

Research on the Reform of Higher Education under the Economic Background of New Normal in China

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Keywords: Higher Education, Education reform, New Normal

Abstract. Yoga course not only promotes the students' physical quality, but also trains the students' excellent psychological quality. With the continuous development of mobile internet technology, Yoga teaching mode has produced new changes, which effectively make up for the shortcomings of the traditional teaching model. This paper analyzes advantage and reform of yoga teaching under the background of "internet plus" to provide some references for the relative researchers.

Introduction

After the enrollment expansion, China's higher education has changed from elite education to popular education in a very short period of time. Because this transformation is based on the epitaxial development. So when we are proud of having the most college students in the world, we are in deep trouble. Higher education is the most important source for a country to realize technological innovation, and it is also the most important link to build an innovative country. However, a higher education with a quantity advantage and a lack of quality advantages cannot support the task of promoting national technological progress and building an innovative country. At present, China's development has entered a new normal, and the driving force for sustainable growth cannot rely on factor input, but must rely on scientific and technological innovation. This puts forward new requirements for our higher education, or makes our higher education face new challenges. The scale of higher education has begun to enter the bottleneck stage. This requires the change of China's higher education to expand the scale of the expansion of the development, to the quality of the core of the connotation of development. It is difficult for the traditional educational management system and management mode to meet the requirements of the new normal economy. This requires higher education to deepen the reform of the system and mechanism, straighten out the internal relations, release the vitality of the development, mobilize the enthusiasm of all aspects. The relationship between supply and demand of talent market has been changed from supply driven by university to demand driven by industry and enterprise. This requires colleges and universities must adhere to demand-oriented, active docking industry development, a reasonable position, by expanding the service ability and enhance the contribution to achieve economic and social depth of fusion in the reform of higher education should adapt to be an accurate understanding of China's higher education is facing the problem of the new economic norm, and rational thinking on how to carry out advanced the education reform of the new normal.

Opportunities and Challenges of Higher Education under the New Normal Background

Opportunities. After the reform and opening up, China has a big gap with the developed countries' technology, and we can achieve technological progress by introducing mature technology from developed countries. In this context, as long as you can master the general principles of technology, you can use these introduced technology. In fact, since China's reform and opening up, a large number of mature technologies have been introduced into the developed countries and applied to the economic construction of our country. In this process, we have trained a large group of college students to play a very important role. However, with the Chinese economy has entered a new norm, the rapid growth of the past into a high-speed growth, more intense demand for economic structure

upgrading and innovation driven will become the core power of the economic growth Chinese. It's not a natural process, but it requires a lot more effort. In order to successfully enter the new normal, a key link is to realize technological innovation. It is not only the key to the formation of new growth momentum, but also the basis of upgrading the economic structure, or the guarantee of sustained and rapid growth. Although technological progress can continue to introduce technology, the road is getting narrower and narrower. Independent innovation should be the main channel of technological innovation in China in the future. Higher education must bear this heavy responsibility. Under the condition of market economy, the development of any business needs to be established in different degree in the huge space of effective demand on the basis of independent innovation and the broad prospects of huge demand for higher education in china. To this end, including the national and enterprise investment in higher education to further enhance the enthusiasm, to further expand the transformation of scientific and technical achievements of the university teachers engaged in space science and technology innovation have more initiative and greater enthusiasm. The new normal also provides the conditions for the reform of higher education itself, as well as the opportunity to improve the quality of teaching. At the early stage of popularization of higher education, seeking the expansion of scale is the main way of the development of colleges and universities.

Challenges. The construction of University rule of law is the construction of university autonomy based on academic freedom. The university autonomy system is the core of University rule of law, and efforts should be made to coordinate the autonomy right and the rule of law concept. From the school running mode, the government macro management and social cooperation become the new normal. Higher school as the subject of independent school entrance education in our country, on the one hand to meet the higher education reform and development direction of China's macroeconomic regulation and control, education departments or government, establish effective self-discipline mechanism; to deal with the relationship between the society and enterprises on the other hand, implementation of Open Education, in obtaining social resources at the same time according to the social needs of enterprises, and timely adjust the training mode, to achieve the school education and social practice, to better serve the society, accept social supervision and choice. To enhance the quality as the core of the connotation of development into a new normal. Chinese higher education after years of rapid development, especially in the past thirty years of expansion, not only in the campus construction and discipline layout are completed the historical mission, the future for a long period of time, colleges and universities should strengthen the connotation construction efforts to improve quality, under the condition of stable scale, played professional characteristics the subject, advantage of efforts in optimizing the structure, innovation and development efforts. Led by innovation driven to become the new normal. Our country is in a critical period of transformation and upgrading, with the implementation of the innovation driven strategy, increasing the whole society of advanced technology and high-quality talent demand, the future of the University, whether provincial or subordinate, will eventually by the market, by the social choice.

Reform Directions of Higher Education under the New Normal Background

Construct Modern University Governance. China's public higher education institutions, as the subsidiary units of government education management departments, have certain administrative levels, such as the general level of local colleges and universities, and the subordinate colleges and universities as the vice-ministerial level. The division of administrative level in Colleges and universities has been criticized by people, and is regarded as an important reason for the "administration" of colleges and universities. The administration of colleges and universities in the internal performance of the division of administrative level, the management of various affairs inside the school administration, while the external performance of government departments for higher education institutions administrative management. Under the guidance of law, we should promote the separation of government and school, separation of management and operation, and establish a modern university system in accordance with the law, independent management, democratic supervision and social participation. Universities should be in the education department in charge of

macro guidance, combined with the actual social situation and regional development, independent of the orientation of the school, planning, change the past and government administrative relations, become independent legal entity. Giving full play to teachers' initiative and realizing diversified teaching. Adhere to the professors and professors, the establishment of teachers as the main body of the professor committee, give full play to teachers' enthusiasm, initiative and creativity, the departments in charge of education based on the unified standard, according to the requirement of social development, school characteristics and professional characteristics, give full play to autonomy in determining training objectives, curriculum system, teaching model and evaluation system, realize the diversification of education. According to the social requirements, realize the marketization of talent training.

Establish Characteristic Training System. After nearly thirty years of development, it is impossible for colleges and universities to enlarge their scale, enlarge their majors and expand their campuses. Only by strengthening the connotation construction and improving the quality as the core task and as the lifeline, can we enter the right track of self-development and sound development. Reform the teaching mode and change the platform teaching into platform teaching. Over the years, although many colleges and universities are trying to reform the traditional teaching mode, but overall, the basic of traditional higher platform teaching style has not changed, seriously affect the students' enthusiasm and participation enthusiasm. On the one hand, we should change the platform teaching to platform teaching, shorten the distance between teachers and students, so as to improve the students' participation and learning enthusiasm, but also will improve the teaching effect. On the other hand, we should move out of the campus and move the classrooms to the society and move to the enterprises. Must make the students classroom learning content and social needs, business needs unified will be down to earth, to really learn. Combining the school development, establishing the independent characteristic training system. Due to different historical traditions, regional development, cultural background and other conditions, colleges and universities in their own development process, should be established with independent characteristics of the training system. If blindly seeking differences have lost the existence space, also lose characteristics. Maintaining its own development characteristics is also the prerequisite for the survival and development of a university. We should pay attention to the characteristics of the development, it is no longer blindly rising or perfection seeking, and should be based on reality, identify service oriented, strengthen school characteristics, to find suitable for their own path of development, to win broader space for development. With the deepening of the reform of higher education, universities' autonomy will actively support the government, teacher recruitment, appointment, performance salary management, professional setting by school in the government management system will be to change the situation, the school will be more full autonomy.

Optimize Comprehensive Evaluation Mechanism. The university must make clear the student-centered concept, training object of college is said to community colleges to launch the product to a certain extent, the quality of the product to naturally affect the school's reputation and status, will determine the future development of the school. So the college should enhance training objects -- the position of the students, not simply considered to be passive recipients of knowledge, but to focus on students as the center of gravity, all the attention, let the students become the school reform and development of the participants, let the students have full autonomy, freedom and selectivity. Einstein said, "it's more important to ask a question than to solve a problem". Therefore, it is urgent and important for students to actively study and explore learning. Of course, in improving students' subjective initiative, at the same time, the assessment of students should further optimize the comprehensive evaluation mechanism. There are still quite a part of the University, in a certain period of time or in the elite education as the goal, so as to stimulate students to pursue a higher level in the comprehensive evaluation of students mechanism, help students establish more lofty ideals, for the mining of students' thinking ability of a higher level, to provide students with the education should also be difficult, high standard, challenging. The formation mechanism of better mining development potential of the students. The root of education is bitter, but the fruit is sweet, so the students are the backbone of the country and the essence of society.

Innovate International Academic Cooperation. Colleges and universities should not run away from market demand, and should not indulge themselves in the original pattern of interests. Facing the new normal, to innovative courage and ability to promote institutional mechanisms, not only to sit down again without foundation, to market, to go abroad to face, in order to fundamentally break the shackles, the release of vitality. Schools should open schools according to market demand, carry out comprehensive cooperation with society and enterprises, correct unreasonable links in training mode in time, and ensure the scientific nature of personnel training objectives. At the same time, it can also make use of the resources of society and enterprise, combine school education with social practice effectively, ensure that students contact society as soon as possible, understand the market, and improve their ability and enrich their experience. Colleges and universities can adopt such modes as technology incubation centers, school run factories, research and development bases, scientific and technological research projects, employment practice bases, and so on, and carry out all-round service with society and enterprises. The blacksmith needs its own hardware, so as to get more support for the government and society, promote the sustainable development of the school. In the face of such a trend of globalization, universities in enhancing basic skills at the same time, it must be combined with the domestic cultivation of international exchanges and cooperation in culture, with the internationalization of competitive advantage of quality and ability as an important content of the reform of the personnel training goal, actively and boldly go out, please come in. It can be reflected in the recommendation of excellent students to exchange foreign students and other forms of outstanding universities abroad, contact advanced education concepts, access to the latest professional knowledge. Please come in and can attract excellent foreign teachers to give lectures, learning from the successful research and teaching methods, improve teaching quality in related fields, and let the students to find out the status of foreign scientific research and teaching.

Conclusion

China's economic development has entered a new stage of innovation driven development, the reform and development to a critical moment and deep water area, education responsibility is great. China's higher education development challenges and opportunities in the context of the new normal economic development in china. As long as we correctly understand the characteristics of the new normal economic development, adhere to the people-oriented, follow the law, reform and innovation, we can realize the scientific development of higher education.

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