

Exploration and Practice of a New Way of Practical Education for College Students

—Taking “Five-One Homework in Winter Vacation” as an Example

Xuyi Guo

College of International Business and Economics
Wuhan Textile University
Wuhan, China
1508971956@qq.com

Xiaolan Luo

College of International Business and Economics
Wuhan Textile University
Wuhan, China
1508971956@qq.com

Xinzhu Xiang

College of International Business and Economics
Wuhan Textile University
Wuhan, China
77556838@qq.com

Liang Li

College of Textile Engineering
Wuhan Textile University
Wuhan, China
41721254@qq.com

Qiangwei Yan*

College of Textile Engineering
Wuhan Textile University
Wuhan, China
41721254@qq.com

Abstract—By carrying out the "five-one" winter vacation homework as a grasp of the winter vacation theme education practice activities, it makes up for the weaknesses of students' comprehensive ability effectively, and has a positive impact on College Students' skills to solve problems and adapt to professional challenges in future. Taking the "Five-One" winter vacation homework of College of International Business and Economics Wuhan Textile University as an example, this paper discusses the main contents and characteristics of the "Five-One" winter vacation homework.

Keywords: *winter vacation homework for college students, practical education, practical exploration*

I. INTRODUCTION

College students, as the frontier group of new technologies and ideas in society, are the hope of the country. They are in a critical period of physical and mental development and the formation of world outlook, outlook on life and values. Long vacations are like a "double-edged sword". Some students will use their vacation to acquire knowledge or skills to improve themselves, while quite a few students will not have the motivation to study and plan their lives without the influence of examination pressure and school atmosphere. In order to correctly guide college students to arrange their winter vacation life independently and reasonably, and to maximize the effect of the whole process of educating and practical educating through the thematic educational practice activities such as winter vacation homework, which is an important topic in the cultivation of college students' cultivation. [1]

II. THE MAIN CONTENTS OF "FIVE-ONE HOMEWORK IN WINTER VACATION"

Some universities in China began to try to assign vacation homework for college students, such as the "Seven One Homework for Summer Vacation" for Freshmen of Tianjin Foreign Studies University, [2] and the "unfamiliar visit" winter vacation homework for entrepreneurship class of Shanghai Polytechnic University. [3] After careful design, the School of Engineering, College of International Business and Economics Wuhan Textile University, has arranged "Five-one Homework in Winter Vacation" for students, which are: reading a good book, trying a kind of dressing (a new image), cooking a table, understanding a well-known professional figure and sticking to a sport. The design of the "Five-one Homework in Winter Vacation" aims at planning college students' winter vacation life, enabling students to have goals and practical projects during the vacation, so as to enhance their self-ability, lay a solid foundation for meeting future challenges, and become the "booster" of college students' growth, adulthood and success.

A. Reading a Good Book

With the popularity of mobile phones and the rise of the Internet, contemporary students focus on capturing fragmented short messages on the Internet, which has led to a sharp decline in their reading ability. The drop of reading ability also has an important impact on students' ability to express. In order to improve students' reading ability and cultivate reading interest, at least one good book is required to read during the winter vacation, after that, book reviews are required to write for deepening students' understanding of reading books and examining the quality of the completion of a good book.

B. *Trying a Kind of Dressing (a New Image)*

College students generally begin to attach importance to their own image; however, college students' aesthetic consciousness and ability are not mature so that they be easily influenced by various aspects. As a result, some college students choose some dressing which is not suitable for them. Students can think about what is the best dressing and what is the best dress for yourself by the assignment. Students can feel the change of image more intuitively by comparing their appearance before and after the winter vacation.

C. *Cooking a Table*

The "one-table meal" homework is designed to make college students share some housework with parents and learn some life skills at the same time. College students need not only to acquire knowledge, but also to enhance their practical ability, only in this way can they develop in an all-round way. By cooking this way, students can not only cultivate their practical ability, but also let them understand their parents' hard work in cooking, and increase the interaction and communication between students and their parents.

D. *Understanding a Well-known Professional Celebrity*

Understanding a well-known professional celebrity, which is mainly to enable students to find their idols in the future, set up learning examples, not only to enable students to have a better understanding of professional knowledge in the task process, but also to see the growth experience of celebrities is an incentive for themselves.

E. *Sticking to a Sport*

Arrangement of a sport as a holiday homework, enables students to adhere to exercise, to improve physical fitness. Nowadays, many students often sit at a computer desk for a long time or play on a mobile phone on the sofa and are a serious lack of exercise, which will not only affect students' learning, but also make students lack of resistance and increase the risk of various diseases. Therefore, insisting on sports can make students better devote themselves to the study of the new semester. [3]

III. THE SIGNIFICANCE AND CHARACTERISTICS OF INTEGRATING "FIVE-ONE HOMEWORK IN WINTER VACATION" INTO PRACTICE EDUCATION FOR COLLEGE STUDENTS

College students' "Five-one Homework in Winter Vacation" is an active exploration of College Students' practical education. The activity will inoculate that showing filial piety and respect, acquiring professional knowledge, studying Chinese excellent traditional cultures, interpersonal as a whole, which interspersing college students' practice education in winter vacation and improving the timeliness of practice education. Starting from the links of cognition, practice, dissemination and guidance, this exploration has carried out practical education with distinct themes and various forms, and has explored a new mode of practical education which is carried out simultaneously by the trinity of "school, parents and students", "visit, study and practice". It has the following characteristics. We have explored a new mode of

"school, parents and students" trinity of practical education through synchronized development of "Visiting, Learning and Practicing". The features of this model are as follows.

A. *Reading a Good Book-Roaming in the Sea of Knowledge, Keeping in the Step with the Times*

The ancients said: "Read ten thousand books, travel ten thousand miles." Gorky also said, "Books are the ladder of human progress." Reading science can enable college students to understand the laws and secrets of the material world and explore the order of nature; reading literature can enable them to experience the joys and sorrows of life and all corners of their hearts; reading history can enable them to break through their narrow perspective and understand from the perspective of community, nation, and even civilization. The vicissitudes of civilization and the rise and fall of society; reading philosophy can prompt college students to think about some basic questions, who am I and what is my relationship with the world? How should I get along with the world? What is the meaning of life? These can help them understand life more clearly and improve themselves at the same time. But according to the survey, China is one of the countries with the lowest per capita reading in the world, which is not in line with Chinese long history of civilization and profound cultural heritage. College students should wander in the sea of knowledge from now on and arouse the voice of the times. [4]

B. *Trying a Kind of dressing- Combing Internal and External Makeup to Create a Charming Self*

Self-combing is actually a kind of self-management. The so-called self-management refers to the individual's management of his goals, thoughts, psychology, external and behavioral manifestations, and so on. He organizes himself, manages himself, restrains himself, motivates himself and manages his own affairs. It is a process of ultimately realizing the goal of self-struggle, both inside and outside. The main contents of people's self-management include behavior, character, knowledge and ability, and how to do things. College students should gradually learn to understand the roles, contents and practices of all aspects in order to achieve better self-management.

C. *Cooking a Table- Cherishing Every Bit of Life and Appreciating the Joys and Sorrows of Our Country*

When a child begins to cook a meal for his parents, it seems like a meal, not just a meal. The growth of children is a kind of joy and happiness of parents. Every bit of life starts from now on and from me. When college students realize the hardships in the process of life and enjoy the joy of the results, they gradually grow up. When they enter society and leave their sworn babies, they should start with small things first. College students have less and less time to contact their parents. During the holidays, it will be the best time for parents and children, when they get up early to help clean the house and lift their father's pole, their smiles and joy will be the happiness of the family and a country.

*D. Understanding a Well-known Professional Celebrity-
Setting up an Example Banner and Pursuing Lofty Ideals*

General Secretary Xi Jinping said, "Great times call for the great spirit, and noble cause needs examples to lead." It can be seen that in the long road of life, examples are like banner guiding college students to move forward. Their great and ordinary deeds have become models for college students to learn. They no longer exist as independent individuals, but as a symbol of cultural spirit, a condenser and inheritor of excellent moral character. There are examples in history and in reality. There are examples in all walks of life. Every college student needs an example and needs to follow them. As students of engineering college, they should not be willing to fall in the happiness brought by social development. From now on, they should live in safety and think about danger. During the winter vacation, they should know more about the well-known personages in their major, learn from the spirit behind their hard struggle, understand their current situation, and set up goals and models suitable for themselves. In this way, we should promote our own development and progress. [5, 6]

*E. Sticking to a Sport- Exercising Strong Physique and
Creating Vigorous Youthfulness*

Life is about exercise, staying physically active not only improves health, but also prevents disease. For modern college students, with the increasing pressure of study, it is beneficial to take proper physical exercise. Not only can improve the quality of sports, but also can do the combination of work and rest, so that the intellectual level to get full play. College students are usually sit in the classroom, laboratory, study lounges and dormitory, bend to study and work, in this position for a long time, and not to take part in physical exercise, often can cause various diseases, therefore, college students should often take part in physical exercise, because exercise can make the heart and stomach are good exercise, and make students energetic, at the same time, physical exercise is a kind of motivation to rest, the brain have different division of labor, physical exercise, the spirit of the cells in the excited state management muscle activity, while thinking of the nerve cells in the inhibition of state, to obtain the very good motivation to have a rest. During the winter vacation, the contradiction between nutrition imbalance and sports reduction makes it very necessary for each student to insist on a suitable sport during the vacation. A strong body is not only a personal wealth, but also the support of family integrity and happiness, and also the wealth of a country.

**IV. MAJOR ACHIEVEMENTS AND EXPERIENCES OF THE FIVE-
ONE WINTER VACATION ASSIGNMENTS**

What is the effect of the Five-one winter vacation homework on educating people? the author completes the questionnaire, randomly selects some students and their parents from Engineering College for interviews, information collection, and at the same time student representative symposium is held to evaluate the effectiveness of the Five-one winter vacation homework.

In the parent forum for the new winter vacation, parents talk about the changes after the child completed the winter

vacation. In the parents' questionnaire: 90% of parents' views on the theme of the school's the Five-one winter vacation assignments are very supportive. I hope to do more in the future, 8% of parents will choose to support, and only 2% of parents will not care. No parents said they did not support it.

In interviews and interviews with students, the vast majority of students recognize the practice of college. Three months after the start of the winter vacation, the author randomly distributed 300 questionnaires on the effect of five winter vacation practice activities on the practice of educating students, and recovered 286 valid questionnaires. The results showed that more than 80% (14% of the students chose the general, 5% of the students chose to cope) the students seriously or seriously completed the four winter holiday practice, which is far higher than the activity expectations, 89% of the students think that the winter holiday practice changes His own attitude towards consumption, more savings in living expenses, and it is easier to understand that parents are not easy to make money, and at the same time, they are closer to family members; more than 93% of students support winter practice, and 85% of students think that winter vacation practice has enriched their own Holiday life and made your new semester life more planned.

The Five-one winter vacation assignments take Thanksgiving filial piety as the entry point, and taking the practice of self-realization as the main way, touching the deepest emotions in the students' hearts, touching the students' minds and promoting the students' mobility. In the past year, the students' class cohesion and learning initiative have been greatly improved. Unhealthy phenomena such as student disciplinary violations and dormitory disputes have been significantly reduced. Students have achieved good results in terms of academic style construction, academic competition, social practice, and volunteer service. The number of participants in the subject competition has tripled compared to last year. The number of participants in social practice has nearly doubled compared with last year. The number of volunteer service participants has doubled compared with last year. The number of participants in sports competitions has nearly doubled compared with last year. The number of winners increased by 37% year-on-year.

V. CONCLUSIONS

The "Five-one Homework in Winter Vacation" is designed according to the survey of College Students' vacation life status and characteristics, which is more suitable for college students' daily life, so that students can not only play freely and arrange time rationally, but also acquire knowledge and master skills. This "Five-one Homework in Winter Vacation" is characterized by promoting students' development at all levels and focusing on every little thing in life on the basis of reading the report of the Nineteenth National Congress, start from me, start from myself, and strive for the continuous improvement of oneself. The students are required to pay attention to important points, small start, and exercise the multi-faceted quality, which not only enhances the students' understanding of the major, but also exercises their practical and comprehensive abilities, so that the students' winter

vacation life is colorful, and also prepare students for entering the society in the future.

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