

# Online Teaching Practice and Reflection Based on the Perspective of Learners

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**ABSTRACT.** Adverse effects of COVID-19, in order to protect the health of the teachers and students, the offline teaching method in the education industry has been transformed into online teaching. To some extent, educators and learners have been forced to adapt to the innovation of educational concepts in the era of "Internet plus", and adapt the teaching skills and learning methods to a certain extent. As an educator, we need to observe and experience carefully. Through the experience of personal practice, we need to clarify the perspective of learners as the main body, discuss the concept definition and development process of online teaching. On this basis, we need to deeply analyze the advantages and disadvantages of traditional teaching methods and online teaching, and then from the perspective of teachers, teaching platforms and learners, we propose to improve and enhance online teaching. Finally, it points out that the hybrid teaching, which is the integration of traditional teaching methods and online teaching, will become an important trend of school teaching reform in the future.

**KEYWORDS:** online teaching, learners, learning experience, reflection

## 1. Introduction

Since this year, affected by the COVID-19 at home and abroad, many industries have been affected to varying degrees. Among them, in order to better protect the health and safety of teachers and students, the education industry responds to the call of the Ministry of education to "close classes and never stop learning". Schools at all levels organize teachers to carry out online teaching at home in an orderly manner. Relying on online teaching platforms such as Learning communication, Rain class and Tencent conference, it greatly facilitates teachers and students to carry out online teaching, resource sharing, discussion and interaction and other teaching activities. Through the in-depth participation and personal experience of online teaching in this semester, the author deeply realizes that online teaching can effectively overcome the limitations of time and space, and make up for the traditional teacher led knowledge teaching method in classroom teaching. Especially

in recent years, with the upgrading and application of information technology and the popularization and development of mobile Internet technology, new technologies and education methods are constantly integrated and innovated, accelerating the reform of traditional classroom teaching. To realize the mixed teaching mode of online teaching and offline teaching complementary advantages, we can explore the effective path which is not only helpful for teachers to optimize the teaching design, but also beneficial for students to participate in the teaching process as the main body of learning and stimulate the initiative and enthusiasm of learning.

## **2. Definition and development of online teaching**

With the emergence and development of Internet technology, it has brought unprecedented dramatic changes to human society, changing people's production mode and living habits. The powerful driving power of Internet technology has brought opportunities and challenges to all traditional industries. To adapt and integrate well will lead to new business forms and development, otherwise, it will be eliminated by competition. The influence of Internet technology on education mode is also profound. We can see that large-scale online open courses are developing rapidly, changing and influencing people's learning methods, which also means that people have more personalized and diversified education options.

### ***2.1 Definition of online teaching***

Our exploration and thinking of online teaching should first be based on clarifying the concept of online teaching. Some researchers have put forward different ideas about online teaching. For example, online teaching refers to the network teaching mode with the development of computer Internet technology. It is a new teaching method that teachers and students teach and learn online in a virtual classroom by establishing a teaching platform on the Internet and other networks [1]. This paper holds that online teaching refers to the virtual space teaching mode based on the progress and development of information technology, with the help of functional composite teaching resource platform, and based on learning objectives, which is carried out between teachers and learners to impart knowledge, discuss thinking and emotional interaction.

### ***2.2 Analysis of the development of online teaching***

#### **(1) The initial stage of online teaching**

The emergence and development of online teaching should first have the corresponding network technology conditions and hardware equipment. Since the mid-1980s, the combination of Internet technology and education, as well as the emergence of microcomputers, make American universities use computers as an auxiliary hand to develop education courseware and the application of teaching auxiliary system. And on this basis, many American universities began the open

courseware movement, and online learning resources have been greatly enriched and developed. In 1994, our country connected the national computer and network facilities to the Internet, and then many colleges and universities connected to the Internet through CERNET [1], realizing the combination of education field and Internet technology in our country. Since then, different schools have invested in designing various kinds of network teaching resources, such as electronic library, digital courses, multimedia courseware, etc, which can be regarded as the initial stage of online teaching.

#### (2) The growth and development stage of online teaching

At the beginning of the 21st century, many foreign universities developed and constructed more and more comprehensive network teaching platform for the convenience of teachers' management of network courses. At the same time, the university education of our country also further strengthens the reference to the foreign experience, or tries to design the network teaching platform which conforms to its own teaching reality, and promotes the rapid development of the network teaching. From paying attention to the construction of electronic resources of teaching courses in the past to paying attention to the teaching platform of network courses. Some educational software enterprises pay attention to the development of online teaching platform, which not only strengthens the integration of online teaching resources, but also makes the developed learning management system easier to control the learning process. China's education authorities actively promote the construction of national quality courses, and promote the investment and development of online education in various schools.

#### (3) Speed up and efficiency increase stage of online teaching

Since 2012, the world's top universities such as Stanford, Harvard, MIT and so on have set off a trend of MOOC Education [2]. MOOC is called a large-scale open online course, which has a large number of high-quality open resources, significantly enhanced interaction, and learners can independently arrange their learning schedule. China's education sector has been affected by it. After 2013, China's colleges and universities have not only actively used foreign advanced MOOC platforms, but also related enterprises have begun to develop and build MOOC platforms that meet domestic needs, such as "school online", "love course net", etc. In 2014, "love course net" and Netease jointly built the most influential online open course learning platform in China, "MOOC of China University" [3]. These internal and external factors jointly promote the boom of MOOC in the field of education in China, and on this basis promote online education into the "post MOOC era", SPOC (small-scale restrictive online course) emerged [4], which is a new online course learning method, integrating the advantages of classroom teaching and online learning. It actively promotes the transformation of curriculum teaching mode in China, and realizes the dissemination and sharing of high-quality education resources.

### **3. An analysis of the advantages and disadvantages of online teaching from the perspective of learners**

Based on the definition of online teaching and the summary of its development process, this paper needs to further explore the advantages and disadvantages of online teaching. Therefore, through the comparative analysis with the traditional teaching methods, it is more helpful to deepen the understanding of online teaching.

#### ***3.1 Analysis of advantages and disadvantages of traditional teaching methods***

Since the rise and development of education, the traditional teaching method can be said to be indispensable, playing the basic function of preaching, teaching and solving puzzles between teachers and students. The traditional teaching method mainly focuses on teachers, guides and helps students to learn and grow, communicate social rules and cultivate interpersonal skills.

The advantages of traditional teaching methods lie in: According to the teaching plan, teaching materials and auxiliary materials, the teachers can make a good plan in advance and make appropriate adjustment according to the actual situation in the teaching process; The teachers have a leading position in the classroom teaching, and orderly promote the teaching according to the teaching plan, which is helpful to the realization of the teaching goal; The teachers are good at learning, the effective supervision of students' classroom learning process, as well as the assessment of normal, mid-term and final period of the course, are conducive to urging students to discover the deficiencies in the course learning in time, especially for students with poor learning consciousness, which can better play the role of supervision, management and criticism education.

Disadvantages of traditional teaching methods: Teachers may neglect students' concerns and interests in the leading promotion of teaching activities, and many students are difficult to really achieve the transformation from "need to learn" to "I want to learn"; Traditional teaching methods are limited to the boundaries of time and space, and teacher-student interaction mainly focuses on the links of pre class, recess and question answering, while other time periods, the interaction between teachers and students is limited; For teachers who have been teaching a certain course for many years, if the content of each round of teaching is not updated in time and new teaching skills and methods are mastered, the teaching content will be old and cannot keep pace with the times, so it is difficult to mobilize the enthusiasm and initiative of learners in the teaching process.

#### ***3.2 Analysis of advantages and disadvantages of online teaching***

Based on the practical experience of online teaching platforms such as Learning software, Tencent conference, etc. in this semester, combined with the thinking and analysis of many years of teaching, the author discusses the advantages and disadvantages of online teaching by means of online teaching platform and 30

learners who actually participate in online courses. Therefore, it can be more clear how to objectively view the role of online teaching in professional learning from the perspective of learners, and then put forward to conduct in-depth analysis of online teaching from the perspective of learners on the basis of educators' own cognition.

Through the discussion and analysis of online teaching between myself and learners, the representative views of learners on the advantages and disadvantages of online teaching are listed as follows:

Lu classmate believes that the advantages of online teaching are: First, the flexibility of learning progress, students can watch repeatedly for places they can't and can't keep up with until they understand and master; Second, the richness of learning resources, students can collect more information through the Internet, teachers can also present knowledge to students in a more diverse form through the Internet. The disadvantages are: First, the supervision is weak, students do not listen carefully, truancy, default homework and other phenomena will increase relatively; Second, there are difficulties in Group in-depth discussion, and the actual interaction frequency is reduced.

Wu pointed out the advantages of online teaching: Online teaching is not only convenient and flexible, but also students can exchange and interact with teachers on the online teaching platform; Through interaction, teachers can accept teachers' questions and answers, improve learning motivation, teachers can also understand students' current learning situation, encourage students' learning momentum; Establish an effective communication ring in online teaching activities environment, so that the distribution of teachers and students in different regions to facilitate communication, so as to effectively improve the efficiency of teaching activities.

Disadvantages of online teaching: Students hold mobile phones and computers in class all day long, which is too harmful to their eyes; Students' thinking in online learning is easily interrupted, because some students' cognitive level is limited, and they are easily influenced by the outside world, so they can not achieve good learning effect; Lack of face-to-face practical operation skills, the form of online learning tends to be self-centered, which is deficient in interpersonal communication.

Zhu pointed out the advantages of online teaching: Students are more active in participation, not face-to-face communication reduces embarrassment, and everyone can speak freely and express their views; For the recorded and broadcast courses, the course content has playback. The content that is not understood in the course can be viewed again to deepen self understanding. Deficiency: Greatly affected by network signal, in the course of teaching, if the network signal of teachers or students is not good, the implementation effect of the course will be affected; The self-discipline of students is required to be high, learners need to pay attention and listen carefully in class. Once you relax yourself, the learning effect of the course is not good.

Based on the discussion and interaction between teachers and students, this paper summarizes the advantages and disadvantages of online teaching.

(1) Analysis of the advantages of online teaching

First, online teaching breaks through the limitation of time and space, and improves the convenience and learning efficiency. Compared with traditional teaching methods limited to fixed areas, institutions and learning periods, online teaching relies on the continuous upgrading of information technology and communication technology, which greatly breaks through the limitations of teaching time and space. Learners only need to cooperate with teachers' curriculum arrangement and schedule to complete learning content, which to a certain extent strengthens the initiative and enthusiasm of learners' independent learning. It reduces the commuting time of previous study, and makes learners save more time and energy for study. At present, the management system of online learning platform can facilitate learners to check their own learning progress, and also facilitate teachers to carry out management statistics of learning process.

Second, online teaching can effectively reduce the cost of input and the strength of teachers' energy and physical strength. With the popularization and development of personal computer, smart phone and network technology in recent years, online teaching has become an effective way of learning which is accessible to teachers and learners with low cost. In this respect, compared with the hardware facilities and software resources invested in school education at all levels, online teaching has the advantage of high input-output ratio, can become a better auxiliary teaching means for schools at all levels, and has broad development space. At the same time, many offline education and training institutions will take the research and development of online education and training system as the future investment direction in order to better cope with the internal and external business crisis. For teachers with heavy curriculum tasks and many classes, online teaching can reduce the intensity of energy and physical input, and alleviate some symptoms of occupational diseases.

Third, online teaching can promote the communication of teaching skills and improve the unbalanced distribution of educational resources. In recent years, the emergence of a large number of online teaching platforms has greatly promoted the progress of educational means and teaching technology, although there are many problems. It not only provides learners with more learning resources and independent choices, but also provides educators with the opportunity to exchange learning with peers at home and abroad, which helps to better tap their own obvious advantages and improve the teaching skills. The development of online teaching is one of the effective means to help learners in some backward areas share excellent teachers and educational resources, which helps to improve the uneven distribution of educational resources among different regions.

Fourthly, online teaching is conducive to the realization of flipped classroom and the establishment of learners' main position. Traditional teaching methods have been trying to change, from teachers as the main body to learners as the main body, but many attempts have been made, but the effect is not satisfactory. In the process of online teaching, teachers can make clear how to motivate learners' initiative and enthusiasm in different teaching stages before, during and after class, strengthen learners' own sense of ownership, and strengthen the assessment of different learning

stages, such as course preview, listening, thinking and discussion. Through the supervision and management of teachers, learners actively participate in and make efforts to change into the flipped classroom teaching mode. Learners know that the significance of learning lies in the realization of their own better growth and development of subjective thinking. Finally, teachers and learners should learn from each other and make progress together.

## (2) Analysis of the disadvantages of online teaching

First, the quality level of online teaching is limited by the satisfaction of hardware and network conditions. Teachers and students need to debug the computer, mobile phone and other hardware equipment to ensure the smooth network conditions, and the stability of the power supply is also a necessary condition. In the early days of online teaching in schools at all levels, due to a large number of teachers and students pouring into online teaching platform at the same time, the requirements of server and network conditions are improved, many teaching platforms often have problems such as unable to enter, stuck delay, etc. Then, the online teaching platform combined with its own practical problems, many times to expand and upgrade the server, to better alleviate the above problems. Therefore, the quality of online teaching is closely related to the hardware and network conditions of all parties.

Second, the self-discipline of learners is very important, and the function of teachers' supervision is limited. Whether online teaching is live or recorded, learners can see teachers or shared learning resources, but teachers are difficult to effectively supervise students' actual attendance. Teachers can't guide and educate learners in time through careful observation for problems such as learners' untimely attendance, or inattention and easy distraction. Therefore, through the development of online teaching activities, it can be found that those learners who are active and timely in learning, have thinking and feedback in class, and are ready to discuss seriously and actively are all students with strong self-discipline in the past study. However, for some learners with poor self-discipline, teachers must strengthen their communication and guidance, and strengthen the cultivation of their learning self-discipline, otherwise, the online learning efficiency of these students will be very low.

Third, online teaching weakens the emotional communication between teachers and students, pays attention to "oral communication" and neglects "education". In traditional classroom learning, teachers and students can carry out effective emotional communication. The influence of teachers on learners lies not only in their knowledge, but also in their speech, temperament and attitude towards others. Through face-to-face display of behavior, attitude and emotion, teachers will influence students imperceptibly. Teachers with excellent knowledge and moral character can inspire learners and become an example for them to learn. However, as far as online teaching is concerned, learners' main gains lie in learning knowledge and expanding their horizons. There is still a certain gap between teachers and students to strengthen emotional communication, reduce the sense of distance, and help teachers better achieve the goal of teaching and education.

#### **4. The improvement and promotion of online teaching based on the perspective of learners**

Through the objective analysis of the advantages and disadvantages of online teaching, it should be more clear that the quality improvement of online teaching needs the joint efforts of many parties. This paper attempts to improve and optimize online teaching from different perspectives of teachers, teaching platforms and learners.

##### ***4.1 Suggestions for improvement and promotion from the perspective of teachers***

First of all, teachers should fundamentally change their teaching concepts. Relying on traditional teaching can not meet the needs of modern learning. They should actively update the teaching system and master the latest teaching technology. It is full of challenges and opportunities for teachers.

Secondly, before teaching, teachers should be familiar with the operation mode of the online teaching platform in advance. The making of teaching courseware needs to be focused, intuitive and vivid, which can better attract the attention of learners. Teachers can't just explain by themselves. The time of online teaching needs to be controlled. Teachers must carefully design teaching links, and the ways of learning interaction between teachers and students should be diversified to effectively stimulate the enthusiasm and participation of learners.

Thirdly, with the help of the management and statistics function of online teaching platform, teachers can evaluate the learning process of learners. Teachers can set up different stages of teaching so that learners can strengthen pre class preview, thinking and discussion, summary and testing. And according to the backstage data feedback, timely understand the learning progress and mastery of learners, better adjust the teaching plan according to the actual situation.

##### ***4.2 Suggestions for improvement and promotion of teaching platform***

First of all, the online teaching platform can be favored and praised by teachers and students, and should be able to better meet the needs of users. At present, many online teaching platforms still need to be further adjusted and improved, so that teachers and students with different learning abilities can easily master and effectively apply.

Secondly, the online teaching platform should constantly improve the functions of the platform, provide the basic functions that are easy to use and applicable for ordinary users, and provide personalized and customized upgrade functions for advanced users. Improve the hardware facilities and software services of the platform, and try to avoid the problems of being unable to connect and stuck when teachers and students use it intensively.

Thirdly, optimize and perfect the learning management system and process



evaluation system, strengthen the supervision and feedback for learners, and help teachers manage the course teaching process efficiently and orderly. Strengthen the convenience and real-time interaction between teachers and students, and provide teachers with technical support for diversified display of teaching materials.

#### ***4.3 Suggestions for improvement and promotion of learners themselves***

First of all, learners should try to cultivate good learning habits, preview the relevant content before class, mark the content that they don't understand, and make clear the key and difficult points when they listen to the class. In the course of learning, teachers should keep up with the teaching rhythm, think seriously and actively, participate in the discussion of classroom problems, and discover their own weak links in time.

Secondly, review and consolidate the learning content in time after the course learning, actively complete the homework on time, and timely communicate with teachers and students about the doubts existing in the course. Make and improve the learning plan, summarize the periodic online learning, and further improve the learning efficiency.

Thirdly, through the actual participation of online teaching, learners will evaluate their ability and concentration of autonomous learning. The smooth and effective development of online teaching depends not only on Teachers' professional level and teaching skills, but also on learners' autonomous learning ability and self-control to resist external interference. Learners need to improve their self-learning ability and strengthen the exercise of self-control.

### **5. The trend of the integration of teaching methods**

Through the comparison of online teaching and traditional teaching methods, this civilization has confirmed the advantages and disadvantages of online teaching, and based on the different perspectives of teachers, teaching platform and learners, put forward some suggestions to improve and optimize online teaching. In terms of the future development trend of teaching methods, both traditional teaching methods and online teaching have their own advantages, and there are also problems that can not be ignored. Therefore, the two must evolve a hybrid teaching mode of mutual connection, compatibility and coexistence. For the consideration and discussion of hybrid teaching, some scholars have made relevant research, which has certain reference value and significance.

For example, researchers believe that hybrid teaching, as an important research direction of the current college classroom teaching reform, integrates the advantages of traditional teaching and network teaching. There are many advantages, but the development practice of hybrid teaching still faces some practical problems [5]. Some scholars also pointed out that blended teaching is an important trend in the development of higher education at home and abroad. Domestic university teachers have carried out in different degrees, but most of them are still in the promotion of

blended teaching, and the essence of traditional teaching mode has not changed [6]. In addition, scholars have made clear the theoretical basis of Hybrid Teaching and explained the teaching design of hybrid classroom. On this basis, a hybrid teaching quality evaluation system is established [7-8]. Through the design of the hybrid teaching mode of online courses, the application effect is reflected [9]. The basic characteristics of Internet plus teaching are put forward, and the "Internet plus" teaching mode of how to integrate is analyzed [10].

## 6. Conclusion

Under the adverse influence of the COVID-19, the education industry has changed from the traditional offline teaching mode to the online teaching platform to carry out teaching activities. For educators and learners, it is necessary to strengthen learning thinking to adapt to the new teaching mode. Through the review of the existing research, this paper clarifies the concept of online teaching, analyzes the development process of online teaching in stages, and through strengthening the comparison with traditional teaching methods, the in-depth discussion of the advantages and disadvantages of online teaching between teachers and students, and from the perspective of learners as the main body, sorts out and summarizes the advantages and disadvantages of online teaching. Further from the different perspectives of teachers, teaching platform and learners, this paper puts forward some suggestions on the improvement and promotion of online teaching. It is clear that the relationship between traditional teaching methods and online teaching is not antagonistic. The hybrid teaching combining the advantages of the two will become an important trend in the future teaching method reform.

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