

Research on the Cultivation and Enhancement Strategies of Students' Self-Management Ability in Colleges and Universities



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Abstract: College life is a period full of fresh experiences, opportunities, and challenges for college students, in which students need not only to learn basic professional knowledge but also need to cultivate their self-management ability to adapt to the ever-changing learning and living environment. The article first introduces the role of cultivating students' self-management ability in colleges and universities and gives some effective strategies to improve students' self-management ability to help colleges and universities to improve students' self-management skills, promote students' comprehensive and healthy development, and to lay a good foundation for students' work and life in the future.

Keywords: colleges and universities; self-management ability; cultivation; enhancement

Introduction

College life is an important stage in students' academic careers, not only a place for them to acquire knowledge but also a critical period for self-development and career preparation. At this stage, students face a variety of academic, social, emotional, and life challenges, and to succeed in college life, they need to possess effective self-management skills, which include skills in time management, goal setting, self-motivation, and decision-making. However, many tertiary students lack the necessary self-management skills in these areas, which may lead to academic failure, mental health problems, or obstacles in their career development. Therefore, it becomes crucial to study how to cultivate and enhance the self-management skills of college students.

1. The Role of Cultivating Students' Self-management Ability in Colleges and Universities

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1.1 Helps to promote the overall development of college students

During the college years, students face increasingly heavy academic pressure, social challenges, and personal growth needs. The cultivation of self-management ability is not only to help them better complete their academic tasks but more importantly, to provide a solid foundation for their overall development. Self-management skills education enables college students to organize their time more efficiently, which helps to relieve academic pressure and provides them with more time and energy to pursue their hobbies and extracurricular activities, which not only helps to improve their academic performance but also helps to develop the skills and qualities needed for their overall development. At the same time, students may face a variety of challenges and difficulties in their college life, including academic setbacks and interpersonal problems. By developing students' self-management skills, they can better cope with these setbacks, learn to learn from their failures, and maintain a positive mindset. These experiences not

only contribute to their personal growth but also help mold them into resilient and adaptable individuals. By better managing their time, goals, and setbacks, college students can strike a good balance in their college life, gain more experience, acquire more skills, and ultimately become well-rounded individuals (Yang, 2021).

1.2 Helping to improve the way and method of managing students in colleges and universities

Cultivating college students' self-management ability is of profound significance to improving the ways and means of managing students in colleges and universities, and this cultivation process not only helps the growth of individual students but also brings a positive impact on the whole education system of colleges and universities. The traditional education model is usually a teacher-student relationship in which the teacher plays a leading role, while the cultivation of self-management ability emphasizes the initiative and autonomy of students in the learning process. This means that schools need to continuously adjust their teaching methods and resource allocation to better support students' independent learning and management. Such changes can help improve the effectiveness of education and make students more capable of succeeding in an ever-changing knowledge society. The development of self-management skills can also lead to a more personalized and integrated approach to student management, where it becomes more important to understand the unique needs and pathways of each student, and where colleges and universities can help each student reach his or her full potential by providing personalized learning support and guidance. This personalized management approach not only helps to improve students' academic performance but also helps to develop their leadership skills and self-confidence. In addition, cultivating students' self-management ability can help reduce the pressure on school management. When students can better manage their learning and life, school management can concentrate more on more important educational issues, such as improving teaching quality, expanding curriculum

choices, and improving school resources, which can improve the overall management efficiency and academic reputation of universities.

1.3 Important role in students' future career development planning

Cultivating college students' self-management skills in colleges and universities can enable students to learn to effectively set and implement career goals because self-management skills can enable students to learn to set clear career goals and make feasible plans, and students can better understand their career interests and aspirations, which will help them to maintain a sense of direction in their careers and avoid getting lost in the competitive workplace, and students will be able to be more self-confident to pursue their career goals and actively participate in career development opportunities. The development of self-management skills also helps students to manage their time and resources effectively in pursuit of their career goals. Time management, planning, and organizational skills are critical in the workplace (Li, 2017). By developing these skills during their college years, students will more easily adapt to the work pressures and multitasking of professional life. They will be able to complete their work tasks more efficiently and increase the competitiveness of their careers. Finally, the development of self-management skills also helps students build good interpersonal and communication skills in their career development. Managing their time and tasks gives them more free time for social activities, networking, and building professional relationships. Also, through self-reflection and improvement, they can improve their communication skills and work better with colleagues and superiors to achieve career advancement and success.

2. The performance of college students' lack of self-management ability

2.1 Inability to self-regulate in time

One obvious characteristic that college students show when they lack self-management ability is that they are usually unable to self-regulate in time. This means that they often find it difficult to effectively

cope with different situations and pressures, and lack self-control and adaptability. When faced with academic pressures or personal setbacks, they may feel overwhelmed and unable to act quickly to solve problems or return to normal. They may fall into emotional lows and are unable to quickly regain a positive state of mind, leading to emotional volatility and exerting too much energy. College students who lack self-management skills may also exhibit deficiencies in time management; they may procrastinate on important tasks to the point where work piles up and they end up having to rush to meet deadlines, and this lack of time management skills can lead to an increased academic load that brings additional anxiety and tension, as well as affecting academic performance and learning outcomes. The midst of this disorganized life can also cause these students to neglect the importance of healthy eating and exercise, and because of their lack of self-management, they tend to be more prone to indulging in social entertainment, electronic devices, or other distracting activities.

2.2 Lack of clear learning goals

One of the manifestations of college students' lack of self-management ability is the lack of clear learning goals; they may feel confused and overwhelmed in the learning process, with no clear direction or goal to guide their learning. This ambiguous attitude toward learning may manifest itself in several ways, including course selection, academic programs, and academic motivation. These students may not have a clear career plan or long-term goals and therefore lack clear objectives for their college studies. They may choose courses at random and lack informed academic planning, which leads to academic incoherence and lack of direction. In addition to a lack of clear learning goals, they may be skeptical of the significance and applicability of the courses they are taking, which reduces their motivation to learn. This lack of clear learning goals may also lead to fluctuations in students' academic performance; they may be very engaged in their studies for some time, but in the absence of clear goals, they may easily fall into learning slumps,

leading to ups and downs in their academic performance. This may lead to a waste of time and energy in their university career and prevent them from realizing their full potential. In addition, students who lack clear learning goals may feel overwhelmed by academic pressures, and without clear goals to guide their studies, they may feel stressed and anxious about their academic tasks because they do not know exactly why they are studying. This may lead to a decrease in learning motivation and may even affect mental health (Cui , 2016).

2.3 Lack of clear self-knowledge

One of the manifestations of college students' lack of self-management skills is that they do not have clear enough self-knowledge. The lack of self-knowledge may lead to students' hesitation in making important decisions because they do not know what they want, and they may be confused about their major choices, career directions, and personal development, making it difficult for them to set their academic and career goals wisely. This may lead to incoherence in students' academic and career paths as they may change their major or career direction frequently in an attempt to find a path that suits them. College students who lack self-awareness may face academic challenges because they do not understand their own learning needs and styles, and they may try to mimic the learning strategies of others rather than develop learning plans based on their own needs and strengths (Wang & Liu, 2022). This may lead to fluctuations in academic performance and decreased motivation to learn. This lack of self-perception may also affect students' interpersonal relationships and social life. They may feel unconfident in social interactions because they are not clear about their social skills and communication styles, which can lead to social barriers in their life and learning process, affecting their interpersonal relationships and career development.

3. Effective Strategies to Enhance Students' Self-Management Ability in Colleges and

Universities

3.1 Universities update the management concept in time and give full play to the guiding role

With the ever-changing society and the development of college ecology, the traditional management methods may no longer be suitable for the needs and challenges of modern students, so college management should actively update the management concept to better meet the needs of students and provide them with better opportunities to develop their self-management ability (Zhou, 2020). Updating the management philosophy means that HEIs should pay more attention to the individual differences and diversity of students, and consider students as subjects who actively participate in their own learning and growth process, and the management should be aware of the students' needs and challenges through continuous research and feedback mechanisms and adjust the school's management methods according to this information. This flexibility and responsiveness can help colleges and universities better meet students' self-management needs. In addition, university management should play a full leading role in providing effective resources and support for students. This includes providing self-management training, mental health services, career planning counseling, and other related resources. By establishing a support system, colleges and universities can help students better understand their self-management needs and provide tools and skills so that they can develop their own study plans, goals, and schedules (Wang, 2017).

3.2 Teachers focus on innovation and change in management styles

One of the effective strategies to enhance students' self-management skills in higher education is for teachers to focus on innovation and transformation of management styles, a strategy that emphasizes the key role of educators in student development and advocates more inspiring and motivating teaching methods to develop stronger self-management skills. By innovating management styles, teachers can adopt a more interactive and

participatory approach to education that encourages students to actively engage in the learning process. This includes group discussions, project cooperation, and hands-on learning in the classroom, which can stimulate students' initiative and autonomy. Teachers can also provide students with more choices and opportunities for independent decision-making, and allow them to take on more responsibilities in their learning, which will help to enhance their self-management abilities. In the process of improving students' self-management ability, teachers should pay attention to encouragement and feedback. Through positive encouragement and timely feedback, teachers can stimulate students' interest in learning and self-discipline, and positive encouragement can enhance students' self-confidence so that they are more motivated to manage their learning. In addition to this teachers can also set an example of self-management skills to their students by demonstrating their self-management skills and methods to inspire their students and share their successes and frustrations with them, This modeling role of teachers helps students to better understand the importance of self-management and encourages them to actively develop their self-management skills (Han, 2021).

3.3 Encourage students to develop self-management awareness and fully stimulate students' initiative

Encouraging students to establish a sense of self-management focuses on cultivating students' internal motivation and autonomy so that they can take more initiative to control their learning and life (Cai, 2020). In their daily lives colleges and universities need to educate them about their academic and life needs and why self-management is critical to their success, which can be achieved through classroom education, mentoring, and academic planning workshops. Students need to understand that self-management is not just a means of getting things done, but also a key to achieving their long-term goals. Next, encouraging student initiative means providing opportunities for them to participate in academic and life decisions, such as

encouraging them to take initiative in course selection, research directions, and extracurricular activities, as well as providing them with opportunities to participate in academic research, internships, and leadership opportunities. Through participation, students can develop their leadership, problem-solving, and decision-making skills, which are key components of self-management. Schools can also stimulate student initiative through mechanisms for setting learning and life goals, including the creation of personal development plans, the setting of short- and long-term goals, and the regular tracking and evaluation of progress. This strategy helps students better understand the value of self-management and develops their intrinsic motivation, enabling them to participate more actively in learning and life, and ultimately achieve their personal and professional goals.

Summarizing

To summarize, the self-management ability of students in higher education is crucial to both their academic and professional development, and a series of effective strategies have been discussed above, including encouraging students to develop a sense of self-management, teachers focusing on innovation and transformation of management styles, colleges, and universities updating their management concepts promptly, and helping students to clarify their learning goals. These strategies emphasize the autonomy of students, the guiding role of educators, and the management role of colleges and universities, and by cultivating stronger self-management skills, they can enable college students to better cope with the challenges in their academics, careers, and lives, so that they can ultimately embark on the road to success.

Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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