

The Application of Micro-Lessons and Flipped classes in College English Reading and Writing Classes in Independent Colleges

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Abstract: With the continuous development of information technology, for the non-English major students in independent colleges, the traditional college English teaching models can no longer meet their needs for their English learning. While English is an important course in the teaching system of colleges and universities, in order to strengthen the teaching of English reading and writing for students, we can make full use of the current flipping classroom and micro-lecture teaching methods in the teaching process of reading and writing classes under the rapid development of information technology. As a new teaching mode, flipped classroom and micro-Lesson play an important role in the reform of College English reading and writing course. Based on the theories of the two and the current situation of reading and writing in independent colleges, this paper discusses the application and significance of micro-Lesson and flipped classroom teaching mode, aiming to promote the development of College English teaching in independent colleges.

1. Introduction

In the era of rapid development of Internet technology, the traditional college English teaching modes can no longer meet the qualification of the current educational development. In recent years, scholars at home and abroad have studied micro-lectures and flipped classrooms and applied them to practice, and have achieved many results [1]. At present, many frontline teachers are also trying to apply this method to teaching processes. Originated from the United States, this teaching mode has gained high recognition among teachers and students both in the United States and other countries through in-depth research and promotion by researchers and educators. Chinese scholars have also launched research and application on flipped classes [2].

At present, the widespread application of mature network information technology and the support of the Ministry of Education's policies provide a good opportunity for the promotion and application of flipped classrooms in China [3]. The traditional college English teaching mode in China is mainly based on classroom teaching, combined with the arrangement of after-school exercises and homework. The mode is to turn over the traditional learning process. Before the lesson, the Internet technology is used to allow students to complete the transfer of knowledge through video and other methods. In the classroom, students can consolidate what they have learned and complete the internalization and expansion of knowledge [4]. As the micro-teaching method is widely used in the field of education, it basically uses micro-teaching videos in teaching, possessing the characteristics of contextualization and diversified teaching. It is a new online video class teaching method developed and designed for the teaching links or knowledge points of a subject [5].

2. Significances of Micro-Lesson and Flipped classes

2.1 Micro-Lesson

"Micro-class" takes teaching video as the primary method, recording the explanation of a certain problem or knowledge point around each link in the teaching by video, and then providing students with the learning material. While the traditional teaching modes of college English no longer meet

the needs of the information society, the application of micro-class teaching method fully takes into account the characteristics of fragmentation and individuation of English learning for younger generation and application of micro-classes come up to new requirements of the Modern times. In the application of teaching process, it can fully and thoroughly explain a certain knowledge point, ultimately promoting the full improvement of teaching efficiency, and finally enabling students to overcome the difficulties and emphases in the teaching process [6]. In the process of teaching activities, micro courses make full use of information tools such as mobile phones, computers and players, and finally achieve a full explanation of students' multiple knowledge.

Applying Micro-Lesson and flipped classes teaching mode to college English reading and writing courses, let students understand and master the required knowledge points by watching Micro-Lesson video before class. Students can also search relevant content on the Internet to deepen the learning before class, and complete the internalization of knowledge through application, analysis, evaluation and creation in class. Teaching video is the core part of Micro-Lesson. Before class, teachers need to make short and refined video for unit knowledge points. The video needs to highlight the key points and difficulties and reflect the teaching theme [7]. In the Micro-Lesson teaching video, many forms such as pictures, animations, words and videos are fully used. Students are often interested in the use of electronic products, which can effectively promote the development of College English courses. However, the application of Micro-Lesson improves the traditional teaching mode, thus promoting the realization of flipped classes. Students can learn through Micro-Lesson materials before class, and analyze problems they don't understand with teachers in class, which not only improves students' interest in learning, but also improves students' ability of independent learning.

2.2 Flipped classes

"Flipped classes" is a brand-new teaching mode, that is, students use extracurricular time to watch and learn by themselves the micro-video recorded by teachers before class. The video is short and concise, and the duration is not more than 20 minutes. Under the guidance of teachers, students carry out group discussions or group discussions and other activities in class to complete the problems set by teachers and solve the doubts. In Flipped classes, students finish learning knowledge outside the classroom, and the classroom becomes an interactive place between teachers, students and students. With the support of the Internet, students can use high-quality educational resources without relying on teachers to acquire knowledge. In the classroom, the role of teachers has also changed. Teachers become the guides and promoters of the learning process, while students become the center of the classroom, changing from passive content recipients to the main body of learning activities [8].

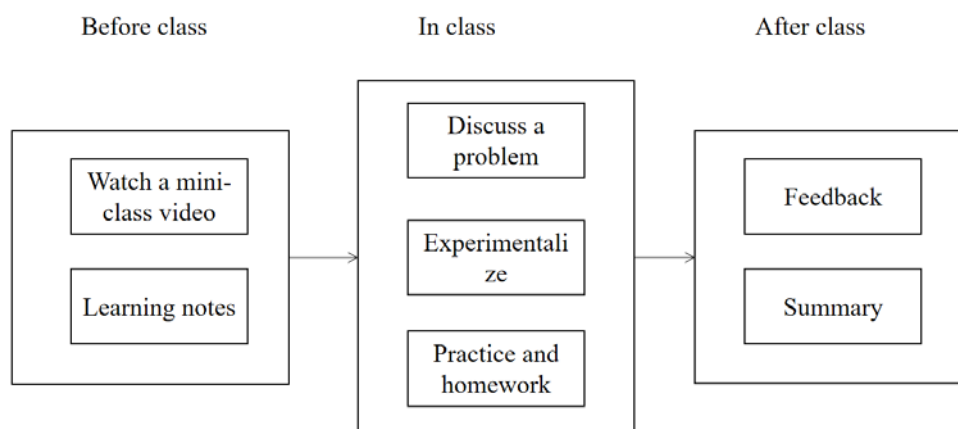


Figure 1 Flipped classes teaching mode based on micro-classes

In addition to classroom teaching, self-study before and after class is also very important under the Flipped classes system. In class, they consult teachers or cooperate with classmates to find out and solve difficult points in learning. After class, they can freely master the time and have more time to think so as to internalize and absorb knowledge, and can also better develop their special skills

since the flipped class is different from traditional classroom teaching. Evaluation standards and methods must be updated at the same time. Without reform of teaching evaluation system, it is difficult to realize the reform of education concept and teaching mode [9]. Flipped classes teaching mode is mainly composed of three parts: before, during and after class, as is shown in figure 1.

3. The Current Dilemma of Reading and Writing Courses in Independent Colleges

Independent college students spend most of their English learning time in the classroom, and most of their knowledge acceptance comes from teachers' teaching. They have poor autonomous learning ability. More students reflect that they do not know how to learn, what to learn and how to learn. After the college English teachers have finished making the video of the micro-Lesson, they will design effective English teaching activities, requiring the effective integration of the micro-Lesson teaching contents with the classroom teaching activities, thus promoting the effective echo between the classroom teaching activities and the micro-Lesson teaching contents. English reading and writing course is a kind of English expression on a certain topic. It requires students to express their thoughts and contents with English expression thinking. In the teaching process of English reading and writing course, teachers can use micro-class and flip-over course teaching methods to strengthen the full teaching of students' English knowledge. With the rapid development of the network, we have entered the "micro-era" of the network. Under such an environment, the teaching mode combining "micro-class" with "Flipped classes" has been developed rapidly and widely used. This mode changes the role and teaching form of teachers and students in the traditional college English teaching mode, which is dominated by teachers and supplemented by students. It changes teachers from knowledge imparters to guides and supervisors, and students from passive recipients to active constructors. At the same time, on the basis of making full use of online learning network technology, this teaching mode emphasizes the learner's independent construction and the processing of internal information, subverts the traditional classroom structure, improves the availability and regeneration of curriculum resources, and plays an irreplaceable role in College English Teaching in independent colleges.

Most of the students in independent colleges have weak English foundation and low interest in English learning. Less than half of the students who can listen carefully in class are easily distracted and unable to learn. In College English reading and writing class, because of its large scale, which limits the development of classroom teaching activities, teachers can only carry out teaching in some simple ways. Through students' self-study, they can find and solve problems independently, which opens up a development space for students' innovative thinking, and provides an effective way to improve students' ability to analyze and solve problems. After the full discussion of the students, the teachers make full comments on the students' learning situation, so as to realize the students' full digestion, absorption and internalization of the knowledge content, and strengthen the teachers' full understanding and application of the new knowledge content [10]. In the classroom, in order to keep up with the speed of the teacher's slide show, students are tired of memorizing knowledge points mechanically and cannot internalize what they have learned. This is not to mention the flexible use, reflection and consolidation after class.

Table 1 Comparison of traditional classroom and Flipped classes elements

Category	Traditional classroom	Flipped classes
Teacher	Knowledge Giver, Class Manager	Learning guide, facilitator
Students	Passive recipient	Automatic researcher
Teaching form	Classroom explanation+homework	Pre-class Learning+Classroom Inquiry
Classroom content	Knowledge explanation and transmission	Problem inquiry
Technical application	Content display	Tools for autonomous learning, communication and reflection, and assistance in discussion

Evaluation method	Traditional paper tests	Multi-angle, multi-mode
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In the College English Teaching of independent college, the large class teaching mode is generally adopted. The teacher is the main speaker, and the students are mainly listening. In the modern school, multimedia equipment is basically equipped in each classroom. The teacher basically uses multimedia equipment for teaching, but usually relies on PPT for teaching, sometimes with the use of video and audio for interleaving teaching. The teaching methods are similar for the single, the design of teaching content is tedious. Chinese scholars have also studied the various elements of flipped classes, as the main situations are shown in Table 1.

4. The Practical Application and Importance of Micro-Lesson and Flipped classes in English Reading and Writing Class of Independent Colleges

4.1 Application in Class

The combination of Flipped classes teaching mode and micro-class teaching mode for college English teaching can fully promote students, make full use of the rapid development of information work at present, and make full use of the functions of the current electronic information modes such as the internet, mobile phones and computers to reform and reorganize the contents of college English classes so as to finally fully achieve the teaching objectives of college English classes. After the teacher uploads the produced micro-Lesson video to the Internet platform, students can watch the video and learn independently according to their own learning schedule, in addition to classroom activities, based on their own learning needs. Through the application of micro-class teaching methods, students can flexibly and autonomously learn the theoretical knowledge in English course content, and carry out corresponding English learning operations, and find out problems as early as possible in the final learning process and effectively solve them. English reading and writing course is a kind of English expression on a certain topic. It requires students to express their thoughts and contents with English expression thinking. In the teaching process of English reading and writing course, teachers can use micro-class and flip-over course teaching methods to strengthen the full teaching of students' English knowledge. College English reading and writing course is an important teaching method based on this purpose. In the design of micro course teaching, students can fully explain the language rules and English culture in the course learning. In the process of English teaching design, teachers can review the previous English related knowledge in the way of quick questions and answers, and fully explain the key points, difficulties and teaching doubts to students in the teaching courseware or Micro-Lesson teaching video. Flipped classes teaching method and Micro-Lesson teaching is a holistic change of the traditional teaching method, which requires teachers to guide and optimize the arrangement of students' learning activities.

In the pre class stage, teachers will make the teaching Micro-Lesson video in advance. In the video production process, teachers should not only carefully study the knowledge points in the textbook, but also find relevant materials through the network, plan the content, process and duration of the Micro-Lesson video, record it with relevant software, and then publish it to Wechat group, QQ group and other platforms for students to download and watch. Students need to watch and learn the Micro-Lesson video carefully, cooperate with the teaching materials, make notes, and complete the test questions set by the teachers in the Micro-Lesson video. If there is any doubt, they can use the Internet to query or communicate with the teachers online, so as to cultivate the ability of independent learning. In the middle of the class, the teacher can take the way of group discussion, so that the group members can discuss the important and difficult points learned before the class, summarize their difficult points, and let the teacher answer questions. In the after-class stage, the teacher designs a set of reasonable evaluation system according to the teaching objectives of this unit. The content can include the performance in autonomous learning before class, the performance in group learning, the completion of after-class exercises, etc. As for the evaluation method, it changes the past method of determining the results only by the final examination of the course, permeates the evaluation into all aspects of teaching, and a perfect evaluation system helps students to better

develop their autonomous learning ability.

4.2 The importance of Flipped classes application in college English teaching in independent colleges from the perspective of micro-class

Keeping pace with the times and realizing the sharing of advantageous resources, the digitalized "micro-class" teaching mode has greatly gathered the wisdom of the teachers, which is not only close to the psychology of college students in learning mode, but also students can learn anytime and anywhere. Moreover, as a shareable teaching resource, it can help teachers solve the problem of schoolwork burden, thus realizing the innovation of education and teaching mode and the sharing of advantageous resources. We should improve the quality of teaching and make up for the difference. The emergence of "Micro-Lesson" just meets the needs of this part of students' autonomous learning, and changes the situation that the former excellent students and poor students can not give consideration to. Students can adjust their learning process according to their Basic English level and acceptance ability, selectively supplement knowledge, and further improve learning efficiency and learning effect. It can also enrich the teaching mode and improve the comprehensive quality of teachers.

5. Summary

With the continuous development of the new curriculum standard, the traditional teaching mode has been unable to meet the teaching objectives of Contemporary College English. As a new teaching method, "flipped classes" and Micro-Lesson teaching play a crucial part in College English reading and writing. With the development of modern information technology, modern education technology based on computer and network technology provides a new exploration direction for the improvement of teaching mode. Flipped classes teaching mode based on micro course combines computer-aided teaching with network platform technology, which makes up part of the shortcomings of traditional teaching mode which is mainly taught by teachers. This not only enriches the form of foreign language teaching in independent colleges, but also organically combines traditional teaching with modern teaching, which plays a vital role in promoting the reform of quality education, the initiative of students in learning and the improvement of comprehensive ability. The application of micro-class and Flipped classes is an effective reform of traditional teaching methods, and actively opens up a variety of new ways of college English classroom teaching. Under the background of the information age, college English teaching is an important reform, which shows its important application value and role and has important practical significance.

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