

The Unity of Knowledge and Practice, Effective

-- Based on the Research of Improving the Positivity of College Students' Internship

Danni Li, Na Li, Mengqi Liu, Jingyi Ma and Yu Xin

Anhui University of Finance and Economics, Bengbu, 233030, China

Abstract

Internship is a process in which college students go to the society purposefully and apply their knowledge in practice during their stay in school. It is also a channel to enrich their theoretical knowledge. In the interview process, employers also attach great importance to the internship experience of the recruits. However, due to the lack of understanding of the significance of internship, the internship process is either a mere formality or perfunctory, and it is difficult to achieve the intended effect. Therefore, through the combination of quantitative and qualitative methods, this project analyzes the factors of insufficient enthusiasm of college students in practice. At the same time, a questionnaire survey is designed to obtain first-hand data, and SPSS and other statistical software are used to analyze them, so as to put forward solutions to improve students' enthusiasm for practice.

Keywords

Post Practice; Internship Enthusiasm; Internship Significance.

1. Introduction

1.1. Research Background

1.1.1. Time Background

In May 2006, the Hebei Normal University created a new educational internship section called "top-up internship" for the first time. The initial meaning of "post practice" is to solve the vast number of problems in China. Rural education faced with the problem of "talent shortage", colleges and universities will ultimately realize the vision of cultivating outstanding talents and serving the country and society. After Hebei Normal University achieved a phased success in the pilot project of "post practice" teaching support mode, since July 2006, all normal universities in Hebei Province have carried out the "post practice" project in an all-round way. More than 90,000 students majoring in normal courses have volunteered to go to backward and remote villages to carry out teaching support activities, providing "blood transfusion" activation services for rural education. With the continuous progress of the times, the project of "post practice" has gradually developed from normal universities to national institutions of higher learning, involving higher vocational education in all walks of life, and its significance has changed from solving the problem of talents to solving the problem of students' shortsightedness.

1.1.2. Realistic Background

On July 10, 2019, the Ministry of Education of the People's Republic of China issued the Opinions on Strengthening and Standardizing the Management of Internship in General Undergraduate Colleges and Universities (No. 12 [2019] of Education High School Letter), which requires that internship is one of the important aspects of practical teaching in major universities. Internship

is a necessary part of cultivating excellent talents, a necessary link to deepen the pure theory teaching in the classroom and let students turn theory into practice, as well as an important process for students to understand modern society for the first time and use their knowledge to further contact with practical production, while acquiring and mastering the practical knowledge of the first production site, and in cultivating students' independent practical ability, the spirit of reform and innovation, as well as helping them to establish their career and It has a unique role in cultivating students' independent practical ability, reform and innovation spirit, as well as helping them to establish a sense of career and responsibility. Therefore, the internship is essential for the present college education and a key pavement for social work.

1.2. Research Content and Significance

1.2.1. Research Content

To analyze the external and internal reasons for the low motivation of college students in their internship, and to explore the level of influence of relevant factors on the motivation of college students in their internship. To propose countermeasures to eliminate the influence of the internal and external factors on the motivation of college students. By suggesting to the functional departments and promoting the program among the college students, we can change the phenomenon of low motivation of college students to do internship, and really achieve the unity of knowledge and action.

1.2.2. Research Significance

In the document "Opinions of the State Council of the CPC Central Committee on Further Strengthening and Improving Ideological and Political Education of College Students", when describing the module of "employment internship of college students", the evaluation indexes of "social participation" and "practical participation" are attached great importance. The evaluation index of "social participation" and "practical participation" clearly requires students to "go deep into the society, understand the society and serve the society" in the process of internship, to integrate theory into practice, to exercise willpower and perseverance, to cultivate excellent quality and character, and to enhance the sense of social responsibility and faith. However, students are superficial in their internship, so we should analyze how to improve the enthusiasm of college students in their internship in order to effectively play the effect of internship. In order to let the school students understand the work objectives through the internship, deepen the professional knowledge continuously, and then cultivate the ability of knowledge application and comprehensive quality ability, so as to make the students perfect the internship effect, improve the level of practical training of college students, strengthen the ability of social activities, increase the competitiveness for future employment, and really achieve the unity of knowledge and action and the effectiveness of action.

1.3. Main Problems of the Study

The reasons and solutions for the low effectiveness of college students' post practice.

2. Research Review

2.1. Status of Domestic and Foreign Research

2.1.1. Domestic Research Status

Yao Limin and Zhang Yi (2021) studied the level of the dimension of college students' internship investment, and pointed out the existing problems and solutions. Zhang Xuan, Ge Yuliang and Zhang Huilin (2015) analyzed the problems existing in college students' practice and proposed solutions to improve the effectiveness of practice. Zhang Weiguo, Feng Songke, Yi Xuemei, You Fang and He Xiyang (2018) analyzed the influence on college students' enthusiasm from three aspects: students' own motivation, teachers' teaching style and external realistic environment.

2.1.2. Research Status Abroad

Foreign scholars have identified the important factors that affect the performance of field training, and designed the quality standards and evaluation system of social practice to ensure the effect of social practice and improve students' innovative ability.

2.2. Developments

As the first step towards the society, internship is a top priority for college students. Improving the effectiveness and enthusiasm of college students' internship can not only improve the employment rate of colleges and universities, but also enhance students' own abilities.

Although scholars at home and abroad have studied the ways to improve the effectiveness of learning and the factors and dimensions that affect the motivation. However, at present, college students are still passively accepting when they participate in the internship, instead of going to active learning, and colleges and universities do not pay much attention to the guidance and education in this regard, which leads to the fact that how to improve the motivation of college students in internship is still a difficult problem.

Many researches are only at the stage of proposing, but not yet implemented, so the low motivation of college students in internship is still a problem that needs to be solved at this stage. In the future, the government and schools will also pay more attention to the effective internship of college students to improve the employment rate so that the young generation can play more value for the country.

3. Defines the Related Concepts and Theoretical Basis

3.1. Overview

3.1.1. Connotation

Internship is an educational practice mode in which students are organized by colleges and universities to go to enterprises or institutions to work in their own or similar majors after completing teaching tasks and having good knowledge reserves, and to comprehensively use the knowledge and skills they have learned in their own majors. Students can acquire perceptual knowledge of society, deeper understanding of knowledge and better mastery of skills by completing corresponding tasks in specific jobs. In this process, students can also improve their professional accomplishment, exercise their professional skills, and develop a correct working attitude under the guidance of teachers and superiors of work units.

Universities organize students to participate in field work, can let students to test the correctness of the theory in practice[1], let the students learn to put theory into practice from the campus into society, in the experience to further develop the correct view of labor and greatly improve the students' self-awareness, increase their self education and self management consciousness and ability, In order to further improve the professional skills and professional quality to lay the foundation, and then gain practical work experience and enhance the ability to operate, become a high-quality personnel in the job. Through field work, students can find jobs match itself, at the same time found himself with the work of the actual demand gap, and clear the direction of efforts in future learning, leak fill a vacancy, make up for a lack of itself in time, a job well prepared for the future, shorten the classmate of need from the campus to social psychological adaptation time, To achieve the purpose of promoting employment.

3.1.2. Features

Accumulating achievements through mutual technical assistance between schools and enterprises helps local enterprises to develop internship work. Through students' internship and practical activities in enterprises, it connects the school's professional construction work and local industrial activities, so that the two interact: enterprises carry students' internship

and practical activities, and students' internships and practical activities can also help the operation and development of enterprises. Through the internship, the students' knowledge system can be extended, theoretical knowledge can be verified, job skills can be exercised, and at the same time, they love the job more in the post work, which improves the enthusiasm of internship.

Through the internship, students can give feedback to the teachers of colleges and universities about the problems or confusions they encountered in the internship process, and enterprises can use the accumulated scientific research and technical advantages of schools to tackle technical problems, effectively solve the actual production problems, break through the bottleneck of product development, improve the skill level, enhance the competitiveness of the industry, and promote the transformation of industrial structure to technology-intensive, and at the same time make students feel where their value lies and pull the strings Help enterprises to solve problems and improve the enthusiasm of the top internship.

3.2. Theoretical Basis

By collecting relevant information about the research field of post practice from various aspects, we find that when we sort out the academic papers and research reports, The existing research is mainly based on the practical epistemology, the theory of "the combination of education and productive labor", the educational thought of "the unity of doing and learning" and "the unity of knowledge and practice", Kessinsteiner's labor education theory, Dewey's "learning from doing", Marxist epistemology and other theoretical perspectives, emphasizing the existing situational and operational characteristics of post practice. Through the understanding of these materials, students can also reflect on themselves. [2]Based on the theme of this research, we take the cyclic experiential learning as the theoretical basis, in the form of a team, put students at the center, advocated the experience-oriented, and established the mechanism of independent development.

3.2.1. Educational Thought of "Unity of Knowledge and Practice"

The concept of "unity of knowledge and action" refers to the idea that there is action in knowledge and knowledge in action. Wang Yangming put forward the idea of "the unity of knowledge and action", pointing out that understanding the truth before doing anything will make it twice as easy to act. At the same time, knowledge is the beginning of action, and action is the final result of knowledge. After learning the knowledge in university, college students should enter the enterprise for practical operation, and further strengthen their understanding of knowledge through "learning-practice-re-learning-practice". All learning requires repetitive re-learning, and learning is the result of interaction between a person and the environment; learning does not only stay on the surface of learning knowledge, but also allows people to create knowledge. Learning focuses on enhancing work skills. Both through the study of books and various professional knowledge, further optimize the knowledge structure to achieve learning to education, learning to cultivate; but also through the knowledge of learning into the wisdom of various work, to further realize self-worth.

In the process of each activity, learners can sort out, think and evaluate their gains and perceptions on the basis of rational analysis, and in the process, they can truly understand what they have learned, heard and felt in the activity. Then, learners can make more detailed analysis, induction and summary of their own insights or gains, and in this series of processes, they can form general knowledge with their own understanding. Then in the internship work, I constantly use these newly learned knowledge to test whether my learning has a certain effect. If it is effective, it will continue to output and utilize, and if it is ineffective, it will learn new knowledge and apply it again. In this continuous cycle of "practice-reflection-learning-practice", interns can use their own perception to gain experience directly and indirectly through

understanding. After a series of internships, let their direct experience and indirect experience develop in a balanced way, which will further promote the enthusiasm of internships.

3.2.2. Internship from the Perspective of Cooper's Circular Experiential Theory

Post practice is a way to test the results of education, is the basic and core link of educational practice teaching, so that students can devote themselves to the work, participate in and complete the work independently, so as to better achieve the purpose of education.[3] At the same time, we will take advantage of this opportunity to effectively improve students' abilities in all aspects, especially their professional quality and professional skills. Internship has certain situational and operational characteristics. In this process, interns can learn and reflect repeatedly through labor practice, and finally improve in all aspects. At the same time, in this process, if the legitimate rights and interests of interns are guaranteed, and enterprises pay attention to them in the process of internship, they receive remuneration in time, and the difference between treatment and formal employees is small, so improving the effectiveness of internship can effectively improve the enthusiasm of students for internship.

4. Current Situation Investigation and Research

4.1. Research Purpose

In order to better enable college students to use internships to achieve the unity of knowledge and practice, and make different social practices and internships no longer mere formality, the research group conducts research on related issues and puts forward the influencing factors of college students' low enthusiasm for internships, and puts forward relevant solutions to achieve the following purposes:

4.1.1. Analysis of Influencing Factors and Influence Degree

Pay attention to the external and internal influencing factors of college students' low enthusiasm for post practice. This paper explores the influence of related factors on the enthusiasm of college students' internship. So as to pave the way for the establishment of the follow-up model and in-depth analysis, and enrich the sources of information.

4.1.2. Establish Data Model

In view of the internal and external factors, this paper proposes countermeasures to eliminate the low enthusiasm of college students in post practice. We will use the questionnaire data as the benchmark to propose the "four in one" model from the aspects of school management, system establishment, project improvement, teacher-student integration, etc., and provide constructive suggestions for students with low enthusiasm for post holding practice.

4.1.3. Solving Practical Problems

Through suggestions to functional departments and program publicity among college students, the phenomenon of low enthusiasm of college students in post practice can be changed, so that the project objectives can be implemented and the real unity of knowledge and practice can be achieved.

4.2. Research Methods

In order to effectively achieve the initial purpose of the study, we positioned the research object of this study as the students of Anhui University of Finance and economics. During the research process, the team members divided their work reasonably, assigned their respective fields of responsibility according to each member's personal ability level and their fields of expertise, and established contacts in different fields, so that each link of the research process was closely linked, and the heads of all parts communicated well and promoted each other, so that the content analysis of the research plan could be completed smoothly. The specific research process mainly adopts the following methods:

4.2.1. References

In the second stage of the investigation, in addition to conducting field investigation, we enriched and expanded the information we had by citing the literature research method. We search the Chinese and foreign language retrieval databases such as HowNet, VIP, Web Of Science, etc. for knowledge related to the influencing factors of College Students' enthusiasm for internship, read relevant journals and papers, and further improve them by using electronic information technology and Internet channels. After comprehensively studying the information content, it is conducive to our subsequent research data, building models and better logical analysis. In the study of the factors affecting the enthusiasm of college students for internship and the level of influence of each factor, the quantitative and qualitative analysis of the double combination of content and data is used, so that the content of the report will not give people the feeling of a shell.

4.2.2. Typical Case Analysis

The research group takes the Ancai internship as a typical case for in-depth analysis. First, it needs to collect data on the attitude and completion of Ancai students towards the internship. From the perspective of students themselves, the questionnaire questions talk about their personal views on the internship model, such as the reasons for their lack of enthusiasm. In addition, we visited the teachers, interviewed them, recorded their suggestions and opinions on the internship of college students, and finally went to the student affairs office, the academic affairs office, the school Youth League Committee and other functional departments to learn about the relevant policies. The data collected through three channels are refined, processed and classified, and the external and internal reasons for the low enthusiasm of college students in post practice are summarized.

4.2.3. Questionnaire Collection and Investigation

In the initial stage, the research group designed the questionnaire according to the division of labor, merged and summarized the work results of the students responsible for writing the questionnaire under the condition of achieving the best results, and prepared the initial state of the questionnaire. After the overall discussion of the offline meeting of the research group, the questionnaire was further optimized, and the optimized questionnaire was sent to the teacher. Under the guidance of the teacher, it was repeatedly deleted and modified to achieve the rationality and rigor of the questionnaire design; In addition, for the questions that are difficult to obtain the actual answers or have a strict setting angle, we will set questions with the same meaning but updated questions in the beginning, end and middle of the questionnaire to verify each other and imply the people who fill in the questionnaire at the logical level, so as to control the authenticity of the final data of the questionnaire and achieve the preciseness and reliability of the questionnaire design; Finally, because the target group we are targeting is accurate and clear, and the survey content is closely related to the current life content, which is easy to resonate, the data of the questionnaire content is of certain reference value.

The questionnaire is divided into two stages: pre survey and formal survey. According to the results of the pre survey, we carried out the reliability and validity analysis of the pre survey questionnaire, so as to get the formal questionnaire after deleting, improving and modifying the questions in the pre survey, and carried out the reliability and validity analysis of the formal survey.

4.2.4. Four in One Modeling

According to the questionnaire data, the research group will re process and refine the relevant data from the aspects of school management, system establishment, project improvement, teacher-student integration, etc. through quantitative analysis, analyze the degree of influence of relevant factors through qualitative analysis, and propose targeted solutions, supplemented by integrated information, and conduct comprehensive analysis on the actual effect of practice,

the specific impact degree of relevant factors, and the evaluation system, Thus, the "four in one" model is put forward to provide constructive suggestions for college students with low enthusiasm for post holding practice.

4.3. Questionnaire Preparation

4.3.1. Pre Investigation

In order to test the validity of the questionnaire, collect effective relevant information, and better reflect the validity and accuracy of the collected data in the subsequent modeling analysis. Before the formal survey, the research group conducted a pre survey by randomly distributing electronic questionnaires to students of all grades in Anhui University of Finance and economics. From April 1 to April 15, 2022, 123 questionnaires were collected. The questionnaires were screened in the following order:

- ① Eliminate the questionnaires with abnormal values and illogical.
- ② Eliminate the questionnaires with missing, overfilled or missing values.
- ③ The questionnaires with the average response time less than 100s were excluded.

Finally, 115 effective questionnaires were obtained, and the recovery rate was 93.50%, which basically met the requirements. Finally, 115 valid questionnaires were coded and entered, and finally converted into SPSS files for export. Further, SPSS data select cases was used for questionnaire verification. The research team found that most of the students' attitudes towards post internship were not positive, and also found a few problems in the pre survey questionnaire, which provided guidance for us to modify the questionnaire design, and also revised and improved the questionnaire in view of various problems in the survey process, improving the validity and accuracy of the questionnaire.

In order to collect sample information more widely and learn more about the internal and external factors that affect the low enthusiasm of college students in post practice, we use the interactive information communication channel of the Internet to collect the main survey data. In the pre survey stage, we use the questionnaire star to design the initial questionnaire, release it to the survey objects through network media such as QQ, wechat and other social software, and modify and improve the questionnaire according to the problems; In the formal investigation stage, in order to obtain accurate data, more stringent requirements are imposed on the samples. In order to collect qualified sample data, we cooperated with credamo data research platform and used data mart to ensure the accuracy of sample sources and improve the quality of questionnaire data.

4.3.2. Reliability Analysis of Questionnaire

Reliability analysis is a method to measure and test the reliability and stability of the survey scale. We used ronbach's alpha method to measure the internal consistency coefficient of the questionnaire items. The Cronbach coefficient is calculated as follows:[4]

$$\alpha = \frac{k}{k-1} \left(1 - \sum_{i=1}^k S_i^2 / S_p^2 \right) \quad (1)$$

Where, K is the total number of questions in the scale, and S_i^2 Is the intra question variance of the score of question I, S_t^2 Is the variance of the total score of all items. For the total amount table, the coefficient should be above 0.8, acceptable between 0.7 and 0.8, and adjusted below 0.7.

Table 1. Reliability analysis of pre survey survey

Cronbach'sAlpha	Number of items
0.804	17

Because Cronbach's alpha = 0.804, the structure and topic design of the pre questionnaire are scientific and reasonable.

4.3.3. Questionnaire Validity Analysis

Validity analysis refers to the validity and accuracy of the design, which is used to measure the rationality of the topic design. Among them, validity is the validity of measurement, which is expressed as the degree to which the measured objects can be accurately measured through the scale survey, or the consistency between the actual results and the expected results. The higher the validity, the more the purpose of the questionnaire test can be achieved.

Table 2. Pre investigation kmo and Bartlett coefficient test table

KMO sampling suitability quantity		0.748
Bartlett sphericity test	Approximate chi square	2192.450
	Freedom	136.000
	Significance	0.000

4.4. Analysis of Survey Results

The following will analyze the survey results from three aspects: the subjective attitude of the survey objects to the job placement practice, the factors affecting the enthusiasm of college students in the job placement practice and the degree of influence.

4.4.1. The Enthusiasm of College Students for Post Practice is not High

Table 3. Subjective attitude of respondents to post placement practice by class

Subjective attitude	Freshman	sophomore	junior	senior
Support	17.79%	15.42%	20.56%	52.92%
Neutral	30.01%	45.33%	40.12%	28.33%
Coldness	52.20%	39.25%	39.32%	18.75%

From the results in the table, it can be seen that most freshmen, sophomores and juniors hold a cold or neutral attitude towards post internship, and do not have much enthusiasm for it. The response is flat. Especially in the freshman stage, students hold a cold attitude, accounting for 52.20%, which is more than 10% higher than the other two stages. It can be seen that they do not pay enough attention to post internship, or even have a little resistance, Therefore, the expected plan of post replacement internship can not play its role well. Although the proportion of senior students who support internships has increased sharply compared with the previous stages, on the whole, there is still a small gap between the neutral and indifferent groups, which does not show an absolute advantage. Therefore, on the whole, the college students' enthusiasm and interest in post practice are not high.

4.4.2. Factors Restricting the Enthusiasm of College Students in Post Practice

The survey results show that the main factors that restrict the enthusiasm of college students in the post practice are: the mechanism of the post practice system needs to be improved, the cooperation between schools and enterprises is not good, the students' own motivation is insufficient, the school propaganda is single, the teachers and students do not cooperate well, and the relevant practice policy is insufficient.

① Some hard facilities in the system of the internship mechanism are not perfect enough to meet the needs of students. Because the internship workload is not a small project in itself, and there are few teachers in charge of the management process in the school, the division of work is not clear enough, which may lead to the situation that responsibilities can not be matched

with people, making it difficult for students to find teachers to answer questions and solve doubts when they encounter problems in the internship process, reducing their efficiency and enthusiasm in internship.

② There are not many business innovation courses in the school, and the publicity is not in place. They fail to integrate the practice mechanism into their daily learning and life, and let the practice culture completely fill the cognitive world of students, resulting in students' apathy or even strange attitude towards post practice. In addition, a single school teaching can not provide a good guide for students to practice, and it will only increase the difficulty of talking on paper. Practice teaching should provide a platform for students to give play to themselves in action, such as expanding practice channels through school enterprise cooperation.

③ Considering that students' work skills in all aspects are not mature, it is difficult to complete the internship work alone, and the cooperation between teachers and students can achieve twice the result with half the effort. At present, teachers may only check the progress of students from the internship system, which is far from enough. In order to better strengthen students' professional adaptability, students' comprehensive qualities, practical ability and professional responsibility need reasonable guidance.

④ Internship is not as rigid as examination, so it is dispensable for some students subjectively. On the other hand, for students at school, the competitive pressure of internship is not great, and it does not stimulate students' sense of urgency and enthusiasm.

⑤ In terms of the establishment of the system, the government has not established and improved the laws and regulations related to college students' practice, guaranteed the logistics work, and built the most solid backing for college students' practice. Secondly, the government's cost fund support and subsidy for enterprises to expand the internship market are not sufficient, which makes the source of funds for internship insufficient and reduces the effect of internship to a certain extent.

4.4.3. Analysis of Influence Factors

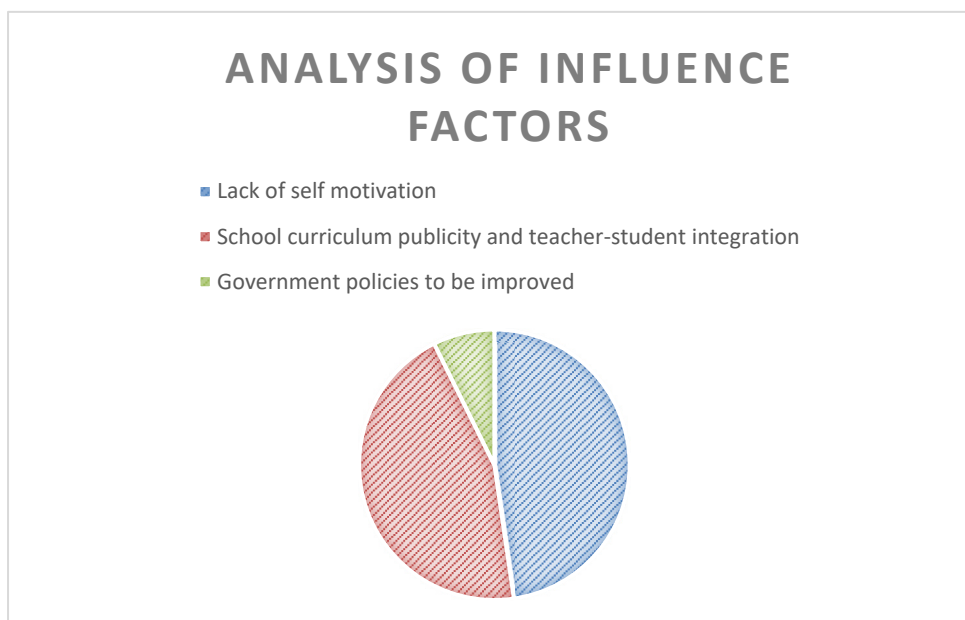


Figure 1. Factors Affecting College Students' practice enthusiasm

It can be seen from the chart that students are more inclined to think that their lack of motivation, school curriculum publicity, teacher-student integration and other factors have reduced their enthusiasm for practice. We can learn from this that, in addition to their own slackness and lack of attention, the rationality of the college's practice planning for students is

also a reason worthy of attention. Therefore, in the following countermeasures and suggestions, we will target the right medicine.

5. Feasibility Analysis

5.1. Policy Feasibility Analysis

The post practice issued by the Ministry of Education is a provision on the evaluation index of the work level of cultivating professional talents in colleges and universities. This provision complements each other with the syllabus of colleges and universities. At the same time, it is beneficial for students to strengthen their professional quality, help students to enter the society ahead of time, understand the society, and enhance their sense of work, post and sense of responsibility for employment, Train high quality talents.

In September 2017, the State Bureau of Education, the State Development and Reform Commission, the Ministry of Finance, the Ministry of personnel, the Ministry of Science and Technology, the State assets Supervision and Administration Commission and other ministries put forward suggestions on further strengthening the training of scarce talents in national key areas. In particular, it is emphasized that the state encourages enterprises to actively accept college students as internships, and at the same time, enterprises pay the corresponding internship wages for trainee students. The relevant employing units should provide the corresponding convenience conditions for university interns, and send personnel with relevant experience and technology to provide professional guidance for university interns. With the proposal of this opinion, there is a solid policy guarantee to improve the effectiveness of the practice of college students.

5.2. Environmental Feasibility Analysis

5.2.1. Relevant Employing Unit

The internship of college students is beneficial to the scheduling and domination of human resources by the relevant employers. For enterprises that actively accept college interns, university interns are the reserve human resources of enterprises. Employing college students to practice not only reduces the employment cost of enterprises, but also helps all kinds of enterprises to improve the efficiency of internships. At the same time, enterprises can expand the scope of talent choice, explore more in line with the job, more professional knowledge of the talent, and to be trained, in order to formally enter the post after graduation. For enterprises, recruiting college interns can also play an important role in publicizing corporate culture and business philosophy, and increasing the popularity and public identity of enterprises through interns.

5.2.2. School

With the rapid development of society, the requirements of contemporary society for college students are rising, facing the increasingly severe employment situation. In order for students to adapt to the current social situation as soon as possible, colleges and universities vigorously promote post practice activities, in order to lay a solid foundation for students to enter the society in the process of practice. At the same time, as the buffer of school life and the expansion and application of school knowledge, the practice is supported and encouraged by university teachers. Post practice plays an important role in students' future career. It can help students to materialize textbook knowledge, accumulate more social experience, find out their own shortcomings and shortcomings in time, and make up for the lack of professional knowledge. The practice will combine theory with practice, exercise and enhance students' practical ability, improve students' skills in professional fields, master relevant professional and technical knowledge, and make better use of the theoretical knowledge learned in the school.

5.3. Study Feasibility Analysis

The members of the course group to improve the effectiveness of college students' practice come from different majors, complementary knowledge and accumulate relevant professional knowledge. Members have their own strengths and have enough sense of teamwork. At the same time, team members, as researchers, can better understand the views of contemporary college students on internships and promote the research process. Secondly, in the process of research, based on the rich library books, online data query and offline research, the members of the research group analyze the external and internal reasons why the enthusiasm of college students is not high, and explore the influence level of related factors on the enthusiasm of college students. In view of the internal and external influencing factors, this paper puts forward some countermeasures on how to eliminate the low enthusiasm of college students in practice. Rich reference materials and data provide a lot of resources for the subject research, but also provide us with detailed theoretical knowledge and data support, which makes the methods proposed to improve the effectiveness of college students' practice more reasonable and effective.

Through systematic investigation and analysis, this paper establishes a "four-in-one" model, which combines school management, system establishment, project perfection, teacher-student integration and so on, to provide constructive suggestions for the low enthusiasm of college students in practice. At the same time, combined with qualitative and quantitative data analysis methods, in-depth mining of typical cases, the research methods are rich and scientific, making the research conclusions more reasonable and effective, more feasible.

6. Research Conclusion and Prospect

6.1. Research Conclusion

First, the evaluation indexes affecting internship enthusiasm have been newly constructed. This study analyzed the level of influencing internship motivation from three specific factors, namely, functional department, teacher group and students themselves. In the past, the evaluation index was only from the perspective of students, but in fact, there are three factors that affect the enthusiasm of internship, namely, departments, teachers and students. The imperfection of the factors may lead to the deviation of the research results. This study solves this problem.

Secondly, we creatively propose a "four-in-one" model to solve the lack of enthusiasm of college students in top-up internship. According to the questionnaire data, the "four-in-one" model was proposed in four aspects: school management, system establishment, project improvement, and teacher-student integration. In this study, the "four-in-one" model provides constructive suggestions to solve the problem of low motivation of college students in top-up internship.

Thirdly, Combines qualitative and quantitative data analysis methods. Investigate the actual situation of college students' internship, get the relevant data and take quantitative analysis as a means, with bar chart, broken line chart, pie chart and other graphics as a supplement to summarize the text in an intuitive way, after data analysis, summarize and put forward targeted solutions. On the basis of questionnaire collection, references and other information collection and induction, qualitative analysis is used as a means, supplemented by integrated information, to make a comprehensive analysis of the actual effect of practice, the specific impact of related factors and evaluation system, and to cut into key points to provide effective material support for the final solution in the research process. Combination of qualitative and quantitative data analysis methods, in-depth mining of typical cases, rich and scientific research methods, making the conclusions more reasonable and effective, but also more convincing.

And that validity and the accuracy of the questionnaire are improve. Firstly, the invalid questionnaires are eliminated, and then the remaining questionnaires are checked by using SPSS Data-Select Cases, and then the data research platform of credamo is cooperated to ensure the accuracy of the sample source, thus improving the quality of the questionnaire and providing substantive data support for the research results.

6.2. Countermeasures and Suggestions

Through the empirical analysis, the following countermeasures and suggestions are proposed to improve the enthusiasm of college students for internship.

6.2.1. Set up Internship Management Team and Improve Internship Management System

Colleges and universities should establish an internship answering platform and increase the number of instructors to be able to answer students' doubts quickly, strengthen communication between teachers and students, improve students' enthusiasm for internship, and then promote students' overall development.

6.2.2. Strengthen School-Enterprise Cooperation and Build Talent Training Programs Together

Universities should actively seek cooperation from the government and internship units to build "internship and employment bases", provide students with a good practice platform, and create a new model of "science-teaching-research" with the concept of win-win cooperation. "new mode, jointly explore a new talent training mode, open a mature, close, long-term talent supply and demand mode.

6.2.3. Build Assessment and Evaluation Standards and Improve the Assessment System

The school-enterprise cooperation, the common construction of two aspects of assessment standards. One is the scoring from work attitude, work ability and work performance formulated by enterprises and summarized proportionally, and the other is the scoring from fulfillment of school rules, internship performance and completion of internship tasks formulated by universities and summarized proportionally. Finally, the two aspects of assessment scores are summarized and summarized well in recognition of the work, giving students appropriate pressure and improving their enthusiasm for internship.

6.2.4. Increase Innovative Courses and Change Traditional Concepts

By adding innovative courses to change students' traditional business concepts and stimulate students' ability to create value, we can realize the root cause of motivating students' interest in internship and creating benefits for internship units, so that students can discover themselves, believe in themselves and improve themselves in the process of internship.

6.2.5. Pay Attention to Students' Comprehensive Literacy and Strengthen Their Career Adaptability

Teachers in colleges and universities should not only pay attention to students' learning ability, but also pay attention to students' comprehensive literacy and cultivate students' ability to perform, communicate, lead, organize and coordinate, and other aspects of practical operation, so as to better adapt to the needs of the workplace and improve the effectiveness of the internship.

6.2.6. Improve Relevant Laws and Regulations and Increase Internship Subsidies

Due to the multiple legal identities of college students during their internship, the issue of whether internship college students should be protected by labor law is highly controversial, making it more difficult for college students to seek legal protection when their legal rights and interests are damaged during their internship. Therefore, the government should improve the relevant laws and regulations, effectively protect the rights and interests of internship students,

improve the standard of subsidies, and increase the support for enterprises to absorb college students and other internship, so as to improve the enthusiasm of college students and internship effect.

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