

Reforming Teaching to Cultivate Students' Adaptability



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Abstract: Talents in the new century should process independent spirits. Adaptability is the ability to make quick judgments and respond to changes when new situations and problems arise. In this era of change, only students with strong adaptability can keep up with the times. By cultivating adaptability, students will not only be helped to find solutions in the face of difficulties and learn to overcome difficulties, but also enhance their survival and development. Adaptability is a concentrated reflection of the abilities of contemporary students.

Keywords: university education; reforming teaching; adaptability

1. Introduction

We are currently in the information age, and due to the highly developed science and technology, various industries are undergoing intense changes. For college students, they enter society to start a new life. However, the problems that followed were also one after another. Many students find that their work is unrelated to their field of study in university, therefore they face some challenges such as inadequate professional skills and unclear professional theories. As people and things around them have changed, college students' psychology and attitude towards new things have not changed in time, which brings psychological confusion and other problems. This is the main problem that college students face when they first enter society (Min, 2016; Zhong, 2018). In this era of change, only students with strong adaptability can keep up with the times. The ability to cope with changes is a concentrated reflection of contemporary students' ability. Therefore, to survive and develop in society, students must cultivate their strong adaptability, so that they can not only detect and adapt to changes but also be able to cope with them (L, 2008; W, 2013). How to cultivate students' adaptability is the key to cultivating talents and an important direction of teaching reform.

This article analyzes the connotation of adaptability and the necessity and determining factors for cultivating students' adaptability and proposes the point that university education should establish the concept of adaptability. Finally, effective measures are proposed to help students improve their adaptability.

2. The Connotation of Adaptability

2.1. The concept of adaptability

People have different definitions of adaptability in different fields.

(1) In the field of medicine, clinical adaptability refers to the ability to quickly respond and resolve problems and make new decisions and properly resolve medical events when there is a conflict between medical event and principle (M, 2017).

(2) In the field of teaching, teachers' teaching adaptability in teaching refers to the ability of teachers to respond quickly to unexpected situations in classroom teaching activities and make decisive decisions and flexibly handle them to ensure smooth teaching and achieve teaching goals (W, 2010).

(3) In the field of broadcasting and hosting, adaptability refers to the ability of the host to control the overall situation and make quick responses when encountering unpredictable changes in the live program, so that the program can proceed normally and achieve better broadcast results (H, 2018).

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It can be seen from the above that people have various understandings of adaptability. Adaptability refers to the ability to respond quickly in the face of unexpected events and seek appropriate methods to properly resolve them. Their common points include: first, the ability to respond positively. When encountering unexpected situations, one will mobilize all their intelligence to adapt or deal with them. second is the ability to make decisive decisions. It is the ability to make correct judgments about unexpected situations and choose appropriate response measures. The third is the ability to handle emergencies flexibly. In response to unexpected situations, countermeasures can be applied to prevent the development of the situation and get it back on track.

2.2. The characteristics of adaptability

(1) Agility. Agility is the sensitivity to make the best adjustments and corrections to one's activities based on unexpected situations. People with strong adaptability have a higher sensitivity to information feedback and individual regulation. When faced with unexpected situations, they quickly make judgments and decisions to win valuable time for subsequent activities (X, 2008).

(2) Decisiveness. Decisiveness is the ability to quickly choose one of several possible decisions to respond to an unexpected situation and to act without hesitation. It is manifested in several aspects: first, it can start from the overall situation; second, the ability to act decisively (Hou, 2015).

(3) Flexibility. Flexibility is the ability to quickly formulate various responses to emergencies and to be good at modifying response measures at any time according to changes in circumstances.

(4) Mobility. Mobility is the ability to move from a particular emergency to the same or similar other emergency. One of the notable characteristics of a person with strong adaptability is he is good at effectively applying the past experience and methods to the current events (G, 2011).

3. The Necessity of Cultivating Students' Adaptability

Rapid change is an important characteristic of the information society. With the acceleration of the development of science and technology, the industrial structure and labor employment structure of the society is constantly changing. Some new industries and new types of work are emerged, while some old industries and old types of work were gradually eliminated. For example, Korea's textile industry is developed rapidly with its low-cost advantage in the 1960s. By the mid-1990s, the technological level of spinning, weaving, printing and dyeing, design, garment manufacturing, and textile machinery manufacturing had become world-class. Textile processing is a low-end industry with mainly production and processing and low labour cost. With the progress of technology, textile processing has been shifted from labour-intensive to technology-intensive (Young, 2015). Accompanying this change is the accelerated transformation of social professions. This requires modern workers to have strong adaptability. Therefore, more attention should be paid to training students to be able to adapt to changes and to continuously develop their abilities, so that they can keep up with the constantly improving methods of production and working conditions in the entire process of education and training.

4. Determinants of Adaptability

In today's highly developed science and technology, the mutual infiltration and development among various disciplines has become an inevitable trend, which is not only promoting the rapid development of disciplines, but also causing competition in all walks of life. This requires the college students must constantly adjust their knowledge structure and boldly enter unfamiliar new fields. Only by actively changing their own conditions to adapt to the ever-changing external environment can they survive and develop in the fierce competition. A person's adaptability mainly depends on the following three aspects: deep basic knowledge; strong self-learning ability and pioneering ability; and good psychological quality.

These three aspects are interrelated and indispensable. Quality is the premise of ability, ability is the performance of quality. Psychological quality is a comprehensive reflection of a person's personality and other aspects, and adaptability is an individual's response to unexpected events. We need to realize that college students' adaptive education and psychological quality education are inseparable. The relationship between psychological quality and adaptability is interrelated and complementary (G et al., 2012; A, 2012). The more mature the psychological quality, the stronger the adaptability. By improving students' psychological quality and adaptability, students can be better trained from multiple directions and angles.

5. Establishing the Concept of Adaptability in University Education

Universities need to embrace the enormous changes in future society (Guo, 2014). Emerson once said (Gong, 2021), "The knowledge imparted by schools cannot be considered education, but rather a method of education". In addition to helping students accumulate knowledge, universities should also teach them how to utilize this knowledge. Therefore, college students not only need to master cultural knowledge, but also they need to master learning skills, the core of higher education is people, who are adaptable to change and possess excellent ideas. The talents needed by the future world should have strong adaptability. When they encounter difficulties in work, they can still stand firm in adversity and can cope with unexpected situations.

To cultivate students with an attitude of accepting change and a flexible mindset, it is necessary to distinguish training and education (W, 2012). Training is to strengthen regular responses and neglect long-term development. Teaching knowledge to students in universities is a form of training. Education aims to promote unlimited growth of students and encourage lifelong learning. This is the essential attribute of higher education. To cultivate the student, we should advocate the experiences which can be applied to different life situations and

have high "transfer value" in learning and practical activities. Therefore, we must help students by imparting them skills, these skills not only meet current needs, but also meet future needs. University education should undoubtedly include art education. Dewey believed (Zhao, 2002) that art is a reinforcement of ordinary things, and the responsibility of teachers should be to help students turn ordinary things into novelty things.

One of the elements of higher education is to cultivate students' willingness to accept change. This attitude is not easy to cultivate, it requires people to have confidence in themselves and the future. Faced with the rapidly advancing modern society, universities should cultivate students with an attitude of accepting change. Therefore, the ultimate goal of higher education is to cultivate students who are willing to accept change and understand how to respond to it.

6. Ways to Cultivate Students' Adaptability

A person's ability to adapt is not innate, but rather a comprehensive reflection of their various knowledge and abilities, including good psychological qualities and strong self-learning ability. In fierce competition, people with good psychological qualities can see competition as an opportunity and turn pressure into motivation. People with ambition and pioneering spirit can closely monitor technological trends and market information, and seize the initiative in competition. People with strong self-learning abilities can equip themselves with the latest knowledge at any time, constantly understanding and mastering the characteristics and laws of social industry development (X, 2011). Therefore, to better cultivate students' adaptability, teaching must be reformed.

6.1. Strengthen team building

To cultivate students with strong adaptability, it is necessary to have a high-quality teaching team. Universities can cultivate highly skilled talents, which puts higher demands on students' practical and hands-on abilities (F, 2011). Therefore, teachers must not only have professional theoretical knowledge, but

also they should possess practical and hands-on abilities. First, colleges should encourage and support teachers to participate in continuing education. Second, teachers should be arranged opportunities to participate in training and internships and actively provided training and internship opportunities. Meanwhile, teachers should also be provided with more conditions for investigation, so that teachers can timely adjust the training mode of students.

6.2. Reform teaching mode

The main role of students in traditional teaching models is constrained. Teaching and learning are interactive and unified processes, and the efforts of teachers without the cooperation of students are not enough. Therefore, students should master scientific learning methods and focus on improving their skills. More importantly, students should develop a habit of conscious learning and learn to propose solutions to problems from a practical perspective. The employment situation of college students is not optimistic (L, 2011). College should hire more experts to explain employment-related issues to students, and hire experts from the company to introduce the urgently needed talent situation, so that students can understand themselves and accurately position themselves. Students should utilize the characteristics of higher education to enrich their practical experience and cultivate good psychological qualities and adaptability.

6.3. Improving the comprehensive quality

Universities should focus on cultivating students' comprehensive qualities and gradually deepen teaching reforms and integrate quality education into various teaching links. Meanwhile, the three main aspects of ideological and political ability and practical ability and innovative spirit should be highlighted (W&L, 2014). First, the ideological and political qualities of college students are important, and they should be equipped with scientific theoretical knowledge. Second, the professional quality needs to be highlighted, including innovative spirit and practical ability. It is not enough to emphasize imparting knowledge and cultivating abilities. High-quality talents must also possess a

strong innovative spirit and practical ability. Universities need to strengthen practical teaching and actively carry out social practice activities and research activities. Meanwhile, universities should highlight humanistic quality education and cultivate students' humanistic spirit and cultural taste and always prioritize the cultivation of students' humanistic quality. At the same time, we should give full play to the main spirit of campus culture and vigorously develop campus cultural activities.

6.4. Strengthen cultural construction

Based on the characteristics of students, universities can develop various cultural activities to strengthen the cultivation of students' adaptability. The construction of campus culture should actively play the leading role of the first classroom and organize diverse activities. First, we can actively leverage the leading role of the first classroom to introduce cultural literacy education into talent development plans. Meanwhile, we can strengthen public basic courses and elective courses in the teaching plan, including natural sciences, social sciences, language and literature. The learning of corresponding modules will strengthen students' absorption of various knowledge fields and make campus culture colorful.

6.5. Reinforcement internship education management

Practice is an important part of teaching and serves as a bridge between theory and practice. Students will increase intuitive knowledge and deepen their understanding and memory of rational knowledge through internships (C et al., 2006). More importantly, students can also learn a lot of knowledge that can't be learned in books or classes. During the internship process, students must strictly abide rules and regulations of the company and deal with various work difficulties. This can not only hone their willpower and enhance their physical and mental resilience, but also their environmental adaptability can be improved. When they encounter large-scale tasks, they not only need to work overtime, but also they need the coordination and cooperation of various departments. By participating

in collaboration between departments, students can enhance their communication and collaboration skills. In addition, the ever-changing environment and complex objects make it inevitable for students to encounter unexpected events during internships. Students personally participate in handling and solving problems, which can help them accumulate experience and improve their ability to solve problems and cultivate their adaptability. To ensure the effectiveness of internships, the management of internships should be strengthened. First, we should strive to achieve scientific and reasonable scheduling as much as possible. Students who discover problems during internships can solve them by continuing their studies after returning to school. Furthermore, the internship venue and internship plan should be relatively stable, which is beneficial for the school to timely grasp the student internship situation and continuously improve the quality of the internship.

7. Conclusion

University education aims to cultivate talents. In addition to cultivating students to master knowledge and professional skills, it is also necessary to cultivate various abilities of students, such as adaptability, because ability and knowledge are not directly proportional. In today's society, high-quality talents are needed, so adaptability helps students accept changes in their hearts and respond to various changes with a positive and hardworking attitude. This article analyzes the connotation of adaptability and the necessity and determining factors for cultivating students' adaptability, and proposes the point that university education should establish the concept of adaptability. Finally, effective measures are proposed to help students improve their adaptability. As educators, we should also pay attention to cultivating students' abilities and treat it as a long-term and persistent task.

Conflict of Interest

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

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