

Analysis of the Application Strategies of Traditional Culture in Promoting the Overall Improvement of Students' Quality

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Abstract. Chinese civilization has a long history, and Chinese traditional culture is ahead of the world. In the new era of college students' education, Chinese traditional culture has incomparable advantages in improving students' quality. In the process of teaching the history of ancient Chinese literature, paying attention to the education of truth, goodness and beauty can enable them to understand more the wisdom of the sages in life, improve their emotional quotient, and learn to live in the world with a poetic and picturesque attitude. And then improve their comprehensive quality.

Keywords: Traditional culture; Students; Comprehensive Quality; Improvement.

1. Introduction

Ancient literature is one of the main courses of Chinese language and literature specialty. This course is mainly to cultivate students' sense of social responsibility and humanistic literacy, and its training function is mainly to cultivate students' healthy personality, service social consciousness and innovative ability. In terms of the social concept and value orientation of talents, as well as the spirit of social responsibility, graduates of this major are required to have extensive knowledge, strong ability of observation, analysis and induction, and even more need to have a broad mind and a positive attitude towards life. Good self-discipline and necessary team spirit, etc. As a student of the Chinese language literature, one of its most important basic skills is the organization and expression ability of the Chinese language words, which is one of the concrete manifestations of the high and low of the professional innovation ability, that is, the creative ability of the students is the innovation ability.[1]

In ancient literature education, what kind of curriculum should we provide to students in order to help students achieve the above training goals? In short, teachers' pay attention to the excavation and dissemination of truth, goodness and beauty in the process of teaching courses. What exactly is "truth, good, beauty", the academic community has a different understanding of this. Here, we might as well borrow a paragraph from the Japanese scholar Kuroda Pengxin as a footer. "the purpose of knowledge desire is true; the purpose of moral desire is good; the purpose of aesthetic desire is beauty. Truth, goodness and beauty are the ideals of the world. "[2]

2. Help to Understand the Wisdom of the Sages in Life.

What is "truth"? This "truth" can be equated with "truth". That is, when teaching classical poetry, novels and other works of ancient literature and introducing excellent literati writers, teachers should pay more attention to the rational summary and generalization of learning, life, universe and so on. So that students can understand the truth and wisdom that flashes in it.

It is the unshirkable responsibility of university teachers to guide students back to the right way, to establish a correct concept of time and to regain the pleasure of learning. Ancient literature works are the intuitionistic embodiment of ancient wisdom. Ancient literature courses can have an impact on students to establish a correct outlook on life and world outlook.

Life and death, love and hate are the two main themes of ancient literati. Under the influence of Confucianism, "happy life and evil death" has become a kind of life attitude held by most literati, which gives birth to the sub-theme of "time is fleeting and life is short". In the process of teaching ancient literature, teachers can take this as an opportunity to cherish the time of students. Through the

teaching effect, Han Fu is a style that students are more interested in. When teaching this kind of style, teachers should focus on excavating the humanistic connotation of the representative works related to the style after teaching the literary knowledge related to the style, so as to increase students' interest and promote the sublimation of text cognition. For example, when teaching the "Seven chapters" of Han Fu, after introducing the writing mode of "subject-object answer" in combination with the content of Fu, gradually negating it one by one leads to the stylistic features of Fu, such as writing content, extravagant writing techniques and so on. Can be timely combined with the reality of students confused to expand. The phenomenon described in this paper is also reflected to varying degrees in today's college students. After a series of explorations, Chu finally put forward that only the "wonderful way" of "knowing" the gentleman of the world can "change the degree of change". This way of promoting thinking through reading and changing the bad way of life and environment plays an effective role in pulling people out of emptiness and developing a positive attitude towards life. Here, the theme of time can be further deepened by combining the literary works such as prose, poetry, novels and other literary works in different periods of ancient times and the popular sketches at present. Combined with Wang Deshun, a well-known motivational figure born and raised in Northeast China, he used all his actions to tell the world that "no one can stop you from succeeds, except yourself," and that "human potential is infinite." He studied English at the age of 44, studied pantomimes at the age of 49, entered the gym at the age of 50 to start fitness, created "living sculptures" at the age of 57, developed abs at the age of 70, rode a motorcycle at the age of 78, learned to swim, and went on stage at the age of 79.

In this way, it not only breaks the malpractice of learning ancient literature in chronological order, but also integrates the contents of classical poetry and poems with this theme as a unit, and then infiltrates the popular elements into it. This kind of teaching content is liked by the students, at the same time, the teaching effect is also diversified. Through this step by step guidance, students can be urged to think about how to expand the breadth of life in a limited length of time. How to tap their own potential, wake up to sleep in their own small universe, so as to maximize the value of their own life? This kind of thinking plays a certain role in promoting its full use of time and the pursuit of a positive life.

3. The Continuous Practice of "Good" can Add Points to Students' EQ

Man is a group animal, and it is impossible for a person who is insulated from the world at work to survive in life, study and work. A person's success is not only related to IQ, but also has a deeper relationship with EQ, that is, "get a job by IQ, get promoted by EQ." Daniel Gorman once pointed out that EQ is closely related to all aspects of human life and is the key to happiness and success in life. EQ is more important than IQ.[3] Obviously, "good" also falls within the scope of EQ.

The Chinese nation has a long history and is a world-famous country of etiquette, and the ancients have long discussed the cultivation of human nature. The cultivation of human nature can find the answer from the relevant ancient classics. The course of ancient literature in universities can play a role in the cultivation of students' human nature. With the help of the teaching of ancient literature, it is necessary for the relevant teachers to edify the students with the help of "good", to guide them to learn "three times a day", and to promote them to develop the ability to reflect on themselves and correct the negative components of their personality. This is very effective for improving their EQ score.

The good and evil of human nature and its cultivation is a common concern of ancient philosophers. Although Mencius in the pre-Qin period, Xunzi had different views on whether human nature was "good" and "evil", they agreed that human nature could evolve in the direction of good through the guidance and self-correction of learning and education the day after tomorrow. As stated in the three-character Sutra, "at the beginning of a man, nature is good. Sex is close, and practice is far from each other. Meticulously do not teach, sex is not a move." [4] That is an intuitive description of this. In the teaching plan of ancient literature, one of the important characteristics of the prose in the pre-Qin period is that it widely involves the theme of human nature cultivation. When teaching the Analects

of Confucius, Mencius and other prose thoughts, teachers should timely combine the relevant ideas to edify students with "good". During the lecture, the poisoning case of Lin Mou, a graduate student of Fudan University, which aroused widespread social concern, first aroused the interest of the students, touched the students' hearts by watching the relevant videos, and then exposed what problems were exposed to the students. After students' independent thinking and random questions, the core of the discussion points to the imperfect character of the drug addicts, and looks at the extreme of the problem. Then, combined with the Analects of Confucius, Mencius and other essays to guide students how to daily life contradictions. This is mainly reflected in the interpretation of works and make students understand the importance of being kind to others and thinking for others in interpersonal communication.

Learn to be kind to others and know how to look at the world with love. Benevolence is a core concept widely talked about by Confucius and Mencius. What is "benevolence"? Confucius believed that "those who are kind to each other want to stand up to others, and they want to achieve them." If you can get close to each other, it can be described as a benevolent side.[5] " Mencius believes that "benevolent people love all things" and can practice the spirit of "benevolence" through the concrete practice of "old and old, young and young".[6]

According to Confucius, the first premise of a person who loves himself is to love others well, which includes not only his own relatives, but also his friends and classmates, and at the same time, he should be in love with himself. How to love others? Confucius and Mencius believe that in interpersonal communication, they should know how to act in accordance with the principle of pushing themselves and others. If you want to be successful in your career or in your studies, you should help others with the same purpose. Only by breaking through the narrow self-concept in the heart, releasing the love in the heart extensively, and finally cultivating the abundant "magnanimity", so as to reach the moral commanding point of "the benevolence is invincible".

Know how to think of others and treat others in a tolerant way. Confucius: "Don't do what you don't want to do to others." what you say is that you should know how to think about others and reflect on your actions and words at the right time. Every man has his faults, the sign of maturity is to know how to reflect on themselves. Lin is a person with a defective character, both in the eyes of the teacher and in the eyes of his classmates. "Lin's teacher thinks he is very self-conscious and does not pay attention to the way he talks to his classmates, which is too direct. On March 28, 2013, he was also criticized by teachers at Zhongshan Hospital for writing his thesis and complained to his classmates about it. Students confirmed that Lin is introverted and does not communicate with his dorm classmates at ordinary times."[7] Obviously, his simple and direct behavior of "black or white" in all things is the direct embodiment of his unsound character. In the Confucian concept, a person should speak in accordance with the "mean", do not go to extremes, to pursue the principle of moderation, to avoid "Going too far is as bad as not going far enough". Imagine that if Lin knew how to be considerate of others and be lenient to others, he would not have formed the knot of "he thinks I have no mood for life, I think he thinks he is self-righteous." instead, he will not blindly avoid it, but will regard Huang Yang as a friend and take "advice and good advice." I can't stop communicating actively with it, believing that things will never get out of hand.

Be good to others and good to yourself. Only by standing in an objective and impartial position, looking at things from a comprehensive and dialectical point of view, and looking at things from such a soft, loving and intelligent point of view, will the heart be much more peaceful and the conflicts in interpersonal communication will be much less.

4. "Beauty" will Make Life Extraordinary

"Mean to have one's son succeed" is a common expectation of Chinese parents for their children, and excessive doting is an intuitive manifestation of most parents' treatment of their children. In the process of growing up, parents often devote everything to meet their children's material needs in order to fear that their children will be aggrieved. This kind of abnormal love, so that many children have been overwrapped in rich material conditions for a long time. This kind of doting causes the child to

think that everything is right, and then does not know how to cherish and be grateful. The result is that they are physically mature, but their hearts are as fragile as babies. In life, such children often complain and are full of negative emotions; after setbacks, they are extremely vulnerable and often act recklessly and kill lightly. As the engineer of human soul, in the face of such students, teachers can also carry out appropriate "aesthetic education" with the help of the particularity of ancient literature curriculum.

He in the plain difficult, day after day how to live better, the ancients wrote a lot of enlightening, let people yearn for poetry. The yearning for poetic life and the appreciation of beautiful things the realm pursued by many literati and elegant scholars is clearly reflected in many famous articles. Whether it is Tao Yuanming, who "does not bend his waist for five buckets of rice", Wang Wei, who is an official, believes in Buddhism, or Su Shi, who has been demoted and demoted again and again in the officialdom, they are full of poetry, and the attitude of life with bright wisdom is worth learning.

With the rapid development of the network today, people's vision is greatly broadened, and all kinds of network literature are full of people's lives. After entering college, the pressure of further study disappears, and many college students are in a lost period after the goal is achieved. As a result, they began to indulge in the Internet, like to chase young fresh meat, watch handsome men and girls shot the love bubble drama, and then the thought completely changed, lost the motivation to continue to forge ahead. This pursuit of the beauty of life is of no benefit but to mislead them into losing confidence in real life. Therefore, teachers should guide them to change their aesthetic attitude towards reality and cruel life, so that they can be spiritual millionaires, read more books and improve their spiritual realm.

5. Conclusion

Chinese civilization has a long history, and its cultural connotation has incomparable advantages in the moral cultivation and quality improvement of human beings. College students are the precious human resources of the country, and their moral training is related to the future of the motherland. In the course of the teaching of the ancient Chinese literature history, the teacher, through the interesting explanation, penetrates the spirit of the good and the beauty into the teaching, so that the students can acquire the traditional culture of the Chinese traditional culture in the latent mobility, thus improving the overall quality and cultivating the talents with both the talent and the ability of the motherland.

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