

COLLEGE ENGLISH TEACHING MEASURES BASED ON EDUCATION AND EMOTION SPECIFIC EMPATHY

Min Zhang

Luliang College Foreign Languages Department, Luliang, 033000, China

Background: In the traditional Chinese English education with the main purpose of examination, English has become a boring course in a series of educational subjects for a long time, and students have a strong resistance to English learning. This emotional attitude is worrying. First of all, learning English is not only learning a language symbol, but also learning the culture behind the language. At the same time, it also needs to be accurately applied in the actual scene. Therefore, students are bound to encounter emotional setbacks and difficulties in the process of learning English, which makes most students have great emotional empathy. Secondly, English teachers' teaching methods are too traditional, which leads to students' incomplete understanding and absorption of English knowledge. Specifically, the comprehensive quality of English teachers really needs to be improved.

Objective: With the vigorous development of China's education, a large number of excellent talents have been transported to the society. In the current context of globalization, the competition among countries around the world has gradually changed into the competition of talent soft power, which puts forward higher requirements for China's education. English is not only an indispensable subject in China's curriculum system, but also a common language in the world. It is particularly important to learn English well and cultivate a group of high-quality English talents. In the traditional English teaching, the teaching effect is very low due to the old teaching concept. Applying education and mental health theory to English teaching and innovating traditional English teaching ideas will help to improve the effect of English classroom teaching. Therefore, this paper mainly analyzes the application of education and emotional empathy in English teaching, and objectively expounds the importance of the application of education and emotional health in combination with the actual situation.

Subjects and methods: 1. Rogers' humanistic thought. Humanistic theory is a major school of contemporary American mental. American psychologist A. h. Maslow founded "hierarchy of needs" and self realization theory in the middle of the 20th century, Then the representative Carl Rogers (Carl Rogers) put forward the self theory and created a humanistic psychotherapy system. In short, Rogers' humanism opposes the tendency of vulgarization and animalization of human mental, emphasizes human dignity, value, creativity and self realization, and attributes the self realization of human nature to the exertion of potential, which is a similar instinct the nature of. Rogers believes that the essence of humanism is to urge people to understand their own nature, re trust and rely on their own body's evaluation process and experience, Try to eliminate the values imposed on him by the external environment through internalization (i.e. no longer rely on external values), so as to promote people to freely express their thoughts and feelings, listen to their own will, decide their own behavior, master their own destiny, repair the damaged self realization potential, and finally achieve the purpose of promoting the healthy development of personality.

2. Sanddike's connectionism. Psychologist sandyk believes that the so-called connection refers to the connection or association formed between the feeling of the situation and the impulse to respond to the action, Its basic unit is situation (stimulation) or the connection between mental state and reaction action. He also pointed out that learning is a process of constantly trying to make mistakes. It is a process of continuously strengthening the application rate and weakening the loss rate. It can be seen that this theory provides a better idea for the construction of College English Teaching Scenes. Through the effective combination of students' learning behavior and specific learning scenes, learning efficiency can be improved It is from this node that it bursts out, which fundamentally improves the quality of teaching and the efficiency of learning.

3. Learning cognitive stage theory. According to the principles of education and mental health, the learning stage is divided into motivation stage, understanding stage, acquisition stage, maintaining Association stage, memory stage, generalization stage, operation stage and feedback stage. These seven learning stages fully explain the individual cognitive order. A scientific study of this learning stage process plays a good guiding role in the improvement of College English teaching methods, logic, order and so on.

4. Skinner's reinforcement theory. The reinforcement theory advocated by American behaviorist psychologist B.F. Skinner is a theory about understanding and modifying human behavior based on the reinforcement principle of learning, which emphasizes the importance of the relationship between behavior and its consequences. He suggested that, according to the nature and purpose of reinforcement, Reinforcement can be divided into positive reinforcement (i.e. rewarding those behaviors

needed by the organization) and negative reinforcement (that is, punish and weaken those behaviors incompatible with the organization). He believes that positive reinforcement is more effective than negative reinforcement in the application of reinforcement means. Therefore, positive reinforcement should be given priority to, and bad behaviors should be punished when necessary, so as to achieve the combination of reward and punishment. In the final analysis, reinforcement theory emphasizes an incentive effect, which should guide people according to people's mental process and behavior law Behavior, and regulate, modify, restrict and transform it. He also stressed that the principle of small steps and timely feedback should be followed in learning: clear and specific goals should be set in stages, so that each goal can be measured one by one, appropriate strengthening measures can be taken and solved step by step, and each small goal can be strengthened in time; At the same time, in order to achieve the best incentive effect, it is necessary to feed back the work results to the actors in time through some form and way, and take appropriate strengthening methods as soon as possible after the behavior occurs. It should be said that the influence of reinforcement theory on people's behavior is realized indirectly through the feedback of the consequences of behavior to the behavior subject. People can actively adapt to environmental stimuli and constantly adjust their behavior according to the feedback information.

Results: 1. Change the roles of teachers and students and realize humanized teaching. In College English teaching, the first principle to follow is humanism. Teachers should understand and respect students and their individual growth needs at a specific stage, and improve their learning enthusiasm and enthusiasm. Teachers should pay special attention to the development law of students' emotion, interest and motivation, comply with students' interests, needs, experience and personality differences, pay attention to the understanding of students' inner world, develop students' potential, stimulate students' cognitive and emotional interaction, create conditions for students' healthy growth and lay a good learning foundation. College emotion is an open and free subject. Its teaching must fully ensure students' enthusiasm and subjectivity, realize real education, let students learn more knowledge and improve their own quality. In addition, "be close to your teachers and believe in your own way". A good relationship between teachers and students is a "lubricant" to promote the smooth progress of cognitive process and improve teaching effect in teaching. Therefore, teachers should fully respect students' learning needs, change the roles of teachers and students, and make students' learning enthusiasm and subjective initiative more prominent. Teachers should fully mobilize the enthusiasm of students, let students express their opinions and constantly improve teaching. Teachers should also pay attention to the heartfelt emotional communication with students, be good at realizing the organic interaction between teachers and students, strive to create a friendly classroom teaching atmosphere conducive to teaching, and form a harmonious classroom interaction between teachers and students, so as to promote students to experience the fun of learning and become the subject of learning rather than the passive recipient. In addition, teachers should also study and analyze students' individual differences, and adopt different methods according to students' different learning ability, learning level and psychological state, that is, vigorously promote teaching according to their aptitude and layered teaching.

2. Create a teaching atmosphere and let students quickly integrate into the learning scene. According to relevance theory, it is not difficult to see that the essence of learning is the relationship between situation and response. In other words, when learners accept new English knowledge for the first time, for College English teaching, teachers should be student-centered, adopt a variety of teaching methods, and adopt a variety of educational forms (such as English recitation, speech, writing English posters with different topics, skillfully arranging students' role performances, organizing group debates, holding press conferences, etc.) to create specific learning scenes, Make students happy to learn and practice, and strive to make students fully integrate into these vivid, specific and more real simulated exchanges, and conduct international exchanges with certain English scene colors. Through the carefully arranged teaching links and the implementation of teaching activities, teachers can activate the classroom atmosphere to a great extent, guide students to experience a certain emotional experience, and fully grasp the theme and core of English learning, so as to stimulate students' emotional empathy learning motivation, strive to mobilize students' enthusiasm for learning English, and promote students to always be in a state of active participation in learning. To a large extent, the improvement of students' English level is not solved by memorizing words or reading articles, but by creating an environment and atmosphere. Through constant guidance and help, we can constantly penetrate the essence of English into students' hearts and realize their love and pursuit of English. Only in this way can we truly achieve high-quality English teaching and cultivate more professionals for the country.

3. Guide students' learning process scientifically and regularly. According to the seven learning stages of education and mental health, these steps and processes should be carried out in the corresponding order, and the order cannot be reversed. In the specific process of English teaching,

teachers should learn to fully grasp this cognitive process and cognitive law, be good at guiding students to actively explore scientific and effective English learning methods and improve students' English learning efficiency, rather than blindly implementing reclamation tactics or duck filling teaching. Educational psychologist Bruner believes that teaching should promote students' understanding of the basic structure of the discipline. Therefore, when teaching students knowledge, teachers should let students have a comprehensive grasp and understanding of what they have learned. For English learning, there are many contents to remember, so the memory stage is particularly important. Take English recitation as an example. It is not proportional to time, but we should be good at mastering the skills and rules of emotional memory. Mental believes that people's implicit memory (unconscious memory) is very important. Therefore, in teaching, teachers should give full play to students' implicit memory, expand students' reading surface, increase information input, and cultivate students' strong sense of language. In addition, the feedback stage will also have a very important impact on students' learning effect. Students should be able to fully reflect and understand the whole process of English learning after completing the learning operation stage.

4. Improve students' learning enthusiasm through necessary incentive means. In order to realize the penetration of emotional empathy reinforcement theory in College English teaching, teachers should be good at taking different reinforcement measures according to different reinforcement objects, and strengthen the teaching effect through necessary stress means and reward and punishment system. Relatively speaking, reinforcement theory pays more attention to teaching effect, can respond to the teaching process and better help teachers control the teaching process.

Conclusions: In short, English, as the universal language in the world, has an increasing demand for high-quality English talents in China. Quoting education and psychological empathy has become an inevitable choice in today's English teaching. It helps to release students' personality, stimulate students' wisdom, improve teaching effect and cultivate more applied talents. The combination of education, emotional empathy and English teaching has become a trend. We should critically absorb the rational core of various schools and make them learn from each other. In order to meet the requirements of China's educational reform, keep up with the pace of the times and understand education and mental health, it is very necessary to vigorously carry out research in this field.

Key words: mental - English teaching - measures

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WILL ACTION MECHANISM AND TRAINING STRATEGIES OF BUSINESS RUSSIAN INTERPRETATION

Qi Zhang

*School of International Economics and Trade, Xinjiang University of Finance and Economics,
Urumqi, 830012, China*

Background: As an important tool for Sino Russian business exchanges, language is the biggest obstacle in Sino Russian economic and trade exchanges. The problem of talents who are proficient in both Russian and economic and trade business has become a bottleneck restricting the further expansion of the markets of the two countries. Ji Fengtai, who carried out border trade with Russia 170 years ago, realized that he must be proficient in Russian in order to do Russian trade, So he hired Andre, a Russian from Ji, as a teacher at that time. As a result, he became the first Chinese businessman in the Sino Russian border trade circle to learn Russian by himself and be proficient in Russian, the first person in the Sino Russian border trade circle, and the first Chinese businessman in the Sino Russian folk trade circle to devote himself to learning Russian by himself. Nowadays, the demand for Russian translation has greatly increased, but there are not many Russian talents in China, and there is even a shortage of Russian talents. Among them, the shrinking of Russian education and the lack of students are the main reasons for the shortage of Russian talents. Today's Sino Russian relations determine that the demand for Russian translation talents is increasing year by year. This rising Sino Russian economic and trade cooperation is providing new development opportunities for business Russian talents. As an important medium for