

# Analysis on the Causes and Solutions of Undergraduates' Learning Difficulties

Lu Lei

Capital University of Economics and Business, Beijing 100070, China

## Abstract

The phenomenon of undergraduate students' learning difficulties has gradually become a concern of the society. Not only from the perspective of educators, they shoulder the task of promoting the development of every student. From the perspective of parents and students themselves, how to get out of the predicament of learning difficulties is also an urgent need. The results of learning difficulties can be roughly divided into two categories: external factors and internal factors. When helping students, we first need to identify the reasons for students' learning difficulties and provide timely assistance to students. At the same time, we should also continue to improve the relevant systems for the management of students with learning difficulties and focus on process management. In addition, we should also actively establish contact with the parents of students with learning difficulties and integrate the home and school to help students with learning difficulties.

## Keywords

Learning Difficulties; Causes; Solutions.

## 1. Raising the Problem of Learning Difficulties for Undergraduates

In the daily education and teaching management work of universities, we have found that students who enter the university study life after fierce university entrance examination competition will have learning difficulties, they may fail some subjects, be warned by teachers, or fail to obtain academic qualifications and degrees.. Whenever encountering such a situation, as a teacher, I must feel very sorry, and I will think about the reasons why these students who have been prominent in the university entrance examination have turned into students with learning difficulties in the eyes of teachers and classmates.

Searching on CNKI with "learning difficulties" as the key word, we found that most journal papers or dissertations are mainly related to the learning difficulties of primary, middle or high school students, while the number of articles with learning difficulties of undergraduate students is relatively small .

We may have a solidified belief that learning difficulties usually occur when students are young. Students who have passed the university entrance examination and are admitted to the university are normal in terms of intelligence, and after years of study, they should have developed a certain learning style. However, with the development of the background of the times, the characteristics of students have also been constantly changing. In our education and teaching management, we have indeed found that there are many undergraduate students facing learning difficulties.

## 2. The Current Situation of the Study on Undergraduate Students' Learning Difficulties in China

By downloading relevant documents for reading and sorting, some scholars have paid attention to and conducted related researches on students with learning difficulties in domestic universities.

Wang Ling and Chen Youqing (2009) attribute the reasons for undergraduate students' learning difficulties to the following four aspects: undergraduate students' own factors, lack of higher education, lack of family education, and negative examples from peer groups. Cui Huaijiang (2010) believes that undergraduate students with academic difficulties belong to the category of students with academic difficulties in a narrow sense. Through investigation, he divides the students with academic difficulties into seven categories according to their causes, namely, Internet addiction, professional boredom, knowledge disjointed, lack of motivation, psychological disorder type, method discomfort type, affairs-ridden type, and certain corrective strategies are given for each type. Zhang Chong and Meng Wanjin (2011) mainly introduced the education and social support of universities with learning difficulties in Western society based on the research of foreign scholar D·Roer-Strier. Yuan Zonghu and Chen Xiachu (2017) analyzed the causes of academic difficulties by classifying them from the perspectives of internal and external factors for further analysis.

## 3. The Importance of the Problem

First, from the perspective of national education, the "National Medium and Long-term Education Reform and Development Plan Outline (2010~2020)" clearly puts forward the requirements for comprehensively improving the quality of higher education and improving the quality of talent training. Attention to students with learning difficulties in colleges and universities is the best interpretation of this requirement. It is not to focus resources and focus on "excellent students", but to pay more attention to the development of all students in colleges and universities to help them save. Help them to tide over the temporary difficulties and improve the quality of education and training of relevant groups.

Secondly, starting from the perspective of educators, we don't want any student to be left behind, but we hope "no one can be less." Although we are in an increasingly tolerant and open society, we are not "point-only", but since students enter colleges and universities, as teachers, they naturally hope that they can successfully complete their studies and gain a skill, rather than waste their great youth. Therefore, we need to prevent, discover and solve problems, and constantly explore effective methods in the process of teaching management and student management. This has also achieved our transition from "result management" to "process management", that is, not remedial measures are taken only after discovering that students' learning difficulties have become a fact, but to take precautions before they happen.

From the perspective of the parents of students, when students encounter learning difficulties, due to the characteristics of university study life, there are very few parent meetings, schools do not need to issue transcripts to parents, students check their scores through the online system, and students go home low frequency and unwillingness to talk to parents about the characteristics of school learning and life, parents may have blind spots about the student's academic situation. But after all, parents are still familiar with their children. When school teachers find that students have academic difficulties, parents need to provide relevant information to help school teachers find the source of the problem, so that assistance can be targeted.

Finally, from the perspective of the students themselves, only when students cooperate with the school teachers can they discover the root cause of the academic difficulties. Students also

need to actively cooperate with the teachers to complete the work plan to reverse the academic difficulties in order to achieve the best results. Fundamentally, when the problem of academic difficulties arises, it is the students who face the pressure most directly. Although teachers, parents, and peers can provide corresponding help, only the students themselves can face the problem directly to help solve the problem.

In summary, the purpose of exploring the causes of academic difficulties is to help each student successfully complete their studies without giving up each student, solving academic difficulties while working hard to find problems early, prevent problems before they occur, and improve the quality of student training.

#### **4. Causes of Undergraduate Students' Learning Difficulties**

In the actual teaching management work, we found through summary that the main causes of undergraduate students' learning difficulties can be divided into external factors and internal factors.

##### **4.1 External Factors**

The external factors are mainly external objective factors or environmental influences, which cause learning difficulties for undergraduate students. The external factors can be roughly divided into the following reasons.

###### **(1) Social Factors**

Social factors are a complex influencing factor, which includes many aspects, such as social communication, public opinion, social customs, customs, etc., and its impact on people is powerful. For example, during the COVID-19 pandemic, many medical heroes emerged to serve the people and rushed to the front line without fear of danger. They became stars and idols in everyone's minds. The emergence of this phenomenon has also triggered discussions on topics such as popular entertainment stars. But it is undeniable that many mainstream media are now entertaining, and the younger generation of star-chasing is still a common phenomenon. Undergraduate students, especially freshmen who have just entered university, are faced with many temptations from the outside world, and it is inevitable that their attention to study will be distracted. In the actual process, the author has encountered a case where students were supposed to be in class, but spent a lot of time and money to chase stars internationally, which seriously affected their studies.

###### **(2) Family Factors**

In the education management work, we can find that in many cases when students have learning difficulties, the deep-seated reasons are mostly related to the students' family situation. When the family encounters bad changes, such as the death of relatives, the divorce of the parents, the emotional discord between the parents, and the financial situation of the family, it usually brings negative emotions to the students, thereby affecting their learning status in school.

###### **(3) Changes and Influence of Learning Environment**

From high school to university, the learning environment has changed dramatically. The learning process in high school will be accompanied by strict supervision by teachers, and the learning content is relatively fixed and within a more specific range. However, after entering the university, the loose learning environment will give freshmen the illusion that they can be muddled in university studies. Without the strict supervision of teachers and daily homework, students with weaker self-control can easily waste time. At the same time, the influence between peers also plays a huge role. If classmates or roommates are addicted to games, undergraduate students who study and live together are easily influenced by others.

###### **(4) Professional Difficulty**

There are differences in the difficulty of different majors. Some majors are difficult, and the courses are set with many and deep professional courses. For students with slow adaptability and improper learning methods, it is easy to feel afraid of difficulties. In particular, because some students did not understand the major when choosing a major, or were affected by the social environment, they chose a major that was incompetent or not good at it, resulting in learning difficulties.

## 4.2 Internal Factors

Internal factors are the influence of internal subjective factors, mainly the chain reaction of students' own factors. We conclude that the internal factors that are usually realized are mainly the following aspects.

### (1) Own Health Factors

Occasionally, students have health problems during school. Physical discomfort not only affects students' normal class and study, if they are not good at school on weekdays, it will directly lead to unsatisfactory test results. When students are in poor health, they may need to suspend school for adjustment. At present, students' learning difficulties due to mental health problems are particularly prominent. Depression currently plagues some undergraduate students, because depression can cause them to suffer from severe insomnia, irritability, inattention, loss of interest in surrounding things and many other problems. The above problems will make students' dislike of communicating with others, and their academic performance will decline, etc.

### (2) Emotional Factors

It is a very common phenomenon for college students to fall in love. For students who can reasonably handle the relationship between love and learning, falling in love will not be the cause of learning difficulties. However, for students with weaker self-control and time management skills, if they focus on love, the study time will inevitably be greatly reduced, and they may also experience distraction and difficulty in focusing.

### (3) Too Many Extracurricular Activities

Actively participating in extracurricular activities can enrich the experience of undergraduate students, and at the same time exercise undergraduate students' time management skills, communication skills, teamwork skills, etc. However, if various club activities are "work-ridden" or put the cart before the horse, the extracurricular internship is the main aspect and learning as a secondary task. Although these students usually have strong executive power and high efficiency, when the study time is severely squeezed, it is inevitable to lose sight of one another and cause learning difficulties.

### (4) Indifference to School-Related Policies

At the beginning of freshmen's enrollment, the school usually organizes students to learn related rules and regulations, so that students understand school policies and know their own training process; at the same time, in different links, the school will also issue various notices to remind students of relevant precautions in each link. But at work, we found that no matter how we repeatedly reminded, there are always individual students who are indifferent to the policy and ignore it. Often when the problem is discovered, there is no remedy.

### (5) Lack of Personal Goals

Before the university entrance examination, everyone has a clear goal, which is to work hard to enter the university of their choice. After entering the university, due to the completion of the phased goals, many students will lose their learning goals for a while, become sloppy and tired of learning. Or some students may be admitted to a major that they don't like, and lose interest in learning. The indifferent mentality can easily lead to a decline in academic performance.

The above is a summary of the main influencing factors that cause learning difficulties for undergraduate students through work. However, the above influencing factors are only part of it, and it is difficult for us to list them one by one. However, many problems often have similar solutions, so we will discuss how to solve the main influencing factors here.

## 5. Analysis on the Solutions to the Learning Difficulties of Undergraduate Students

First, we need to analyze the specific reasons for learning difficulties. When we learn that students have learning difficulties, we need to conduct in-depth conversations with students for the first time to understand the reasons for learning difficulties. Only by grasping the real reasons can we effectively help students get out of current difficulties. Perhaps the most true thoughts will not be revealed through an conversation with the students. At this time, teachers need to be patient and loving to influence, let the students open their hearts and express their truest thoughts. As the Russian educator and founder of Russian educational psychology, Ushinsky said in his book "Man is the Object of Education", if pedagogy hopes to educate people in all aspects, it must first also understand all aspects of people. He also said in "Educational Anthropology" that an educator should strive to understand people, what he actually is, all his weaknesses and strengths, all his daily trivial needs, and all his noble spiritual needs. All this shows the importance of trying to understand students.

Second, a relatively complete system of learning difficulties should be established. The establishment of relevant systems is also a reflection of the emphasis on process management. First of all, in the early stage, we should establish a learning performance monitoring and early warning system. When students may have learning difficulties, we should provide academic early warning to students to wake them up. Secondly, when problems occur, we should keep a record of counseling so that we can make inquiries later. And then, we should give students special reminders especially at some key points, such as course selection, registration for make-up exams and so on.

Finally, establish contact with the parents of students with learning difficulties. Although university is a process of cultivating students to think independently and live independently, for some students with learning difficulties, accompanied by poor self-control, this requires parents to get to know their children's school conditions and facilitate supervision. In addition, for some students with mental health problems, they may be accompanied by absenteeism and other school-weary behaviors, and more serious behaviors may hurt themselves. For the healthy development of students, it is also very important for parents to establish contact with the school.

In short, getting out of the predicament of learning difficulties requires the cooperation of students, parents, and schools, which is an interlocking process.

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