

The Inheritance and Integration of Chinese Traditional Culture in College English Teaching and Learning



Lizhu Miao^{1,*}

¹Nanjing Normal University Taizhou College, China

Abstract: In the context of globalization, the integration of traditional Chinese culture in university English teaching is particularly important. This paper discusses the value of inheriting and integrating traditional Chinese culture in university English teaching, including enhancing students' sense of cultural identity, cultivating students' cultural appreciation, enriching the content of English teaching as well as promoting cultural innovation and development. At the same time, corresponding strategies are proposed, such as integrating traditional cultural elements with curriculum content, adopting diversified methods to feel the charm of traditional culture, using scientific and technological means to enrich traditional cultural resources, organizing practical activities to enhance the awareness of cultural inheritance, and enhancing teachers' qualifications to optimize the path of cultural inheritance. The implementation of these strategies will help to effectively inherit and integrate traditional Chinese culture into university English teaching, cultivate students' intercultural communication skills, and promote the inheritance and development of excellent traditional Chinese culture.

Keywords: college English; teaching; traditional Chinese culture; inheritance; integration

Introduction

With the rise of China's economy and the continuous improvement of its cultural soft power, people have begun to pay more and more attention to the inheritance and promotion of Chinese traditional culture. However, in the context of globalization, especially in university English teaching, the value and significance of traditional Chinese culture are often neglected. As an important part of students' all-round development, university English courses should not only focus on the cultivation of language skills but also pay more attention to the cultural inheritance and the enhancement of comprehensive literacy. Therefore, this paper will discuss in depth how to integrate traditional Chinese culture into college English teaching to enhance students' sense of cultural identity, appreciation, and creative

consciousness.

1. The Value of Inheritance and Integration of Chinese Traditional Culture in College English Teaching

1.1. Enhancing students' sense of cultural identity

With the acceleration of globalization, multicultural exchanges have become the norm, but in this process, some students may have neglected or misunderstood their own culture. Strengthening the inheritance and integration of traditional Chinese culture in university English teaching not only allows students to learn English while gaining an in-depth understanding of cultural elements such as traditional Chinese festivals, customs, and historical allusions but also to feel the unique charm of traditional Chinese culture in a more in-depth way. This cross-cultural teaching mode has a double significance. On the one hand, it helps to cultivate

Corresponding Author: Lizhu Miao
Nanjing Normal University Taizhou College, China
Email: 64473848@qq.com

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students' cross-cultural communicative competence, so that they can deal with people from different cultural backgrounds more comfortably in future international exchanges. On the other hand, through in-depth study of traditional Chinese culture, students can more deeply recognize the deep heritage and unique value of their own culture, thus enhancing their cultural self-confidence and sense of identity (Cao & Wang, 2020). In addition, by comparing Chinese and Western cultures, students can more clearly recognize the differences and similarities between the two cultures, which has far-reaching significance for them to broaden their cultural horizons and enhance cross-cultural awareness.

1.2. Cultivating students' cultural appreciation

The inheritance and integration of traditional Chinese culture in university English teaching is of great significance to the cultivation of students' cultural appreciation. Cultural appreciation refers to students' ability to understand, evaluate, and appreciate different cultures. Through studying traditional Chinese culture, students can have in-depth contact with rich and diversified cultural forms and artworks, such as poetry, painting, music, dance, etc., which not only show excellent artistic value but also contain profound ideological connotations and humanistic spirit. In college English teaching, teachers can guide students to deeply experience the unique charm and profound content of traditional Chinese culture by carefully analyzing classic literary works and appreciating traditional music and dance. At the same time, combined with modern cultural phenomena, teachers can also guide students to make cross-cultural comparisons and critical thinking, aiming at cultivating students' cultural appreciation and critical thinking (Xu, 2020). This teaching method can not only improve students' English proficiency but also broaden their cultural horizons and enhance their understanding and appreciation of multiculturalism.

1.3. Enriching the content of English teaching

Traditional culture, as a valuable heritage of the Chinese nation, contains a profound historical background and unique cultural charm, which

provides colorful materials and perspectives for English teaching and greatly enriches the content of English teaching. When students learn about traditional Chinese festivals, customs, historical allusions, and literary works, they are not only improving their language skills but also able to explore more deeply into Chinese history, culture, philosophy, and other fields of knowledge. This kind of interdisciplinary integrated learning not only helps to improve students' intercultural communication skills but also enhances their comprehensive quality and humanistic literacy. More importantly, the integration of traditional culture injects more fun and effectiveness into English teaching. Teaching resources such as vivid stories, fables, and idioms rich in traditional culture can not only attract students' attention and stimulate their curiosity and enthusiasm for learning but also deepen their understanding of the English language and culture. Through such teaching methods, students can master the use of language more accurately and carry out cross-cultural communication more appropriately.

1.4. Promoting cultural innovation and development

Under the background of globalization, cultural exchange, and integration have become a trend, but this may also lead to the phenomenon of cultural homogenization. To maintain and develop cultural uniqueness and diversity, it is necessary to constantly promote cultural innovation and development. By integrating traditional Chinese cultural elements into university English teaching, teachers can effectively guide students to pay more attention to the inheritance and innovation of local culture. In the process of English teaching, teachers need to actively encourage students to use English to express and spread Chinese culture, such as translating classical poems and narrating Chinese stories. This kind of cross-cultural communication not only improves students' language skills but also encourages them to dig deeper and reflect on the connotations of local culture. In addition, teachers should also stimulate students' creativity and imagination, and encourage them to create in English by combining traditional

Chinese cultural elements, such as writing scripts that incorporate Chinese cultural characteristics and designing posters in English that incorporate Chinese elements. This innovative teaching method not only deepens students' knowledge and recognition of local culture but also leads them to realize cultural innovation and development based on inheritance (Wang, 2021). It can be said that this teaching mode not only refines students' language ability but also plays an important role in cultural inheritance, innovation, and development.

2. Strategies for the Inheritance and Integration of Traditional Chinese Culture in College English Teaching

2.1. Integrating traditional Chinese culture elements with course content

In university English teaching, "integrating traditional Chinese culture into the curriculum content" is an effective teaching strategy, which not only enhances students' cross-cultural comprehension but also effectively promotes and passes on China's outstanding culture. To effectively implement this strategy, teachers need to carefully study the content of the textbook and accurately find the entry point to integrate with traditional culture (Wang, 2023). For example, when discussing Western cultural festivals, teachers can guide students to draw analogies between traditional Chinese festivals and them and analyze in depth the origins of Chinese and Western festivals, the ways of celebrating them, as well as the cultural significance behind them. This kind of cross-cultural comparison can not only deepen students' understanding of Western culture but also enhance their pride and sense of identity in local culture.

Meanwhile, in English reading teaching, teachers can carefully select classic chapters or stories reflecting traditional Chinese culture, such as the beautiful poems in *Dream of the Red Chamber* and the magical legends in *Journey to the West*. By analyzing and discussing these literary classics, students can gain a deeper understanding of the literary charm, social style, and people's

emotional world in ancient China, thus stimulating their interest in traditional Chinese culture and showing a deeper cultural heritage in cross-cultural communication. In addition, teachers can also be innovative and design special courses to closely integrate traditional Chinese cultural elements with the course content. For example, the course "Comparison of Chinese and Western Cultures" analyzes Chinese and Western festivals and customs, food culture, artistic expressions, and so on, helping students understand the differences and commonalities between the two cultures in a comprehensive and in-depth way, to broaden their cultural horizons and enhance their sense of cultural identity and pride.

2.2. Adopting diversified methods to feel the charm of traditional culture

In university English teaching, to enable students to deeply appreciate the profoundness and unique charm of traditional Chinese culture, teachers can skillfully use diversified teaching methods and activities to create an immersive learning environment (Li, 2020). For example, through innovative teaching methods such as role-playing and simulated dialogues, teachers can design an engaging teaching activity on the theme of the Dragon Boat Festival. In this activity, students will have the opportunity to assume the roles of Qu Yuan, fishermen, villagers, etc., and recreate the historical background and celebratory customs of the Dragon Boat Festival through vivid simulated dialogues. This immersive experience will not only significantly improve students' oral expression in English, but also let them deeply feel the rich cultural connotation of the Dragon Boat Festival. By participating in this role-playing activity, students can deeply appreciate Qu Yuan's patriotism, as well as the unique charms of traditional Dragon Boat Festival customs such as dragon boat races and eating rice dumplings. This immersive learning experience enables students to more intuitively understand the origin, development, and celebration of the Dragon Boat Festival, thus deepening their understanding and recognition of traditional culture.

To let students appreciate the charm of traditional culture more comprehensively, teachers can also introduce a series of traditional cultural experience activities in conjunction with the content of the English curriculum. For example, organizing students to make dumplings with their own hands, so that they can experience the production process of traditional food and the subtlety of the choice of ingredients; at the same time, through an in-depth analysis of the historical origins and cultural significance of the Dragon Boat Festival, students are guided to think deeply about the value and significance of the traditional festivals in the modern society. These experiential activities not only allow students to personally participate in the process of traditional cultural inheritance but also help to cultivate their cultural self-confidence and sense of identity. Through this kind of immersive experience teaching, students can not only improve their intercultural communication skills but also cultivate their self-confidence and love for traditional culture. Such a teaching mode is not only conducive to students' language learning but also helps them to become the inheritors and promoters of the excellent traditional Chinese culture.

2.3. Utilize scientific and technological means to enrich traditional cultural resources

With the rapid development of science and technology, the Internet and multimedia technology have penetrated all corners of the education field, providing infinite possibilities for the inheritance and integration of traditional Chinese culture in university English teaching. To implement the strategy of "using technology to enrich traditional cultural resources", teachers can use multimedia technology, such as PowerPoint presentations, video clips, and audio materials, to naturally and vividly integrate traditional cultural elements into the English classroom. For example, when teaching English vocabulary and expressions related to traditional festivals, teachers can show vivid festival videos and audio materials, so that students can feel the charm of traditional culture through an immersive experience. At the same time, teachers can rely on

rich Internet resources to recommend English websites and online courses closely related to traditional culture to students. These resources can not only help students gain a deeper understanding of the historical lineage and cultural connotations of traditional Chinese culture but also enhance their cross-cultural communication skills in a subtle way (Guo, 2022). In addition, teachers can encourage students to utilize scientific and technological means for independent learning and exploration. For example, teachers can provide students with English e-books, online databases, and other learning materials related to traditional culture, so that students can carry out independent learning and expansion after class. Of course, using social media platforms such as WeChat and Weibo to establish a traditional culture-learning community is also an effective initiative. In this community, students can share learning experiences, exchange cultural experiences, and engage in in-depth discussions around traditional cultural topics. This kind of interaction and cooperation not only stimulates students' interest and motivation in learning but also promotes in-depth exchanges among them, which in turn better promotes the understanding and inheritance of traditional Chinese culture. Through these ways, teachers can create a richer, more diversified, and vivid learning environment for students, so that they can deeply feel the profoundness of traditional Chinese culture while learning English.

2.4. Organize practical activities to enhance the awareness of cultural inheritance

In university English teaching, organizing practical activities is an important part of enhancing students' awareness of cultural inheritance. Through personal participation and practice, students can not only gain a deeper understanding of the profound connotation of traditional Chinese culture but also exercise and improve their cross-cultural communication skills in practice (Zou, 2021). To better integrate traditional Chinese culture into university English teaching, teachers can design a series of practical activities for "entering traditional

Chinese culture”. For example, they can organize students to visit local museums, cultural sites, and places of interest, so that they can experience the historical origin and development of traditional Chinese culture. Such experiences can enhance students’ sense of cultural identity and pride and make them more interested in traditional culture. At the same time, teachers should pay attention to cultural interpretation in conjunction with English teaching in practical activities. By introducing relevant English vocabulary, expressions, and cultural background knowledge, they can help students understand and express the essence of traditional Chinese culture in English. Through English explanations and discussions, students can gain a deeper understanding of the connotations of traditional culture and improve their cross-cultural communication skills.

Besides, teachers can take various forms to enrich the content of practical activities. For example, inviting artists and craftsmen to conduct live demonstrations and teaching, so that students can experience the charm of traditional art with their own hands; or organizing cultural salons and lectures to provide students with more opportunities to understand traditional culture. These activities not only broaden students’ horizons but also enhance their interest in and love for traditional culture. To ensure the continuity and effectiveness of practical activities, teachers can incorporate them into the curriculum system and make them an important part of college English teaching; they can also set up relevant clubs or interest groups so that students can continuously participate in cultural inheritance activities in their spare time and form a long-term mechanism. In this way, students can not only learn rich cultural knowledge in the classroom but also continue to understand and inherit traditional Chinese culture in depth after class.

2.5. Enhancing teachers’ literacy and optimizing the path of cultural inheritance

“Enhancing teachers’ quality and optimizing the path of traditional Chinese culture inheritance” is an important initiative in university English teaching.

To implement this strategy, schools can organize professional training for English teachers, including the learning of traditional cultural knowledge, the cultivation of the concept of cultural inheritance, and the enhancement of teaching methods (Sun, 2021). To ensure the quality of the training, senior experts and scholars or professionals in the field can be invited as lecturers to improve teachers’ knowledge of traditional culture and teaching ability in all aspects through a variety of forms such as lectures, seminars, and practical activities. At the same time, schools can encourage teachers to actively conduct research on topics related to traditional culture, write teaching cases, and design creative classroom activities. To help teachers gain a deeper understanding of the connotation and essence of traditional culture, they can be organized to study classic literary works, visit cultural heritage, and experience traditional cultural activities. In this way, teachers can naturally integrate the essence of traditional culture into all aspects of English teaching, which not only enriches the content of the curriculum but also improves the quality of teaching.

To promote resource sharing and communication among teachers, schools can establish a platform for sharing teachers’ teaching resources. On this platform, teachers can share their teaching designs, teaching cases, and teaching tips, to learn from each other, inspire each other, and jointly enhance the effect of traditional cultural heritage. In addition, the school can establish a set of perfect teaching evaluation mechanisms to provide regular assessment and feedback on teachers’ traditional culture teaching. By giving positive encouragement and support, as well as setting up incentive mechanisms such as merit awards and job promotion, teachers can be inspired to participate in traditional culture inheritance work and be pushed to continuously improve their professionalism and teaching effectiveness. Through these initiatives, schools can ensure that Chinese traditional culture is better inherited and developed in university English teaching.

Summary

To summarize, the inheritance and integration of traditional Chinese culture in university English teaching is an effective way to improve teaching quality and students' comprehensive ability. Through the implementation of corresponding strategies, such as integrating traditional cultural elements with course content and using diversified teaching methods to feel the charm of traditional culture, students' knowledge and understanding of traditional culture can be significantly enhanced, and their cultural self-confidence and pride can be stimulated. At the same time, these strategies also play a positive role in cultivating students' cross-cultural communication skills and promoting the inheritance and development of Chinese excellent traditional culture. In future university English teaching, teachers should continue to strengthen the inheritance and integration of Chinese traditional culture, cultivate a new generation of young people with cultural self-confidence and innovative spirit, and make a positive contribution to the enhancement of the country's cultural soft power and international communication.

Conflict of Interest

The author declares that she has no conflicts of interest to this work.

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