communication. In this teaching mode, the role of teachers is changed from knowledge imparter to classroom manager and guide; After class and in class, students change from passive learners to active learners of knowledge, so as to achieve more efficient teaching. To train advanced English learners to learn knowledge in a practical way and apply it flexibly in practice, they are no longer limited to exam grades and graduation certificates, but to use professional knowledge to create their own futures, and even the futures of all humanity.This research is committed to finding new teaching and management methods to promote the sustainable development of online teaching in China's higher English education. The problem is that the proposed new strategies may not be immediately accepted and adapted by teachers and students, and the feasibility and popularity of the new methods and strategies will continue to be studied in the future

The previous analysis of Chinese higher education teaching and research on online education by scholars play an important role in this study. Research is to stand on the shoulders of giants and promote the continuous development and improvement of education .

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