

# Research on Smart Phones and College English Classroom Teaching

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**ABSTRACT:** With the popularization of smart phones, many college students have become smart phone addicts ("bow-head generation" and "thumb generation") in the classroom, which makes the teachers on the platform helpless and also greatly affects students' academic performance, physical and mental health. On the basis of discussing the reasons for the unreasonable use of smart phones in college students' classrooms, this paper puts forward some countermeasures to curb the use of smart phones in college students' classrooms from the perspectives of teachers and students themselves, schools, and society, and attempts to correct students' learning attitudes and cultivates students' good learning habits, so as to improve students' self-control ability and make them more energetic, enable them to be engaged into classroom learning, enhance their learning ability, improve their learning self-efficacy, and make the smart phone in students' hands become a tool to benefit teaching, so as to improve the quality of English teaching.

**Key words:** smart phone; college English classroom; bowers; teaching methods; countermeasures

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## I. INTRODUCTION

With the advent of the Internet plus era in China, smart phones are becoming more and more popular. The diversification of smart phones has greatly facilitated instant communication between people and smart phones become the main communication tools of people, and at the same time, many people become reliant on information exchange and convenient social interaction via mobile phone in modern life, thus "phubbing" came into being, and this group is growing. In the university classroom, the number of "bower" students is also increasing, and the "rising rate" of students who listen to class attentively in the classroom is decreasing<sup>[5-8]</sup>. According to the survey, students use smart phones mainly for entertainment in the classroom, which will not only seriously affect students' academic performance, but also affect the physical and mental development of college students. Although smart phones can be used as an assistant tool for classroom learning, with the increasingly powerful function of smart phones, many students are "kidnapped" by smart phones. Although the "bowers" in the classroom do not absent from class, do not make noise, do not affect other students' learning, do not directly affect teachers' lectures, it seems that they do not violate classroom discipline, but actually it is totally undisciplined<sup>[1-2]</sup>. The existence of this phenomenon not only affects teachers' teaching, but also has a very negative impact on university talent training and knowledge education. Teachers' classroom control is becoming more and more difficult. How to make students raise their head again and improve the quality of teaching is worth further study. At present, many colleges and universities attach great importance to the phenomenon that students use smart phones in class, and take corresponding measures to curb it<sup>[3-4]</sup>. Some universities require students to hand in smart phones before class, some universities adopt strict "deduction of scores" method, and some universities adopt the way of taking pictures to inform students and teachers. However, these measures are not enough, and the measures are all indicators that do not cure the root cause and have little effect, which cannot completely solve the impact of smart phone use on classroom teaching.

## II. REASONS FOR COLLEGE STUDENTS TO PLAY WITH SMART PHONES IN CLASSROOM

### 2.1 Disturbance of social factors and widespread phenomenon of "phubbing"

In recent years, with the rapid development of the economy, smart phones have become one of the indispensable communication tools in people's daily learning and life. Smart phones have perfect functions and are attractive, the phenomenon of "bowing heads" can be seen everywhere. College students like to use smart phones to get information, communicate with others, find information, and even many classmates have dependence on smart phones. Without smart phones, they will feel ill at ease. Even in college classes, many students are not interested in listening to classes, paying attention to Wechat and QQ dynamic information on their smart phone from time to time, and their learning effect is greatly reduced, even some of their academic

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performance is not satisfying. Many students fail the CET-4 and CET-6 because they are addicted to smart phones.

## **2.2 Schools and Teachers Neglecting Classroom Management**

Schools and teachers have been accustomed to the traditional teaching for many years. They are accustomed to the idea that students should not be concerned as long as they are not noisy and do not affect teaching. And because college students are entering the adult stage and they become more mature and develop independent thinking. Therefore tough ways cannot solve the problem of students' smart phone playing in the classroom, so teachers also feel that it is a dilemma to manage students when students play with smart phones. Because teachers and schools are relatively relaxed in the management of college students, some students do not develop the habit of opening books to listen before class, but will take out smart phones to play habitually. In fact, they just wander aimlessly on smart phones. This habit is related to the relatively free and relaxing environment of college classes.

## **2.3 Lack of interaction between teachers and students in English teaching and lack of flexible teaching methods.**

Many students think that their behavior is helpless, and they think that playing with smart phones is mainly due to the tedious teaching of classroom knowledge, the lack of communication and interaction among teachers; while some students have to play with smart phones because of their poor English foundation and inability to understand the teaching content. To pass the class time, some teachers use deliberate roll-call, questioning, punishment and score deduction to force students to learn. The effect is often counter-productive, resulting in students losing interest in the course content, relying more on smart phones, resulting in a vicious circle.

## **2.4 Students' Misunderstanding of College Learning and Compensatory Spiritual Release**

Many college students think that after ten years of hard study, they finally get into college. They think that after enduring lots of hardships, they should be able to enjoy life and release themselves. When entering the university, students find that reality and ideal are divorced from each other, feel very hesitant and at a loss, and because of the loss of parents and teachers' supervision, they think that the good opportunity has come, which can make up for many regrets missed. Although there are still disciplines in the university classroom, some schools clearly stipulate that smart phones cannot be played in the classroom. For some students, playing smart phones is the expected realization, the elimination of psychological inhibition accumulated in primary and secondary schools, and playing with smart phones can bring them the anticipated happiness and satisfaction.

## **2.5 Lack of Self-control Ability among Students**

Many college students are "controlled by smart phones". They are addicted to the smart phone network. They can't leave their smart phones after class or even stay up late at night to play with them. Born after 2000, college students are "the most sleep-deprived generation", and they are tired in class and have no energy to listen to classes. So they listen passively, either sleeping or playing with their smart phones, and waste time. Although the smart phone is one of the great inventions of human beings, which brings many conveniences to us, in fact, if the smart phone cannot be used reasonably, it can also destroy a person's life. However, in the transition from adolescence to adulthood, college students are weak in self-monitoring and management. They know that playing with smart phones is not good for learning and health, but they still do not want to stop or cannot stop it. Nowadays, many young people have smart phone reliance. They need to look at their smart phones from time to time in a few minutes. Even many students will play games, read novels and browse micro-blogs in class, which seriously affects their study. Therefore, some schools stipulate that students put smart phones in their mobile bags.

# **III. THE COUNTERMEASURE OF COLLEGE STUDENTS PLAYING WITH SMART PHONES IN CLASSROOM**

## **3.1 Schools and society advocating students' rational use of smart phones**

At present, smart phones are like a whirlwind, sweeping across all ages of people. Although smart phones have great educational functions, they also have infinite entertainment charm, which makes many college students unable to control themselves, and they rely heavily on smart phones and cannot use them rationally to serve their study and life. It is a pity that even some students are enslaved by smart phones. Smart phone addiction has a serious impact on academic performance and physical and mental health. Therefore, schools, society and mass media should form a synergistic effect. College students should carry out propaganda and education activities on rational use of smart phones, such as TV promotional films, knowledge contests, special lectures, speeches, debates, model education, mobile cultural festivals, in order to enrich campus culture.

To promote students' habit of using smart phones rationally, students should also be made clear about the great harm that "bow-heads" bring to themselves and society so as to help students' build a correct attitude towards using smart phones, improve their learning efficiency and enhance students' sense of self-efficacy and well-being; to guide students to allocate and make use of class time and after-class time rationally, make a rational use of smart phones and other electronic equipment products, so that students have more time to return to books and exchanges with teachers, classmates, family and friends, so as to create a civilized use of smart phones, a good campus cultural atmosphere, promote the formation and development of a good learning atmosphere.

### **3.2 Strengthening and standardizing school and teacher's control over classroom**

To curb students' unreasonable use of smart phones in class and improve teaching efficiency, on the one hand, schools should introduce the corresponding punishment system and rules for managing students' use of smart phones in class. For example, some schools require students to hand in smart phones, during class, students are totally prohibited from using smart phones, and smart phones are only allowed to be used after class; some schools also stipulate that students can only make use of smart phones after class. Students are required to hand in their smart phones, but they are required to return them to students when they need use them in class and collect them when their tasks are completed. There are also schools that do not accept smart phone using, but they clearly stipulate that playing smart phones in class equals failing the course. Once students are found using smart phones, they fail in the course. There are also schools that not only prohibit playing smart phones in class, but also explicitly stipulate that the qualifications of awards and honors should be cancelled. Only by introducing tough measures at the school level, can teachers feel secured and respected to manage students. Otherwise, teachers come out to stop students from playing with smart phones, helplessly and powerlessly. The effect is not only bad, but also may arouse students' disgust and resistance, and even conflicts may occur. On the other hand, in order to improve teachers' sense of responsibility, teachers should effectively manage classroom teaching discipline, and students cannot be palliated to play with smart phones. Many teachers mistakenly believe that as long as the classroom is not noisy, students can play with smart phones and let it go, just they are peaceful with each other. In fact, teachers' acquiescence to the "browsers" is a typical manifestation of the lack of professional ethics. It's well-known that teachers' duty is to teach and educate people, and they should pay more attention to educating people while teaching. They should restrain the improper behavior in class in time, find out the reasons why students play with smart phones, and then guide students purposefully through proper guidance and intervention.

### **3.3 Improving teachers' comprehensive teaching level and teaching quality.**

In the traditional classroom, teachers are the authority of knowledge. Teachers dominate the classroom with "one word" and "spoon-feed" students. Teaching is stereotyped and monotonous, because without the appearance of smart phone network, students in the past have accepted the way of passively accepting knowledge for a long time. Students can also accept traditional teaching methods. But in today's mass data era of network information explosion, contemporary college students are a generation with personality, active thinking, and rich network resources they can access. They have high expectations for university classroom, which puts forward higher requirements for teachers' teaching level. Therefore, whether for novice teachers or experienced teachers, they should keep pace with the times, meet the new educational revolution, consolidate basic teaching skills, place students in the center, fully understand the ideological trends and social trends of contemporary college students, take output as the guide, renew teaching methods, and change from injective teaching to enlightenment. Teachers should diversify teaching methods, make continuous improvement of teaching level and stimulate full stimulation of students' interest in learning, which are the most important to ensure the quality of teaching. When dealing with the phenomenon of "bowing head", teachers can correctly guide students to make full use of the learning function of smart phones and use smart phones rationally.

### **3.4 Paying more attention to students and guide them to establish a correct view of University learning.**

In high school, many teachers and parents, describe high school life as the darkness before the dawn of the life, and describe college life as a wonderful phase in order to motivate their children to study hard and strive hard. They describe it as a place where students can enjoy themselves, let themselves go and develop their personality. In fact, teachers and parents have a good intention, but it is a wrong idea to instill in students. When students enter the university, they find that the truth is not the same. The university is not a world of bliss, but a world of purgatory, which is even harder than high school. The pressure is greater, the learning schedule is tighter, the learning requirements are higher, the temptation is more, and the test is harder. Some students feel it is difficult to adapt to university study for in a short time. Learning life and indulging in smart phone network seriously affect learning and physical and mental health. Therefore, in addition to teaching, university teachers should also attach importance to their own work of "educating people", pay more attention to students' inner

thoughts and ideological dynamics, guide students to establish a correct university learning concept, help students form a sound personality, establish a correct world outlook, life outlook and values, and guide students to discover smart phone culture. Students should become the owner of smart phones, not slaves. Teachers can organize activities to help students set up correct university learning outlook, such as celebrity stories, model stories, inspirational stories of alumni and seniors, discussions and debates on learning outlook, learning outlook composition competitions and other activities, to stimulate students to set up lofty ideals, cherish the good times of university, and make wise use of smart phones.

### **3.5 Strengthening students' self-management ability and improve their self-control ability**

After entering the university, many students unconsciously become "smart phone control" and "bow-head generation". The former study fanatics also become lax, do not love learning, and do not love thinking, seriously affecting learning and physical and mental health. It is very important for students to improve their management ability if they want to improve their academic performance. Everything has its degree, and the "degree" for students is the beauty of self-discipline. Students should manage themselves well and make their life healthy and meaningful. First of all, students should make clear their major and minor goals of university study, their orientation of study and employment, and make big plans and small plans for study. Small plans can be subtle to the daily schedule, and only when there are goals and plans can we cherish time; secondly, we should arrange the time allocation of study and after-school associations, sports and hobbies reasonably, so that we can get busy, move up, combine work with rest, make ourselves energetic, live a rich and colorful life, reduce the time and opportunity to use smart phones. Secondly, we, classmates, parents and teachers can unite to supervise the use of smart phones, smart phones can be handed in class, after class, and smart phones can be set up for a special period of time to use or set for flight mode, but also allow students, parents and teachers to help monitor the use of smart phones; smart phones should be a helpful gadget, but don't let it become a stealer in the golden years of college campuses. Finally, the improvement of students' self-management ability is a step-by-step process, which can never be done overnight. Students can make plans to improve their self-control. It's easier to do the plan first. After completing the plan, the difficulty will increase again. They can give themselves small material rewards. They believe that if they persist, they will conquer the cell phone and get rid of the "slavery" of the cell phone. They will be able to read, think and live a healthy life.

## **IV. CONCLUSION**

In the era of Internet plus, smart phones impact classroom teaching order, change the way of life and thinking of college students, and affect the development of personality and psychology of college students. The use of smart phones in classroom can do more harm than good. Teachers, students, schools and society should pay attention and solve the problem of classroom phone affecting learning. For example, schools and society should advocate students' rational use of smart phones, strengthen and standardize the school and teachers' control of the classroom, teachers should improve their comprehensive teaching level and teaching quality, teachers should pay more attention to students, guide students to establish a correct concept of university learning, and strengthen students' self-management ability. Improve self-control, fundamentally solve the problem of unreasonable use of smart phones, give full play to the advantages of smart phones, so that students truly become the owners of smart phones, rather than "mobile control".

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