

# **On the Connotation of Educational Psychology and the Influence on Students' Learning**

**Yiwei Xuan**

Shanghai Rongyue Private Entry-Exit Services Co., Ltd, 201103

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**Abstract:** Educational psychology is a science that studies the psychological law of teaching and learning in the context of education and teaching, that is, the psychological process and psychological phenomenon of the interaction between teachers' teaching and students' learning. And educational psychology aims at apply the theories or research results of psychology to education, which can be applied to the curriculum design, improvement and innovation of teaching methods, stimulation of learning motivation as well as helping students face various difficulties and challenges in the process of growth. So the paper first points out the connotation of educational psychology, then analyzes the current situation of education and teaching, and finally explores the impact of educational psychology on students' learning.

## **1. Introduction**

In the final analysis, the competition of comprehensive national strength is the competition of talents, which has become the core of the competition of comprehensive national strength. Thus, education is an important link in today's social development. With the development of economy and the progress of science and technology, school education is constantly updating educational ideas and improving teaching methods in order to keep up with the pace of the development of the new era and cultivate more talents who meet the needs of the new era.

It is particularly notorious that educational psychology is a science that studies the psychological law of teaching and learning in the context of education and teaching, that is, the psychological process and psychological phenomenon of the interaction between teachers' teaching and students' learning. What's more, it aims at apply the theories or research results of psychology to education, which can be applied to the curriculum design, improvement and innovation of teaching methods, stimulation of learning motivation together with helping students face various difficulties and challenges in the process of growth.

## **2. Following the law of learning psychology and promoting growth step by step**

Students' learning is not chaotic, in which there are certain psychological laws. The first one is curious about the unknown. Whether primary school students, middle school students or college students, they will be attracted by unknown and unmanaged things, followed by learning. Conversely, if you want students to learn better, the first step is to attract them with the unknown.

Many experts point out that the "indoctrination" teaching method is obviously contrary to this principle. And teachers simply teach the content of teaching materials, which is unattractive to students. It is understood that what students need is inspiration. For example, in the face of the topic of Chinese text, for the sake of improving the boredom of plain narration, it is not enough to guide students to think about the author and background, they should also skillfully use situational teaching method by starting from the authors, spreading to the authors' life, writing background and personal evaluation of the authors, and understanding the point of "authors". Starting from the backgrounds, teachers can spread them to the specific ages of the articles, then lead students to see what happened in that age, as well as teaching them to feel with their eyes and hearts.

For mathematical topics, cooperative teaching of groups will make students interested in learning and actively explore the mysteries of mathematics. Specifically, the students are divided into groups according to the principles of heterogeneity within and among groups. And the teachers need to assign tasks before class, then explore the contents to be taught in the classes, in the form of students' questions and answers, as well as recording them. In addition, questioning is a prerequisite for opening exploration, and asking questions among students can fully stimulate each student's desire to explore. Compared with teachers' questions, due to the equality of status among students, many students' sense of cowardice is reduced, and they can express their ideas and opinions to their heart's content. In the class, they still break through the mathematical knowledge points in groups. There are infinite possibilities for students' thinking. Students in the class have gathered their ideas into countless questions and answers. With the supplement of teachers, the content of teaching design objectives has been fully covered. Different from teachers' teaching alone and students' passive acceptance, such achievements come from students. Students illuminate classroom of the mathematics with their own wisdom. After class, the homework is also arranged according to the groups. In addition to completing the basic tasks, the team leader is the core, and the members of the groups work together to complete the groups tasks. The members are not only good partners in learning, but also good partners for common progress in life.

### **3. Using positive factors to cultivate students' good learning habits**

Learning habit is a behavior pattern formed and consolidated by students through repeated practice in long-term learning activities. Good learning habits, with patterns of positive behaviors, directly affect students' learning process, effect and quality. Also, educational psychology attaches importance to the cultivation of students' learning habits, and intervenes in the construction of students' learning habits from the psychological level, which is conducive to cultivating students' good learning habits. And the formation of good habits is not achieved overnight. Teachers do not need to force students to show the best state and form good learning habits as soon as they enter the learning link.

Goal setting is the key to cultivating learning habits. If the goal is too simple, students will relax at the psychological level and feel that they can easily succeed without paying, so they won't be interested in learning. While the goal is too difficult, and students' fear of difficulties will affect their learning behavior. Since normal learning can not achieve the goal, it's better not to learn. Therefore, only by formulating reasonable and scientific learning goals and having a combination of both short-term goals and long-term goals can students fully mobilize their learning emotions, consciously standardize their learning behavior towards learning goals and develop good learning habits. In daily learning, the intervention of educational psychology in the formation of learning habits can be started from three parts: preview, learning and review.

Firstly, when previewing, the teachers could design a preview list, then solve the problems and important points that need to be recognized in advance in the order from easy to difficult. As a result, they should cultivate a sense of logic from the shallower to the deeper, deeper principles.

Secondly, when learning, teachers focus on developing an active learning attitude, for passive learning would limit knowledge learning to what teachers say. On the contrary, only active learning could open the treasure chest of knowledge for students.

The last is the review stage. In order to better digest knowledge, deepen understanding and memory, and achieve the effect of drawing inferences from one instance, teachers should let students learn to summarize what they have learned. For example, the teachers can teach them to use the mind map to draw the knowledge points learned, also review and remember them according to logic. As we all know, blind memorization can only cope with one or two exams. But only by constructing the knowledge framework and memorizing and reproducing the key and difficult points as clues, can we get twice the result with half the effort.

#### **4. Analyzing the causes of negative factors and solving students' learning difficulties**

Learning difficulties would be faced by almost every student. The journey of exploring knowledge will not be smooth. Therefore, we should accept our shortcomings and face learning difficulties calmly. In the exam oriented education environment, once they encounter learning difficulties, most students will be afraid that they are too stupid and are blamed by teachers. They dare not seek help from teachers, but at the same time, they are afraid that their grades will decline, live up to their efforts and the expectations of their parents and teachers, and finally abandon themselves.

Educational psychology analyzes students' learning ideas from the psychological level, and according to scientific laws helps students solve difficulties. For example, after failing the exam, the teachers should first admit the existence of the problems, also compare the problems and reflect on the shortcomings. Secondly, they need to analyze the issues and seek the optimal solutions. If there is forgetting of knowledge points, they should strengthen the learning of review link. Or if the students have doubts about the knowledge points, they could ask the teachers for help, or seek help through information technology and network. Finally, the learners ought to practice repeatedly. For solving a concert is not the end point, while mastering the solutions of similar problems and even predicting possible problems would be the goals.

Another example is the lack of learning motivation. When students enter the learning burnout period, don't force high-intensity learning. At this time, they should suspend the pace of learning, or even stop for a moment. There are many reasons for lack of motivation, such as unclear understanding of learning objectives, lack of vision for success, and suspension of learning due to the influence of their own subjective and objective factors, in order to clarify their own ideas and understand why they don't want to learn, as well as finding the main causes and seeking help accordingly. Furthermore, they could turn to psychological counseling rooms in schools, head teachers, subject teachers, students and parents for help. Last but not least, keeping a diary, participating in activities and singing performances would also be possible ways.

#### **5. Learning satisfaction**

Happy for their progress, such learning is meaningful. In a world that only values test scores, the blow of test failure will also destroy the joy. Educational psychology emphasizes the acquisition of learning satisfaction. A confident speech and a fierce debate do not forget the back of efforts, regardless of prosperity or adversity. The sweat and tears sprinkled on the way of learning are all gains, which can be obtained only by learning. It can fill the heart and make people live without loss at this stage. Therefore, we should make good use of praise and criticism in teaching. Teachers can give a thumbs up for students' wonderful answers, or gently criticize students who make mistakes, so that students can understand their mistakes and actively correct them. They can also carry out a number of activities, such as knowledge competition and common sense Q & A, give students opportunities for performance, praise students with excellent performance and encourage them to make persistent efforts. In their daily study, we should lower the frequency of examinations, for the purpose of ordinary examination is to make students better find out and fill vacancies. As long as they are still studying, one or two grades can't define anything. In this way, students can exercise various abilities in daily learning, then make progress in continuous reflection, and obtain learning satisfaction all the time.

To sum up, the influence of educational psychology on students' learning is very extensive. Therefore, in the process of education and teaching, we should make scientific and reasonable use of it, to cultivate students' good learning habits, help students solve difficulties and help students obtain learning satisfaction on the basis of following students' learning psychological laws.

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