

# The Path of Self-improvement for University Teachers

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**Abstract:** *In today's era of knowledge explosion, the importance of self-improvement for university teachers has become increasingly prominent. With the continuous updating of subject knowledge and the rapid changes in teaching methods, if teachers stagnate, they will find it difficult to adapt to the rapidly changing educational environment. Teachers who continuously improve themselves generally have higher teaching quality and scientific research capabilities than teachers who lack self-improvement awareness. Teachers should improve their teaching level and scientific research capabilities by regularly participating in academic seminars, publishing high-quality papers, and introducing innovative teaching methods, so as to improve students' classroom satisfaction. As disseminators and innovators of knowledge, university teachers should establish the concept of lifelong learning and constantly improve themselves to adapt to the needs of the development of the times.*

**Keywords:** University Teachers; Academics; Teaching; Lifelong Learning.

## 1. ACADEMIC RESEARCH AND KNOWLEDGE UPDATE

### 1.1 Tracking the latest developments in the discipline

#### 1.1.1 Subscribe to professional journals and academic websites

In the process of self-improvement of university teachers, subscribing to professional journals and academic websites is an indispensable part. These resources provide teachers with the latest developments and research results at the forefront of the discipline, helping teachers keep up with the pace of academic development.

Subscribing to professional journals and academic websites not only provides teachers with references and lessons for academic research, but also helps them build their own academic networks. By participating in the review, comments and discussions of journals, teachers can have in-depth academic exchanges with their peers and broaden their academic horizons. At the same time, these platforms also provide teachers with opportunities to showcase their research results, which helps to enhance their academic influence and visibility.

In addition, subscribing to professional journals and academic websites can also help teachers understand the trends and hot spots of discipline development. By analyzing this information, teachers can predict the future development direction of disciplines, so as to formulate clearer goals and plans for their teaching and scientific research. For example, the rapid development of artificial intelligence technology in recent years has brought revolutionary changes to many disciplines. By subscribing to relevant journals and websites, teachers can keep abreast of the application and prospects of artificial intelligence technology in their own disciplines, thus providing new ideas and methods for their teaching and scientific research.

#### 1.1.2 Attending academic conferences and seminars

In the process of self-improvement of university teachers, participating in academic conferences and seminars is a crucial activity. Such activities not only provide teachers with a platform to communicate with peers and share research results, but also an important way for teachers to follow the latest trends in disciplines and deepen their professional knowledge and skills. According to statistics, tens of thousands of academic conferences and seminars are held around the world every year, covering various disciplines, providing university teachers with rich academic resources and learning opportunities.

By attending academic conferences and seminars, teachers can have face-to-face exchanges with experts and scholars from all over the world and learn about the latest research results and academic trends. In addition, attending academic conferences and seminars also helps teachers establish academic connections and cooperation networks. During the conference, teachers can meet peers from different schools and institutions, discuss academic

issues together, and seek cooperation opportunities. This cross-school and cross-national cooperation can not only promote the in-depth development of academic research, but also provide teachers with more career development opportunities.

## **1.2 Deepen professional knowledge and skills**

### **1.2.1 Participation in scientific research projects and subjects**

On the road to self-improvement for university teachers, participating in scientific research projects and topics is an important way to deepen professional knowledge and skills. By participating in scientific research projects, teachers can not only keep up with the forefront of the discipline, but also constantly test and expand their theoretical knowledge in practice.

Participating in research projects is also of great significance to teachers' self-improvement. Projects usually revolve around a specific problem and require teachers to conduct in-depth literature research, data analysis and experimental verification. In this process, teachers can not only exercise their research ability, but also cultivate innovative thinking to solve problems. By participating in research projects, teachers can continuously accumulate experience and knowledge in practice and form their own academic views and styles.

In addition, participating in scientific research projects and topics can also help teachers establish extensive academic connections and cooperation networks. In scientific research projects, teachers usually need to cooperate with experts in different fields to solve complex problems together. This interdisciplinary exchange and cooperation can not only broaden teachers' academic horizons, but also promote integration and innovation between different disciplines. At the same time, by participating in international scientific research projects and topics, teachers can also expand their international perspectives, improve their cross-cultural communication skills, and lay a solid foundation for future academic development.

### **1.2.2 Publish high-quality academic papers**

Publishing high-quality academic papers is one of the key links for university teachers to improve themselves. It not only reflects the academic level and research ability of teachers, but also is an important driving force for the development of disciplines. In order to publish high-quality academic papers, teachers need to have profound professional knowledge, keen academic insight and rigorous scientific research attitude.

First, teachers need to keep track of the latest developments in the discipline and learn about the latest research results and academic trends by subscribing to professional journals, academic websites, and participating in academic conferences. This helps teachers grasp the research direction and discover valuable research questions. At the same time, teachers also need to actively participate in scientific research projects and topics, exercise their research capabilities through practice, and accumulate rich scientific research experience.

When writing academic papers, teachers should focus on the academic value and innovation of the papers. They can enrich the content of the papers and enhance the academic value of the papers by introducing new research perspectives, proposing new theoretical frameworks, or adopting new research methods. In addition, teachers should also pay attention to the rigor and standardization of the papers, follow academic norms and ethical standards, and ensure the academic quality and credibility of the papers.

In order to improve the success rate of paper publication, teachers can adopt a variety of strategies. For example, they can choose to publish papers in authoritative journals, which usually have high academic reputation and influence and can attract more readers and citations. In addition, teachers can actively communicate with peers, participate in academic conferences and seminars, and showcase their research results to expand their academic influence.

## **2. IMPROVEMENT OF TEACHING METHODS AND SKILLS**

### **2.1 Explore innovative teaching methods**

#### **2.1.1 Introducing information-based teaching methods**

In today's digital age, the introduction of information-based teaching methods has become an indispensable part of university teachers' self-improvement. Information-based teaching can not only effectively improve classroom interactivity and teaching effectiveness, but also help students better understand and master knowledge. For example, by introducing online teaching platforms, teachers can use multimedia resources such as videos, audios, and animations to visualize abstract theoretical knowledge, making it easier for students to accept and understand. At the same time, information-based teaching can also achieve remote teaching and online interaction, breaking through the limitations of time and space, and providing students with a more flexible and convenient way of learning.

According to a study, the average scores of students in classes that use information-based teaching methods are generally higher than those in traditional teaching methods. This is mainly due to the fact that information-based teaching can stimulate students' interest and enthusiasm in learning and improve their learning efficiency and effectiveness. In addition, information-based teaching can also help teachers better track students' learning progress and results, adjust teaching strategies in a timely manner, and achieve personalized teaching.

In practical applications, many university teachers have successfully integrated information-based teaching methods into classroom teaching. Using the interactive functions provided by the platform, they can communicate and discuss with students in real time and answer students' questions and confusions in a timely manner. This teaching method not only improves students' learning interest and enthusiasm, but also makes the classroom atmosphere more active and lively.

#### **2.1.2 Trying new teaching models such as flipped classroom**

In the process of improving teaching methods and skills, trying new teaching models such as flipped classrooms has become an important way for university teachers to improve themselves. The flipped classroom model reverses the teaching order of traditional classrooms, allowing students to learn independently by watching videos, reading materials, etc. before class, while class time is used for in-depth discussions, problem solving and practical activities. This teaching model not only improves students' initiative and participation, but also promotes the transformation of teachers' roles, making teachers the guides and promoters of students' learning. Through independent learning before class, students have a deeper understanding of the course content, and can participate in discussions more actively in class and raise their own views and questions. At the same time, teachers can also understand students' learning situation and needs in a timely manner through classroom interaction, so as to adjust teaching strategies and improve teaching effectiveness.

The successful implementation of the flipped classroom model is inseparable from the careful design and preparation of teachers. Teachers need to record high-quality teaching videos in advance, design targeted pre-class learning tasks, and prepare rich classroom discussion materials and practical activities. In addition, teachers also need to have high classroom management skills, be able to guide students to actively participate in discussions, and maintain classroom order and atmosphere. Through continuous attempts and practice, teachers can gradually master the essence of new teaching models such as flipped classrooms, and improve teaching effectiveness and their own teaching abilities.

### **2.2 Improving classroom interaction and teaching effectiveness**

#### **2.2.1 Design interesting classroom activities and cases**

When designing interesting classroom activities, university teachers need to fully consider students' interests and needs, and combine theoretical knowledge with practical applications to stimulate students' interest and enthusiasm in learning. In addition, teachers can also introduce some interesting cases to enrich teaching content. For example, when analyzing consumer behavior, Apple's mobile phone products can be cited as cases. By analyzing the product characteristics, market positioning, marketing strategies, etc. of mobile phones, students can be guided to think about what factors affect consumers in the purchase decision-making process, and how

companies can meet consumer needs through innovation. Such cases are not only representative, but also can stimulate students' interest in learning and improve teaching effectiveness.

In addition to traditional case analysis, teachers can also use modern teaching methods, such as virtual reality technology, to design more interactive and interesting classroom activities. For example, when teaching geography courses, teachers can use virtual reality technology to simulate the natural environment of different regions, allowing students to experience geographical phenomena in person. Through personal experience and interactive operations, students can understand geographical knowledge more intuitively and improve learning effects.

### **3. LIFELONG LEARNING AND SELF-REFLECTION**

#### **3.1 Establish the concept of lifelong learning**

##### **3.1.1 Continuously learn new knowledge and skills**

In the process of self-improvement of university teachers, constantly learning new knowledge and new skills is a crucial part. With the continuous advancement of science and technology and the rapid development of the academic field, university teachers need to keep up with the times and constantly update their knowledge system. For example, the rapid development of artificial intelligence technology in recent years has brought revolutionary changes to the field of education. In order to meet this challenge, many university teachers actively study artificial intelligence-related courses, such as machine learning, deep learning, etc., in order to integrate new technologies into teaching and improve teaching effectiveness.

In addition, university teachers can also use online learning platforms to broaden their learning channels. These platforms provide rich course resources, covering new knowledge and new skills in various disciplines. By participating in these courses, university teachers can systematically learn new knowledge and improve their professional quality. In addition to learning new knowledge, university teachers also need to pay attention to education policies and development trends.

##### **3.1.2 Pay attention to education policies and development trends**

Under the guidance of education policies and development trends, the path of self-improvement for university teachers is particularly important. In recent years, with the continuous deepening of education reform, the requirements of education policies for teachers are also constantly increasing. In this context, university teachers need to pay close attention to education policies and understand the latest education concepts and teaching methods to adapt to the needs of education reform.

Taking information-based teaching as an example, with the rapid development of information technology, more and more education policies encourage teachers to use information-based teaching methods for innovation. For example, a certain university has introduced an intelligent teaching platform to achieve online and offline hybrid teaching, effectively improving student participation and learning outcomes. This successful case shows that paying attention to education policies and development trends and actively introducing new technologies and methods are of great significance to improving teaching quality.

In addition, education policies also emphasize the importance of interdisciplinary cooperation and communication. In the current era of knowledge explosion, the knowledge of a single discipline can no longer meet the needs of solving complex problems. Therefore, interdisciplinary cooperation and communication has become a trend. University teachers can expand their research fields and horizons and improve their problem-solving capabilities by participating in interdisciplinary research projects and forming interdisciplinary research teams. This not only helps to improve the academic level of teachers, but also helps to cultivate students' comprehensive quality and innovation ability.

In short, paying attention to education policies and development trends is an important way for university teachers to improve themselves. By understanding the latest educational concepts and teaching methods, actively introducing new technologies and methods, and strengthening interdisciplinary cooperation and exchanges, university teachers can continuously improve their educational and teaching abilities and make greater contributions to the cultivation of high-quality talents.

### 3.2 Regularly conduct self-reflection and summary

#### 3.2.1 Analyze the advantages and disadvantages in the teaching process

When analyzing the strengths and weaknesses of the teaching process, university teachers need to use critical thinking and conduct in-depth analysis based on student feedback and their own teaching experience. When analyzing the strengths and weaknesses of the teaching process, university teachers should always maintain an open mind and enterprising spirit, and constantly seek opportunities for improvement and innovation. Through in-depth analysis, summarizing lessons learned, and formulating improvement measures, teachers can continuously improve their teaching level and professional quality, and contribute more to the growth and development of students.

#### 3.2.2 Develop improvement plans and goals

When formulating improvement plans and goals for university teachers' self-improvement, we need to combine specific practical experience and data analysis to ensure the feasibility and effectiveness of the plan. First, by regularly collecting and analyzing student feedback data, we can understand the effects of teaching methods and classroom interactions, and thus formulate targeted improvement plans. For example, if the data shows that students show a high interest in the flipped classroom model, we can further explore and optimize this teaching model to improve teaching effectiveness.

Secondly, we can learn from successful teaching cases and advanced teaching theories to enrich our teaching methods and techniques. We can also refer to the teaching experience of other excellent teachers, such as by observing their classes and reading their teaching papers, to broaden our teaching horizons.

When setting goals, we need to combine our personal actual situation and career development plan to set specific and measurable goals. For example, we can set a goal of publishing two high-quality academic papers in the next year, or participating in a national scientific research project. These goals not only help us clarify the direction of self-improvement, but also motivate us to keep working hard to maximize our personal value.

In addition, we also need to pay attention to education policies and development trends, and adjust our improvement plans and goals in a timely manner. For example, with the continuous development of information technology, we can take information-based teaching methods as one of the important directions of the improvement plan, and actively explore and practice new teaching models such as online teaching and hybrid teaching. At the same time, we also need to pay attention to the trend of interdisciplinary cooperation and international exchanges, expand our research fields and horizons, and improve our comprehensive quality and competitiveness.

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