

A Preliminary Study on Helping and Managing Underachievers

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Abstract: With the increase of the higher education enrollment and the high educational-quality requirements in china, the quality of the undergraduate is reducing, which led to a growing proportion of college underachievers. A high proportion of underachievers has brought new difficulties and challenges to the quality and the order of our teaching. Hence, colleges should regard the transformation of underachiever as an important task, and take effective actions to improve the quality of teaching, and enhance the sense of achievement of teachers and students to promote the first-class universities' building and first-rate disciplines' construction in china [1].

Keywords: Underachiever; Causal analysis; Strategy; Assistance

1. Introduction

Underachievers are a special group in college and we define them as students whose GPA is less than 2.0 or fail in three or more subjects in this paper. Usually, without targeted help, they will be trapped in a vicious circle—"underachiever → repeater → dropout", which leads to lower quality of higher education. Therefore, the transformation of underachievers is directly related to the quality of talent cultivation, the construction of admirable learning atmosphere and the college's safety and stability. We must attach great importance to underachievers, and help improve the current situation to reduce the number of underachievers as many as we can. Only in this way can we foster more and more qualified builders and successors of our country.

This article focuses on the root reason, the representation and the solution of transforming underachievers to explore the cause and categories of underachievers as well as their manifestation. Then the transformation methods are discussed, hoping to provide some theoretical foundation for the transformation of underachievers and the improvement of college teaching quality.

2. Root Reason Analysis

2.1. Lacking goal and motivation to learn

Many high school students regard being admitting to a university as their goal so they turn lost as soon as they become an undergraduate. What's more, the university is quite different from senior high school both in campus life and study. Some students were not accustomed to the way of learning and living in universities, which fail their expectation. Besides, they cannot find new goals and the exact self-position for a moment. Therefore, these stu-

dents tend to have a self-negation which leads to the loss both in life and learning and they gradually become diffident about themselves[3].

2.2. Poor knowledge base and weak ambition

The high school teaching, even high school subjects, vary in different districts in china. So some students are relatively weak when they start their learning in university. Besides, It's hard for teachers to conduct individualized and layered teaching. Therefore it's hard for these students to keep pace with their teachers and classmates in class. On the one hand, they are bad in understanding the old knowledge and cannot get the new one. On the other, they lose their confidence and become afraid of learning, even dislike learning.

2.3. Losing self-control and drifting in the current

Self-management and self-control are necessary for college studying and college campus life. Faced with the complicated world and lack of self-control, some students get lost and forget their original goal. They are trapped in the virtual internet world and unable to concentrate on their studies, failing to complete their study tasks in time. Gradually, they are tend to fall behind and lose their confidence in learning.

2.4. Bound up in community activities and imbalanced in life

College Students' Association is the organization carrier and development platform for college students to practice self-education, self-management and self-service. However, some students put too much time and energy on community organization and take community work as the ultimate goal of their university, hoping to realize their

"life value" through these activities. This results in order reversing, even studies abandoning.

2.5. Resistance to major and self-abandonment.

After entering university, many students are not satisfied with their major. They resist to learn professional courses and gradually lose their learning motivation. They do not concentrate at class and are lazy as well as self-abandoned after class, which gradually make them fall behind. In addition, they are lack of motivation and perseverance. Therefore many students become underachievers at lost.

3. Representation of Underachievers with Different Classification

According to the cognition content and effort degree that underachievers possess, we divide them into three groups: enterprising, indulging and losing.

The enterprising underachievers study hard and have a good sense and attitude of learning. However, they are relatively weak in knowledge base, so it is harder for them to master and understand new knowledge. What's more, they have an improper way to study, which leads to ineffective learning and a bad learning outcome, especially when faced with long-span and high capacity teaching. Therefore, these kinds of students are under great pressure and frustration. We should pay more attention to such students.

The indulging underachievers, their learning time in high school is under heavy pressure and high strength. Compared with high school, the college learning environment is relatively free and easy, so many students take playing as the most important task and overindulge themselves during the first term which we usually call "transitional period" in university. The idea that college life means totally free and you can do whatever you want root in their mind, which directly results in their ignoring proper occupation and their bad performance in study.

The losing underachievers' ultimate goal is to be admitted to college. Therefore, once being admitted, they are lack of life planning and profound understanding of themselves. Addicted to internet novel and online game, they have no goal for life, no motivation for study and little communication with others. So they have irregular work and rest and totally losing themselves. They show a sub-health state physically and mentally.

4. Methods of the Transformation

4.1. Comprehensively mastering the information and getting record

Comprehensively mastering the information of underachievers is vital to the transformation. A lot information such as learning performance, interest, family, growing background and so on, can be got , through face-to-face

talk or telephone communication with their parents. And we also can learn their life condition, interpersonal relationship, learning habit and classroom discipline from their classmates and teachers. Based on the comprehensive information of underachievers, we can specifically analyze the root reason and then build the record.

The student service is unfixed so that college counselor may vary during four years. If a underachiever fail to the next grade, he or she will have new classmates and teachers, but the same dilemma. In order to make the transformation successive, the record-building work should start from the very beginning. Only in this way, can the new teachers and classmates the underachievers' situation and take effective action to help them, guaranteeing the transformation work.

4.2. Planning elaborate helping

It is necessary to establish a sound record of the underachievers and to comprehensively grasp the reason through teaching and managing. A helping team should be built to manage the whole education and transformation work of the underachievers. In the team, the job and the responsibility should be clear for every member. Also, in order to have an immediate adjustment of the helping work, we need to sum up the experience and improve the record, so there should be regular meeting to discuss the feedback and the summary of the transformation work.

For different underachievers, there should be different methods to transform. In other words, we should shoot the arrow at the target. For the enterprising underachievers, we should guide them to master scientific method to study effectively and to develop a good learning habit, which can increase their learning efficiency. We should conduct one-to-one helping project, which made one elite student to help one underachiever, in this way, can accurate help be realized and nice class atmosphere be created.[4] For the indulging underachievers and the losing underachievers, we should emphasize on guiding them to have a correct goal and sparking their motivation. Also we need to guide them to correctly recognize the college life and develop a good learning habit in order to lay a sound foundation to the transformation.

4.3. Setting examples and goals

"The true measure of your success is the number of students you save from hardship" said by British psychologist Percy Booker. Therefore, we should strengthen the help and the transformation of underachievers while doing well in daily ideological and political education as well as in serving the students[5]. Making use of typical demonstration as the carrier, especially outstanding student representatives and successful transformation cases, we can encourage them to look up to the role models around them and help them regain confidence. In the helping process, the internal potential should be stimu-

lated, a correct view of learning and life should be set up, good psychological quality and self-discipline should be developed, a lofty goal should be got.

4.4. Working together to Create excellent classes

Underachievers often lack of self-control, motivation and strong sense of rules and are pron to wait, rely and ask while learning. Therefore, it is necessary to strengthen students management, daily classroom management and teaching management, besides we should combine managing and teaching so that teaching and managing can promote each other.[6] universities must strengthen the classroom management, pay special attention to the classroom discipline and the class attendance work. Taking the class as the foundation and the classroom as the main body, aiming at class attendance rate and classroom concentration, through various method such as self-inspection, mutual-inspection, teacher-inspection, college spot check and so on, attendance rate and class quality can be guaranteed. At the same time, the truancy phenomenon of underachievers, which caused by weary of studying, can be reduced or eliminated. Meanwhile it is a must to further study the the causes and rules of the underachievers in the new era with new background and accurately judge the new problems of teaching and educating. So this urge us to constantly promote the reform of teaching methods and improve the quality of teaching, and strive to create an excellent classroom where teachers love to speak and students love to learn. What's more, in order to achieve our transformation goal, it is necessary to attract students' attention, stimulate students' interest in learning, improve students' lack of independent learning and self-restraint and other adverse phenomena

4.5. Building helping network to achieve deep transformation

Transformation is not a day's work but a systematic project. There are various factors to make underachievers, which requires us to base on person to help them get out of the trouble. We need multiparty collaboration to integrate various forces to construct class-school-family helping network. Teachers, parents and student cadres should help and care for the underachievers both in study and life. A communication channel should be established through QQ group and We Chat to regularly learn the timely condition of the underachievers so that we can analyze and predict the possible difficulty that underachievers may meet and provide effective solution in time for them.

With the view of family education, we should guide parents to care for underachievers and have more heart-to-heart communication to show their continuous care. Let the parents encourage them to combine their own inter-

ests and hobbies to make an appropriate career planning, to clear their own learning objectives, and to stimulate their own internal motivation. Meanwhile, the college counselor should constantly contact with parent to exchange and collect information so that we can understand students' ideological trends and make sure that the underachievers continuously improve themselves and achieve the goals under the care of teachers and parents. Only with the joint efforts of students, teachers and parents, it is possible to do a good job in the education and transformation of underachievers.

5. Conclusion

In a word, colleges and universities should take the transformation work as an important part of learning-atmosphere construction and virtue cultivation. We are supposed to strengthen the construction of classes and teachers, to promote the learning atmosphere with class spirit and to improve the quality of the students with teaching quality to reduce the number of underachievers. The administrators and educators should not abandon and give up underachievers. On the contrary, they should adhere to the principles of educating people by virtue to cultivate 'our country's flowers' with their love, patience and perseverance. As educators, we need to constantly improve our work skills and creatively carry out teaching work to help underachievers back to the right position, try our best to turn them to socialist builders and successors with ideals, ethics, culture and discipline.

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