



Research on the Teaching Strategies of Reducing Burden and Improving Quality in Senior High School English Under the Background of Double Reduction

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ABSTRACT

With the promulgation of the Double Reduction policy, English teaching activities in senior high school have been greatly affected, because this is not only the reduction of homework burden, but also the changes of teaching belief and teaching direction. Double Reduction that refers to the task of improving the quality of education is not just to reduce the number of tasks, but to add on the basis of subtraction. Then, Double Reduction can be said to be reducing quantity and increasing efficiency and reducing burden and increasing quality. Thus, English teacher should also timely change the traditional teaching concept, change the single teaching form, optimize the teaching content, cultivate students' autonomous learning ability, pay attention to the cultivation of students' thinking ability and comprehensive quality, and promote the more scientific development of English teaching activities, so as to better implement the spirit of the Double Reduction, to implement the requirements of neutral morality in the English Curriculum Standards for Senior High Schools.

Keywords: *The Double Reduction policy, English teaching, reduce burden and increase quality.*

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INTRODUCTION

With the development of globalization, the relationship between China and the world has become closer and closer, and foreign language education has naturally become more and more important. Therefore, foreign language teacher training is of great significance and urgency. There is no doubt that the professional development of foreign language teachers needs to enrich theoretical knowledge and improve practical level. Foreign language teachers' language knowledge, teaching beliefs, theoretical literacy and teaching skills are important factors restricting teachers' professional development. In July 2021, the general office of the State Council issued the Opinions on further reducing the homework burden and after-school training burden of students in the stage of compulsory education, which is called the Double Reduction Policy. It has been gradually implemented in schools at all levels in China. Under this, reducing burden and increasing quality has become the focus of teachers' attention, which has a great impact on the development of senior high school English teaching activities.

As the main implementer of classroom teaching, teachers' teaching concepts directly determine the direction of classroom teaching. However, restricted by the traditional teaching concept and the examination-oriented goal model, senior high school students are faced with problems such as heavy homework, more examinations and high pressure in English learning. Under the guidance of the examination oriented education concept, teachers pay too much attention to knowledge indoctrination and take improving students' English grades as the primary goal. In this case, high school English teaching is highly inefficient, and even some students gradually lose their interest in English learning, which is difficult to meet the requirements of high school English Teaching under the concept of quality education. In addition, after the promulgation of the Double Reduction Policy, although the new teaching concept of reducing burden and improving quality has been put forward, there are still some problems that some teachers do not have a deep research and comprehensive understanding on the connotation. As a result, they can not accurately grasp the English teaching ideas in teaching, and it is difficult to build a suitable teaching system. When organizing classroom teaching, senior high school English teachers still follow the traditional teaching ideas and teaching ideas, ignore students' interest in English learning, learning experience and learning feelings, and only in still and impart knowledge according to the syllabus. Therefore, this paper will analyze the teaching strategy of reducing burden and increasing quality in senior high school English teaching, which is of great significance to improve the classroom teaching efficiency, students' learning interest, and meet the requirements of senior high school English Teaching under the concept of quality education.

LITERATURE REVIEW

Relevant Concepts

The Double Reduction Policy

On July 24, 2021, the general office of the CPC Central Committee and the general office of the State Council issued the opinions on further reducing students' homework burden and after-school training burden in the stage of compulsory education. Therefore, the Double Reduction Policy refers to reducing students' homework burden and after-school training burden.

Reducing burden and increasing quality

The Opinions clearly pointed out that "one of the most prominent problems in the stage of compulsory education is that the burden of primary and secondary school students is too heavy, and the problems of short sightedness and utilitarianism have not been fundamentally solved". According to the opinions, the literal meaning of Double Reduction is to reduce the homework burden and after-school training burden. Wu [1] claimed that the underlying fundamental premise is to further improve the quality of education and the people's satisfaction with education, and build a good education ecology. Therefore, the task of reducing the burden of improving the quality of education is not just to simply reduce the number of tasks, but to add on the basis of subtraction, that is, reducing burden and increasing quality.

Relevant Studies of the Double Reduction Policy

Since the promulgation of the Double Reduction Policy, there has been an upsurge of teaching research and Reform in the field of education. A large number of scholars have invested in the research on how to reduce students' homework burden. Generally speaking, layered operation is highly sought after. Wu Yunkai, Chen Huili, Lin Jian and Lin Yuqin [2] carried out the research on English thinking unit work in junior middle school under the goal of Double Reduction; Zhang Bingyu [3], Zhuang Yanchuan, and Zhao Shuangyang [4] all put forward their own thoughts on the assignment, design concepts and principles of primary and junior middle schools. In addition to homework optimization, some scholars have also carried out research on the out of school training. Sun Yifei, Wang Yahan, Liu Shule [5] discussed the crisis and transformation of after-school training institutions under the background of double reduction; Liu Liansong, Han Aiqing, Huang Xuan and Zhao Yu [6] also studied the adjustment strategy of teaching and training institutions. In addition, with the further promotion of double subtraction, more and more teachers begin to think about the efficiency of English teaching behind it. Liu qiurui [7] explored the effectiveness of English classroom teaching in primary schools under the background of double reduction policy; Rao lichen [8] carried out an exploration and Research on high school English efficient classroom based on the implementation of double reduction.

To sum up, at present, most of the research on the double reduction is still focused on the optimization and arrangement of homework, while there is still not much research on the reduce burden and increase quality implied behind it. Therefore, this paper will carry out research on the teaching strategies of burden reduction and quality enhancement in senior high school English, in order to improve the efficiency of classroom teaching and the effect of students' learning, to provide a certain degree of reference for the teaching of front-line teachers.

Theoretical Foundations

Constructivist Learning Theory

The earliest proponents of Constructivism can be traced back to J. Piaget, one of the most influential psychologists in the field of cognitive development. Constructivism is a theory about knowledge and learning. It emphasizes learners' initiative, and believes that learning is a process in which learners generate meaning and construct understanding based on their original knowledge and experience, which is often completed in the process of social and cultural interaction. Therefore, it is very necessary to improve learners' interest, enhance learning motivation and improve learners' initiative. The diversified teaching methods, student-centered teaching concept and multi-dimensional goal evaluation advocated in the teaching strategy of reducing burden and increasing quality are conducive to enhance learners' interest in learning and improve teaching efficiency.

Multiple Intelligences Theory

Howard Gardner [9], an American educator and psychologist, put forward in his book the structure of intelligence published in 1983 that "intelligence is the ability that individuals use to solve real problems they encounter or produce and create effective products under the value standard of a certain social or cultural environment or cultural environment". This theory holds that there is no simple intelligence and the only way to achieve the goal. Everyone will use their own way to explore their own brain resources. This kind of personal intelligence used to achieve the goal is the real intelligence and creates the differences between people. In addition, influenced by different language environments, students' different learning habits, personal interests and talents, students' English level is naturally uneven. Therefore, a one size fits all approach to English teaching is obviously undesirable. Teachers should change their teaching ideas, adopt diversified teaching methods, and pay attention to the combination of formative evaluation and summative evaluation.

Teaching Strategies of Reducing Burden and Improving Quality of Senior High English Under Double Reduction

Changing teaching concepts

First of all, teachers should break the concept of examination oriented and cultivate students' thinking and language ability. In the English classroom, teachers should pay more attention to the targeted teaching of teachers and students, student student interaction, heuristic, inquiry and training, solve the key and difficult points of teaching in the teaching process step by step, and do a good job in the four aspects of "target language, problem solving, situational activities and expressive evaluation" in the theme context. English Teaching in junior middle school focuses on cultivating students' reading ability and certain oral and written communication ability, while in senior high school, teachers should focus on cultivating students' comprehensive language use ability, especially public speech and writing ability.

In addition, in order to better implement the requirements of double reduction, teachers should constantly enrich their knowledge, actively improve their professional quality, deeply understand the connotation of double reduction, so as to become a guide for students to learn English efficiently, strive to tap the learning potential of each student, and truly realize the all-round development of students, so as to achieve real burden reduction and quality improvement.

Change the single teaching method

In order to truly realize the burden reduction and quality improvement of senior high school English classroom teaching and meet the requirements of the double reduction, English teachers must also optimize and improve the traditional teaching methods, stimulate senior high school students' interest in English learning and improve the effect of senior high school English classroom teaching with the help of diversified classroom teaching modes. Therefore, teachers should adopt various teaching methods and optimize classroom teaching content. Teachers should constantly learn to use modern educational means and make full use of the rich educational resources on the network to assist teaching, so that students can contact more extracurricular reading or multimodal language materials, so as to cultivate their interest in language, broaden their world vision and strengthen their learning motivation. For example, when optimizing classroom teaching, teachers can combine the needs of students and flexibly use modern information technology, situational teaching, experiential learning, role-playing, interactive teaching and other ways to promote students to actively participate in high school English learning in interesting English teaching. In addition, layered teaching can be implemented according to the actual situation. Students can be stratified according to their English knowledge and learning ability, adhere to the principle of teaching students according to their aptitude, and implement differentiated teaching for students at different levels, so as to truly realize the common development of students at all levels.

Cultivating students' awareness of time resource management and enhancing their ability of autonomous learning

After the double reduction policy, due to the reduction of homework burden and off-campus training burden, students will have more free time than before, so it is particularly important to cultivate students' awareness of time resource management and utilization. At the same time, teachers should also cultivate their autonomous learning ability in order to make better use of after-school and extracurricular resources, such as internet, English corner, textbook drama, etc., and develop relevant interests and hobbies. Meanwhile, English teachers can flexibly guide students to improve their English autonomous learning ability step by step in the process of autonomous learning with the help of flipped classroom, learning guidance plan, cooperative exploration and other modes. Besides, it can also guide students to actively interact, exchange and explore the experience and methods of autonomous learning, and promote students to gradually find the best autonomous learning methods in the process of mutual reference and learning.

CONCLUSION

To sum up, under the background of comprehensively promoting the reform of English Teaching in senior high school, the effective implementation of the Double Reduction Policy has had a great impact on the development of English teaching activities, and also plays an important role in promoting English teachers to improve the effectiveness of teaching in teaching activities. Under the double reduction, English teachers must be based on the current situation of senior high school English classroom teaching, combined with the current situation of high pressure and low learning efficiency of students, change their educational ideas, improve their professional quality and comprehensive quality, optimize classroom teaching content, flexible teaching, cultivate students' English autonomous learning ability and so on. Burden reduction and quality improving of English teaching is conducive to truly improve the efficiency of English teaching in senior high school, and also implement the spirit of the Opinions, improve the quality of education and promote the sustainable development of students.

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