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Reform and Practice of College English Course Teaching -- Take "College English 3" Course as an Example

Zhenxiao Zhang

Hainan Vocational University of Science and Technology, Haikou, Hainan 571126

Abstract: With the acceleration of China's aging process and the vigorous development of the international health care industry in Hainan Free Trade Zone, international nursing students are facing unprecedented challenges and opportunities. In order to improve the English language ability of nursing students, effectively communicate with patients and their families and international counterparts, and acquire international cutting-edge nursing knowledge, this paper takes the college English 3 course as an example to discuss the teaching reform and practice of college English courses in the background of an aging society. Through mixed teaching mode, ideological and political education integration, multi-dimensional evaluation system and other strategies, it aims to enhance students' language application ability, broaden their international vision, and lay a solid foundation for their development in the field of international health care.

Keywords: College English; Teaching reform; Practice case

The aging society has become a global social phenomenon. As the country with the largest elderly population in the world, the aging problem is particularly prominent. As a pilot zone of international health care industry, Hainan Free Trade Zone has an urgent need for nursing professionals with international vision and good English communication skills. Therefore, improving the English language ability of nursing students has become an important topic in the field of higher education. As a general course for nursing students, the teaching reform and practice of College English 3 are of great significance to cultivating high-quality nursing talents who meet the needs of international health care services.

1. Teaching background and demand analysis

1.1 Teaching background

With the acceleration of the aging process in China, the number of the elderly population is increasing, and the health problems of the elderly have become increasingly prominent. Hainan Free Trade Zone, an international health industry as a gathering place for international health industry, has attracted a large number of elderly people from home and abroad to come for the elderly. In this context, nursing students not only need to master a solid professional nursing knowledge, but also need to have good English communication skills to meet the needs of international health care services.

1.2 Requirements analysis

1.2.1 Requirements for language ability

Nursing students should be fluent in spoken English and written English to communicate effectively with international peers, patients and their families.

Professional knowledge needs: Students need to understand the international cutting-edge nursing concepts and technologies, and master the basic principles and skills of cross-cultural nursing.

Ideological and political literacy needs: in international health services, students should have a high sense of social responsibility, civic awareness and the spirit of respecting and caring for the elderly.

2. Teaching reform and practice

2.1 Recombination of teaching content

Based on the teaching concept of constructivism, following the job needs of students' future rehabilitation teachers and nursing teachers, combined with the research needs of nursing major and the requirements of skill competition, the textbook content of College English 3 is re-organized into four modules, among which the module four focuses on "professional quality and international communication". This teaching case is selected from the theme of "Aging Society" in Module 44, which aims to improve students' English language ability and enhance their

understanding and thinking of the aging society through the study of this topic.

2.2 Mixed teaching mode

The mixed online and offline teaching mode is adopted to make full use of the teaching platform resources to realize the seamless connection of teaching links such as task release, online guidance and strategy adjustment. Before class, students watch relevant videos through the learning platform to understand the background and impact of population aging. During the class, teachers explain and discuss the video content to guide students to think deeply about the challenges and opportunities brought by the aging society; after class, students complete relevant homework and exercises to consolidate their knowledge.

2.3 Integration of ideological and political education

In the course design, ideological and political education is integrated into language learning like salt into the water, and students are guided to complete the transformation from knowledge to action through social practice tasks. For example, in the "Diverse Ways of Aging" unit, the students are guided to pay attention to the living conditions and social problems of the elderly by reading foreign journals, vocabulary matching, and scanning; in the "Support and Assistance" unit, the elderly develop the sense of social responsibility and the spirit of respecting and loving the elderly.

2.4 Multidimensional evaluation system

Innovate the teaching evaluation method of the whole process before, during and after the task, and construct the whole process evaluation system. Through the teaching platform, real-time feedback of students learning situation, combined with various evaluation methods such as teacher evaluation, students peer evaluation and students self-evaluation, students learning effect is comprehensively evaluated. At the same time, it pays attention to the combination of process evaluation and final evaluation, not only paying attention to students learning results, but also to their performance and efforts in the learning process.

3. Teaching implementation cases

This course teaching implementation on the basis of constructivism teaching theory, based on the task, the student centered, result oriented, practical for the purpose, aims to cultivate the new century good at learning lifelong English learners, students can control the learning process, has the ability of self analysis and evaluation, reflection and critical ability and innovation spirit.

3.1 Task-driven, to create an activity-centered classroom

Teaching will work task curriculum, teaching task work, work process systematization, with point with line, with line with surface and then feedback teaching objectives. The teaching implementation process fully reflects the student-centered, and organizes online, offline, learning and evaluation methods through participation, inquiry, interpretation, transfer and evaluation methods to finally achieve the effect of quality internalization and ability externalization. The student group through access to materials such as ChatGPT, B station, Wenxin Yiyan and other learning resources, the project task driven, the group fully discussed and formulated the task plan, the teacher timely decomposed the task points and supplemented the knowledge points, the student group practiced the task, fully reflect the integration of classroom teaching.

3.2 Value guidance, to create a practical classroom for the purpose

The implementation of the curriculum adheres to the creation of a real professional environment, the introduction of real work tasks, the establishment of "crossover classroom", and the teaching realm of "learning by doing, doing by learning, learning to do, learning and doing in one". The group completes the task and displays the results, and the teacher evaluates the implementation effect by the task, and adopts the teaching mode of "introduction, research, exploration, exhibition and evaluation", fully tap the students independent innovation ability, and achieve the effect of applying what they have learned.

3.3 Teachers and students learn together to create an ideological and political classroom like salt into water

The course design integrates ideological and political education into language learning like salt, so that students can deepen their understanding and identification of ideological and political spirit while improving their language ability. Through social practice tasks, guide students to complete the transformation from knowledge to action, such as civic consciousness, filial piety culture, respect and love for the elderly, scientific and technological innovation and so on can subtly imperceptibly cultural confidence into the classroom of teachers and students.

3.4 Multi-dimensional evaluation to build a whole-process and whole-aging evaluation system

According to the pain points of the course, the teaching evaluation method of the whole process before, during and after the task is innovated. The teaching results are mainly based on the mixed online and offline teaching mode, through the teaching platform real-time feedback of students learning situation, focusing on students knowledge mastery, ability formation and quality training and ideological and political

perception. In the course evaluation system, four layers of dimensions of additional value-added evaluation are adopted to evaluate students, collecting immediate evaluation and immediate feedback throughout the whole process. In this course, students learning output is clearly set, which can be measured effectively, and the implementation effect is traceable.

4. Students learning effect

4.1 Effective utilization of digital resources and the efficient realization of teaching objectives

According to the performance statistics of the teaching platform, students have a high participation in the course. Students better understand the development status and difficulties of the aging society, cultivate students values of respecting and caring for the elderly, and stimulate students dedication to serving the elderly community with professional services. Basically completed the online and offline teaching tasks, compared the pre-test and post-test scores, the results were improved in different degrees, especially in the reading and writing skills, basically internalized the teaching content, and the teaching objectives could be realized efficiently. In general, the course follows the law of students English language cognition, and the course pays attention to the information collection of the whole process of teaching and learning. Compared with the students participation and satisfaction are significantly improved, and the teaching effect is good.

4.2 Effective breakthrough of key and difficult points, and remarkable transformation and application efficiency

Diversified, many situation teaching design, using the front course, teaching platform, multimedia booth, mind mapping, learning task list, teaching task, instant understanding students learning feedback, adjust the teaching strategy, effectively break through the teaching difficulties, teaching interaction, teaching atmosphere is good, significantly improve the students English application ability. After class, students can flexibly apply the knowledge and apply the listening and writing skills learned in the situation. The teaching platform also feedback the students using the reading skills to complete the quick reading on the "pension state" within a limited time. Students actively improve themselves by participating in various relevant competitions and certificates to promote learning and improve their comprehensive ability. For example, the number of participants in the National English Competition for College Students of FLTRP is increasing year by year, and constantly breaking through high scores.

To sum up, through the in-depth exploration and practice of the Aging Society teaching implementation case, we successfully combine English teaching with the aging social problems, which not only improves the students English application ability, but also stimulates their attention to and thinking about the social problems of the elderly. This teaching implementation case is not only an attempt of teaching reform, but also an important practice of cultivating students comprehensive quality. We look forward to continuing to explore more innovative teaching methods in the future teaching, and contribute to the training of high-quality nursing professionals with international vision and humanistic care.

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About the author: Zhenxiao Zhang, 1990.05, Female, Han Nationality, Shanxi, Graduate student, Lecturer. Research direction: Higher Vocational English Teaching