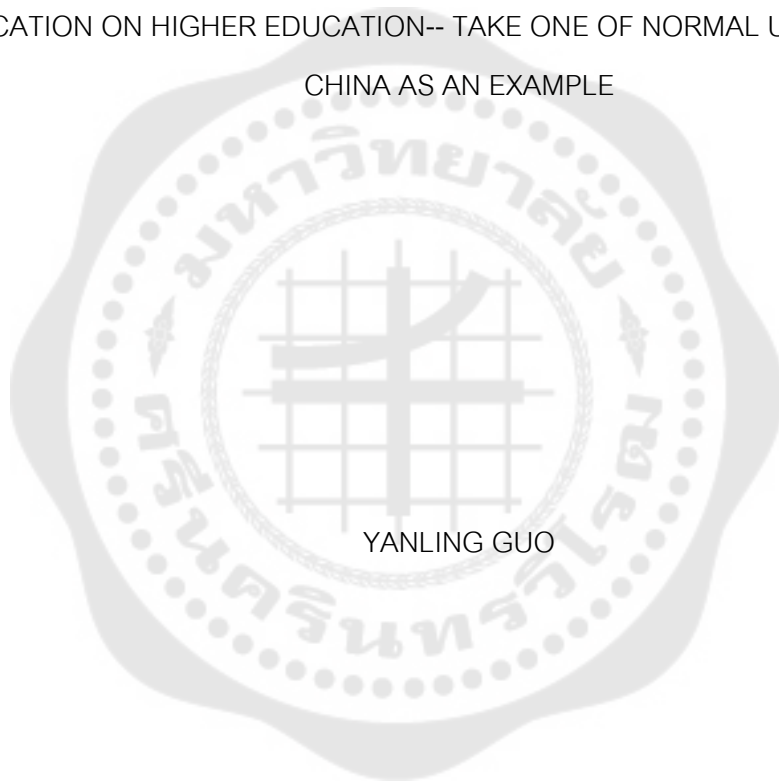




THE INFLUENCE OF THE "DOUBLE REDUCTION" POLICY OF COMPULSORY
EDUCATION ON HIGHER EDUCATION-- TAKE ONE OF NORMAL UNIVERSITIES IN
CHINA AS AN EXAMPLE



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| Title | THE INFLUENCE OF THE " DOUBLE REDUCTION" POLICY OF COMPULSORY EDUCATION ON HIGHER EDUCATION-- TAKE ONE OF NORMAL UNIVERSITIES IN CHINA AS AN EXAMPLE |
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This study combines with three research methodologies, questionnaire survey, statistical analysis, interview method to analyze the changes and differences of students in compulsory education before and after the " double reduction" policy and to analyze the problems and challenges in the implementation of the "double reduction". This study was conducted in a normal university from January 2022 to January 2023. The purpose of this study is to explore the impact of double reduction policy on higher education, and whether it is helpful to improve students' academic achievements and stimulate students' interest in learning. The research shows that most of principals, teachers, parents, and students believed double reduction policy had greatly influence education, and it would be helpful to improve students' academic achievements and stimulate students' interest in learning.

Keyword : Double Reduction” Policy, Research Methodologies

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YANLING GUO

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CHAPTER 1

INTRODUCTION

Background

Heavy educational Burdens on Students. In recent years, the serious educational burden has overpowered the childhood happiness of Chinese primary and secondary college students. The results from the Program for International Student Assessment (PISA) show that Chinese students achieved 1st place all told 3 subjects. However, the quantity of time students spent on reading was additionally over the Organization for Economic Cooperation and Development (OECD) average of four four hours per week, at five seven hours [1] . the large burden of schoolwork has crystal rectifier to students having to chop short their sleep to confirm they complete their assignments. thirty eighth of primary students attend bed later than needed and six seven of them don't get the desired quantity of sleep [2] .

Many Chinese lecturers regard an oversized range of assignments because the main suggests that of up students' educational performance, however such teaching ways not solely cut back the time for students' all- spherical development however additionally undermine their physical and mental state. Chinese students ought to not have to sacrifice their leisure to become additional powerful “ examination machines” .

Heavy monetary Burden on the Family. The serious educational burden not solely affects the healthy growth of scholars however additionally causes issues for folks. On the one hand, oldsters got to bear the burden of schoolwork from college indirectly. Some tasks, that ought to be done by lecturers in school, are shifted to folks. This consumes parents' time and energy overly and even triggers in harmoniousness in homeschool relations. On the opposite hand, oldsters got to bear the high price of off- field education. In 2 0 1 7 , the Institute of social science of the Shanghai Academy of Social Sciences showed that off- field tuition accounted for six a pair of . four of total family education expenditure, creating it the most important education expenditure in households [three] . per the 201 nine Domestic Family Investment in Children' s Education Survey free by five one job Company, a Chinese 60 minutes service supplier,

38. V-E Day of surveyed families pay two hundredth to half-hour of their annual unit financial gain on their children's off-field education [4].

Irregularities in Off-field Tutoring establishment. the overall range of scholars collaborating in K-twelve extracurricular tutoring in China has accrued from 202.6 million in 2015 to 325.3 million in 2019. In 2018, the overall range of required education colleges in China was a pair of thirteen, 800, however there existed four hundred, zero zero zero offcampus tutoring establishments, of that 273,000 were problematic [five]. In alternative words, the overall quantity of tutoring establishments has reached doubly than it of required education colleges. If they're allowed to develop, they'll type associate degree instructional system that isn't contributory to the event of the national education system. In addition, an oversized range of capitals have flooded into the coaching trade to create a profit. several coaching establishments don't have instructional qualifications, and amerciable practices like false info and indiscriminate fees still exist. this type of capitalisation of education goes against the general public interest attribute of education and undermines the traditional ecology of education in China.

The Values of Education. below the pressure of seeking educational activity within the country, students, parents, teachers, colleges and tutoring establishments ar getting down to be biased in their instructional values. Words like ism and comparison mentality became buzzwords in discussions concerning the education trade. the main target of learning has shifted from learning data points to learning question-respondent skills, and students' views on learning became utilitarian. the basis of the word 'educate', 'duct', suggests that 'to guide', suggesting that education is concerning guiding a student's skills in a very explicit space in order that they will become really inventive. Today's utilitarian values of education have seriously neglected the event of students' minds. This drawback has considerably affected the continuation of the country's talent development and should be addressed.

Political Background. the necessity For A Three-kid Policy per the China sensible Life Survey a pair of zero a pair of zero - a pair of zero a pair of one, "children'

s education” is that the third most tough issue for families once financial gain and housing, indicating that education anxiety has become the foremost problematic topic for Chinese folks [six] . many of us ar reluctant to possess kids thanks to the massive price of raising them. China' s seventh national census, that showed the overall natality reaching a historic low of one . 3 [7] . Against this background, a significant adjustment to China' s fertility policy transpire, shifting from a comprehensive two- kid policy to a three- kid policy. And it emphasises the necessity to implement supporting measures, one among that is to scale back the price of childbearing, parenting and education [eight] . Therefore, China wants some education policies to enhance the three- kid policy.

The seek Education Equality required education in China has become for the most part universal, and therefore the wants of the general public show Associate in Nursing step-up from having college|a faculty|a college} to having a decent school. Families would like quality and truthful required education and area unit willing to get off- field education services to fulfill their children' s academic wants for future development and self- fulfilment. the general public thought that the most downside with required education in China was the “ unfair distribution of academic resources, with massive disparities between urban and rural areas, regions and schools” [nine] . It are often seen that education equality may be a basic demand of society at massive for education.

The General workplace of the Central Committee of China' s Communist Party and therefore the General workplace of the State Council on July a pair of four , a pair of zero a pair of one collectively discharged the Opinions on additional Reducing the Burden of schoolwork and Off- field coaching for required Education Students (the “ Opinions”) one . The Opinions took immediate impact on the day of their unharness.

“Double Reduction” in the Opinions refers to a reduction in the total quantity and time of commitment needed by faculty schoolwork and a discount in the burden of off- field or after- faculty coaching programs. supported the Opinions, the Double Reduction policy is meant to improve the overall quality of college education, scale back

excessive study burdens and shield the health of students, relieve the burdens and anxiety of oldsters, scale back social inequity, additionally regulate and standardize off-field coaching (together with each on-line and offline training), and strictly implement the required Education Law, the Protection of Minors Law and alternative laws and rules governing the education industry whereas the Opinions set out numerous targets and needs for in-faculty education, explicit stress is placed on regulation after-faculty private-tutoring activities. Key developments include:

The institution is currently unable to approve new "theme based" (subject based) off campus and off campus tutoring institutions, targeting educated students. This means that all new off campus tutoring institutions targeting students of educational age and teaching 'subject based' courses can be prohibited. "Subject based" usually refers to subjects learned in compulsory courses, as well as Chinese literature, history, geography, mathematics, foreign languages (English, Japanese and Spanish), physics, chemistry, biology, morality and law. The "compulsory education" in China includes six years of primary school teacher education, usually starting at the age of six, ending at the age of twelve, and then three years of junior high school education (junior high school). However, the Opinion seems to have been used by middle and senior teachers.

All existing "discipline based" off court work establishments got to be remodeled into "non-profit organizations" or registered as "non-profit organizations". though the definition of 'non-profit organization' isn't entirely clear in law, it'll talk over with the general public and private capabilities of non-profit organizations. A "non-profit organization" generally has the subsequent characteristics: the instigator or capitalist of the organization has no right to receive investment returns during a substantial field unit; All economic advantages generated will usually be reinvested in activities associated with education; the schooling and replacement fees charged by the organization ought to follow the fee standards set by the government; when the dissolution of the corporate, though the sponsor or investor's unit within the region has the correct to cheap compensation, a major portion of the remaining assets are chiefly used for education and different non-profit activities.

All on-line "subject based" coaching establishments can currently receive government approval, instead of simply filing as within the past. native governments can conduct a comprehensive review of existing on-line establishments and propose relevant approval needs. For people who fail to get approval, their existing government registration and ICP (Internet Content Provider) license are revoked.

For non disciplinary coaching establishments (such as sports, art, music, and technology projects), native governments can clarify the corresponding competent departments, formulate standards supported disciplinary areas, and implement strict approval systems.

Prohibit all "theme based" coaching establishments from conducting initial public offerings or raising funds from the capital market in alternative ways in which.

Prohibit listed corporations from investment in any "theme based" coaching establishments through money transactions on the stock exchange or by feat assets within the style of equity or money.

Foreign investment is prohibited from collaborating in mergers or acquisitions, trustee arrangements, franchising, or victimisation the "Variable Interest Entity" (VIE) structure to regulate or participate (through equity or alternative means) in "entity based" coaching establishments. All existing nonlegal activities ought to be cleared.

Content review - A file and superintendence system are going to be established to regulate and supervise coaching materials and content. The coaching materials of off field coaching establishments and overseas education materials are going to be subject to strict scrutiny. The suppression on the work business additionally appears to be driven by the government's want to forestall unauthorized courses and foreign content from being invaded.

Excessive coaching and early education area unit prohibited. Non disciplinary coaching establishments area unit prohibited from partaking in disciplinary coaching or providing overseas education courses.

Off field coaching establishments aren't allowed to prepare "subject based" coaching on national statutory holidays, weekends, winter and summer vacations.

Prohibit coaching establishments from victimisation improper suggests that to lure academics out of public colleges. thought media platforms interdict advertising for coaching establishments.

We will more standardize the funding activities and capital injection of coaching establishments. the govt. can strengthen the implementation of the opposing Unfair competition Law and therefore the opposing monopoly Law for coaching establishments engaged in eliminating or reducing competition or infringing on the rights and interests of shoppers.

Some additional developed cities, together with however not restricted to Peking, Shanghai, and Guangzhou, can launch pilot comes to re-examine existing "disciplinary" coaching institutions; Utilize faculty resources to supply on field and extracurricular courses, or invite off field coaching establishments through a government junction rectifier choice process; Strengthen the superintendence of coaching fees (for example, coaching fees for subject coaching programs for obligatory education students can implement a government guided system (government guided pricing)).

The "double reduction" policy has had a big impact on the non-public tutoring business. when the discharge of the Opinions, the stock costs of Chinese education corporations listed within the us, metropolis and alternative overseas stock markets, together with New Oriental Education, TAL Education cluster Education cluster, Gaotu Technology and Scholar Education cluster, plummeted directly.

At the start of July, the Chinese government launched a network security investigation on many Chinese technology corporations listed within the us, together with DiDi, Yunmanman and Traingang, China's largest automobile hailing service corporations, 2 leading automobile hailing applications in China, and Zhaolian achievement, one amongst China's largest on-line achievement platforms. The stock costs of those corporations afterwards plummeted.

On July three, in response to the market's reaction to the new policy of listing China's "China ideas stock" within the us. The U.S. Securities and Exchange Commission (SEC) issued a public statement requiring Chinese in operation

corporations listed on the U.S. exchange through the corporate structure to a lot of clearly disclose the risks associated with the corporate structure and therefore the actions of the Chinese government which will have a big impact on the company's finances before their registration statement was proclaimed to require result.

Regarding the non-public tutoring business, investors' considerations principally concentrate on the lawfulness of the variable interest entity structure, the necessity to rework "for-profit" coaching establishments into "non-profit organizations", and therefore the prohibition of foreign investment in "subject oriented" coaching establishments.

In China, sure industrial sectors, together with however not restricted to telecommunications added services, required education, media, infrastructure, and alternative sectors which will have an effect on national security or public interests, area unit subject to restrictions on foreign investment or possession. In fact, several Chinese corporations concerned in these industries use variable interest entity structures to lift funds from overseas stock markets.

In a typical variable interest entity structure, a company is established in a remote jurisdiction (such because the crocodilian Islands) and problems shares to overseas investors. a remote company, through one or a lot of wholly-owned subsidiaries in China, enters into a series of management agreements with associate degree in operation company headquartered in China. the corporate is sometimes a 100% domestic Chinese company to take care of necessary in operation licenses or approvals in industrial sectors with foreign investment or possession restrictions. Therefore, the corporate structure primarily permits overseas holding corporations to exercise management over the management, financing, and operations of Chinese in operation corporations through written agreement arrangements, although the overseas holding corporations don't hold any equity in Chinese in operation entities.

Although the variable interest entity structure is within the grey zone of Chinese law, in fact, within the twenty years since Sina Corporation 1st used a variable interest entity to finish AN mercantilism within the u. s., the Chinese government has been

unwilling to require sensible social control action against this structure. though the Opinion prohibits foreign investors from investment in 'main body' coaching establishments through mergers and acquisitions or contend structures, this doesn't essentially mean that the govt has modified its stance on the contend structure itself. On the contrary, the Opinion indicates that the Chinese government acknowledges the variable interest entity structure jointly of the ways in which for foreign investors to speculate in restricted industries.

According to reports, in response to the market's response to recent policy changes, the Chinese government (including the China Securities regulative Commission) has contacted transnational investment banks, foreign chambers of commerce, and alternative international firms conducting business in China to repeatedly assure investors that China can still participate within the world capital market and can take into account the impact of regulative policies on investors in listed firms. concerning the structure of variable interest entities, it's rumored that the Chinese government regards them as a necessary and vital part of Chinese enterprises' participation within the world market. we tend to still have reason to believe that the govt can still maintain the establishment of variable interest entity structure policies, a minimum of within the short term, despite the fulminant regulative restrictions on specific industries increasing capitalist caution.

Regarding the need for coaching establishments to transition from "for-profit" organizations to "non-profit" organizations, we tend to note that this demand solely applies to the "disciplinary" coaching establishments mentioned within the Opinion. For listed company coaching establishments with an outsized range of foreign investors, the govt is unlikely to create any hasty choices to implement the "non-profit" needs. On the contrary, coaching establishments could also be needed to reconstitute or remodel their "theme based" activities into "non theme based" activities to still be seen as "for-profit" organizations. for instance, some coaching establishments have begun to divest themselves of their "subject oriented" businesses and establish non-profit colleges for such activities, so as to take care of their alternative businesses as "for-profit"

businesses. Another doable choice is for coaching establishments to figure closely with colleges to produce extracurricular courses or auxiliary services to assist colleges do 'subject education'.

The Double Reduction Policy can clearly bring elementary changes to the regulative structure of the personal counselling trade. The Ministry of Education and native education authorities in several regions are formulating elaborated rules for implementing the Double Reduction Policy. However, the Double Reduction Policy are enforced remains to be seen.

What is the significance and purpose of the country's policies? What changes will it bring to Chinese students? What changes will it bring to teachers? Some problems lead to the impact of the "double reduction" policy of compulsory education on higher education, such as the training of talents and the internationalization of China's education. This research hopes to correctly guide the implementation and implementation of the "double reduction" policy through data, methods, examples, comparison and other methods, and promote the development of higher education.

Objectives of the Study

1. Through this study, survey data are formed to analyze the changes and differences of students in after the "double reduction" policy; compulsory education before and
2. Compare the similarities and differences in the "double reduction" policies at home and abroad and seek more feasible management solutions;
3. Analyze the problems existing in the implementation of the "double reduction" policy at home and abroad and the educational differences between different countries;
4. Study the current situation of Chinese students and the future demand direction of Chinese talents under the implementation of the "double reduction" policy;
5. Interpret the impact of the "double reduction" policy of compulsory education on higher education;

6. Through list of researches, put forward feasible methods and improve teaching quality and learning interests of students.

Research Questions

1. The real meaning and purpose of the " double reduction" policy?
2. What changes will the " double reduction" policy bring to Chinese students?
3. What changes will the " double reduction" policy bring to teachers?
4. What impact will the " double reduction" policy have on the development of compulsory education schools extending to higher education institutions?



CHAPTER 2

REVIEW OF THE LITERATURE

Definition the Double Reduction Policy

The “ double reduction” rules were proclaimed in a policy document discharged by the Ministry of Education (MOE) on Gregorian calendar month a pair of four , 2 0 2 1 . The rules apparently will scale back the burden on primary and middle faculty students (i. e. , students within the obligatory stage of the Chinese education system) by addressing 2 aspects of students’ work : preparation and off- field supplementary courses.

In China, students usually pay many hours each night finishing preparation allotted at faculty and attending off- field courses provided by personal education firms. This sees students in their faculty schoolroom for 6 days every week, and at tutoring faculties for half the last day, if less. the extreme competition at intervals China to attend a top- tier university fuels a positive feedback, usually brought up as involution, whereby students are subjected to increasing amounts of pressure. this can be not the primary time Chinese leaders have declared their need to cut back students’ work – Jiang Zemin did therefore back in a pair of zero zero zero . Others have echoed him since, however the “ double reduction” rules ar distinctive as a result of they're impelled by ulterior intentions.

The “ double reduction” policy is best understood in 2 contexts, with the 1st being Beijing’s recent restrictive suppression. Since twenty twenty , national capital has proclaimed major rules covering many industries and firms – particularly however not restricted to the technology sector – whose speedy, unrestrained growth has disturbed central planners. within the case of the personal education trade, after- faculty tutoring companies have been disreputable for false advertising and different artful promoting ways. In the run- up to the “ double reductions” harsh measures, national capital provided major warnings by inserting strict caps on tutoring fees in {march a pair of|Texas Independence Day|March 2|day} zero 2 one , and so slapping fifteen tutoring

companies with US\$ five . seven three million in fines in could. The “ double reduction” policy was a natural progression for regulators .

Another discourse issue was the introduction of China’ s new three- kid policy in could 2021 . within the three- kid policy, the CCP had secure to lower academic prices for families. Given the average Chinese family spends quite five zero nothing of their total budget on academic expenses, these certificatory actions from national capital were supposed to scale back the economic burden of education, therefore incentivizing a better future birth rate among a looming aging population issue.

“Double reduction” rules stipulate that education suppliers in China are not any longer allowed to supply tutorial courses to primary students on a for- profit basis. Any entity that desires to produce such tutorial services should be born-again to a non- profit and registered in a new government- organized approval and observance system. firms could continue to profit from academic services and product that aren't lined by these new rules, such as adult courses, non- obligatory courses, and academic materials. additionally to reducing the burden on students, another expressed goal of the rules is stopping the unregulated flow of capital into the education market. to the present finish, entities which offer tutorial services to primary and middle faculty students are not any longer allowed to boost personal capital.

The policy dealt a paralyzing blow to – though more or less a dagger within the heart of – China’ s personal education market, of that primary students had been the most customers. New Oriental, as an example, according that five zero - half dozen zero nothing of its profits within the last couple years had come back exactly from its tutorial courses to obligatory age (primary and middle school) students. Thus, “ double reduction” has smitten at the core of those companies’ business models by removing each personal capital and their key student base from the equation.

The cases of recent Oriental, Gaotu, ANd TAL supply an illustrative window into the policy’ s impact on China’ s personal education market. when spiking in mid- a pair of zero twenty , falling close to the top of the year, and spiking once more in early 2021 , these companies’ valuations were dealt a blow in March when President Xi Jinping in

public known as out the education trade, whose growth had arguably additional to students' burden. In July, once the new rules were formally proclaimed, all-time low born out : these companies' values all born eight 6 June 1944 or a lot of on the the big apple securities market.

Prior to the new laws, these companies' risk revelation statements superficially acknowledged that new laws from Beijing might adversely impact profits. However, their boilerplate language did not prepare investors for the unstable shift that was to come back. These risk disclosures usually reflected one another, principally focusing on stigmatisation, licensing, and the pandemic. By the time these firms updated their disclosures to mirror the risks " double reduction" laws exhibit to their business models, it had been so much too late .

By the finish of 2021 , education firms can have ceased giving academic services that square measure prohibited by the new laws. Their business models can shift by increasing overseas and broadening their domestic offerings to incorporate services that aren't regulated (e. g. , arts, ICT, and sports courses) . firms with a world presence might still operate in China on a non- profit basis for the sake of rising their whole and maintaining visibility in China.

The " double reduction" policy conjointly orders faculties to limit the whole quantity of preparation allotted to students every night: a most of nine zero minutes in secondary school, hr in grades three - half dozen , and fully zero preparation in grades one - two . the govt. can try to enforce these limitations by making a unified, systematic preparation management system to regulate preparation quantities.

Instead of hospitable the policy' s changes, several folks were involved that limiting preparation and off- field courses would handicap their children' s pursuit of educational excellence. There was therefore a lot of push back that the MOE discharged a follow- up document in September to assure folks that the changes wouldn't result in reductions in educational performance.

Parents and academics acknowledge the significant burden their kids carry however feel flooded to amendment it or, in some cases, assume the pressure is a

positive, motivating force for kids. Today's folks and academics were kids not too long ago; their expectations vis-à-vis preparation and learning were cast in a hyper-competitive, dog-eat-dog atmosphere. There can be marginal amendment to students' lived experiences with regard to preparation as long as folks and academics genuinely believe students ought to be doing preparation all night. Students may be compelled to do preparation at home or college rather than at non-public tutoring centers, however they're going to be doing preparation all constant.

The notion that kids ought to pay all their time following educational excellence might appear unreasonable to some Westerners, however these attitudes emerged in a context whereby career advancement is tied to the rank of one's university, and admission to high universities is determined by high-stakes tests.

Likewise, the laws covering on-line categories won't scale back the burden on students. The new rules stipulate that on-line courses should not exceed half-hour, and there should be a minimum of a one zero - minute break between categories. The three - one work - rest quantitative relation tacit here is totally inconsistent with the truth of China's highly-competitive education system. Even wherever official category schedules appear to adjust this rule, students still feel pressured to try and do work throughout scheduled breaks.

These limitations on on-line categories, like China's recent laws on video games, square measure designed to safeguard students' vision – children shouldn't stare at screens all day, right? In each cases, the laws square measure possible to have an effect on the platforms that offer these on-line services over kids' eyes.

Higher education

Higher education refers to the educational level beyond secondary education, typically provided by colleges, universities, and other institutions of learning. It involves specialized academic and professional instruction, often leading to the attainment of a degree or certification. Higher education is characterized by a more advanced and in-depth study of various disciplines, including humanities, social sciences, natural sciences, engineering, business, medicine, and many others.

The primary purpose of higher education is to equip students with advanced knowledge, skills, and critical thinking abilities to prepare them for careers in specific fields or to pursue further academic research. It typically offers a wide range of undergraduate and graduate programs, allowing individuals to deepen their understanding of a particular subject and gain expertise in their chosen field.

Higher education institutions provide an environment for intellectual growth, personal development, and the exploration of new ideas. They often offer opportunities for research, practical training, internships, and collaborations with professionals and experts in various industries. The learning experience in higher education involves classroom lectures, discussions, laboratory work, projects, assignments, and examinations, supplemented by extracurricular activities and interactions with peers and faculty members.

Higher education plays a crucial role in shaping individuals' intellectual abilities, critical thinking skills, and personal growth. It is considered a pathway to higher-level employment opportunities, career advancement, and socioeconomic mobility. Additionally, higher education institutions contribute to societal progress by conducting research, producing knowledge, and fostering innovation in various fields, which benefits the broader community.

Overall, higher education serves as a bridge between secondary education and professional life, offering individuals the opportunity to gain advanced knowledge, skills, and qualifications necessary for success in their chosen careers and fields of study.

Theoretical Basis of the Double Reduction Policy

The multi-source flow theory's analytical framework and applicability The multi-source hypothesis was developed by the eminent American public policy expert Jindon on the basis of Cohen, March, and Olson's trash can model. The multi-source theory is our choice as an important and widespread policy change theory. When researching the subject of policy change, it cannot be overlooked [2]. Through scientific empirical investigation, we can gain a thorough understanding of some broad basic principles of

the evolution and development of policy formulation in the development stage of the human contemporary state, society, and public undertakings.

Framework for theoretical multi-source flow analysis Problem origin, policy origin, and political origin are the three basic policy origins of multi origin theory[3]. All three of them are self-contained and evolve in accordance with their own characteristics and regulations. The source of problems is primarily a set of indicators, the essential and suggestions knowledge regarding emergencies, the source of policy is primarily the value uniformity of the "policy community" and the feasibility of policy technology, and the source of politics boasts national sentiment, controversial actions involving pressure groups, and administrative agencies. Change, among other things. At the key moment of the "policy window," the three major sources are combined, and the subject is placed on the agenda for discussion. The "problem window" and "political window" are formed when pressing concerns or occurrences in the political stream open the policy window. The political agenda is as follows: [4] .

The suitability of the multi- source flow theoretical analysis framework

The development of the double reduction policy is not only related to students' healthy growth and success, but it is also a concrete manifestation of correcting the pathological development of educational utility. Following a review of the existing literature, it is discovered that many scholars use the multi- source theory to study the basis for policy implementation [5], so the multi- source theory used in this paper has a certain fit; secondly, it is discovered that few scholars use the multi- source theory to analyze the double reduction policy. As a result, this study contains some originality. The multi-source theory describes in depth the factors that influence national policy creation and the reasons why a policy takes root. This paper employs multi-source theory to examine the double reduction policy, focusing on three important points: First, the fault in the drafting of the double reduction policy is primarily hedonistic and narrow-minded. The second source of twofold reduction is the policy community's suggestions and applicable policy actions to solve the problem; the third is the strong national sentiment and the corresponding political climate. The three key source theories are

linked to the beginning of the construction of the policy of double-reduction in July 2021, which in turn contributed to the setting up of the double reduction policy agenda.

A multi-source examination of the genesis of "Opinions"

Investigation into the source of the problem

The cause of the issue concentrates on the problem's creation and origin. The three accompanying elements are primarily utilitarian: the predominance of narrow-minded schooling, students' unilateral development, the recurrent appearance of high test scores along with low energy, and students' significant physical and mental health problems. The context for the implementation of the double reduction policy is examined.

The practical and narrow-minded vision of education reigns supreme.

Ten years for a tree, 100 years for a person. The role of education features a lag characteristic. In today's ferociously competitive setting, modern education solely focuses on results and neglects processes; Focusing entirely on educational development and neglecting the shaping of students' personalities; Overemphasizing external forms whereas neglecting internal construction, and therefore the utilitarian and short-sighted instructional conception have had a negative impact on the development of a decent instructional scheme. so as to reinforce the name of the varsity, the varsity unilaterally pursues admission rates; lecturers unilaterally pursue students' grades to finish instructional tasks and pass assessments; Students solely want a graduation certificate for higher employment opportunities. The utilitarian short-sighted education read can not be separated from this relationship, and once will the utilitarian education worth of "lifelong trial" promote quality education and innovative talent cultivation?

Students' one-sided development ends up in frequent occurrences of high scores and low skills. within the context of the destruction of the conception of solely hierarchy and solely credential, there are several defective abilities with high scores, low skills, and talent while not virtue. the most manifestation is that graduates with poor ability to society and employability, despite achieving glorious ends up in faculty, haven't performed needless to say in managing sensible work problems; Poor self-

management ability. Some students and folks UN agency hope their kids to become dragon supporters reception, and hope to boost admission rates at college. Therefore, they're the darling of the family and therefore the key protected object of the varsity. Not solely do they lack opportunities to participate aborning and move with society, however even the foremost basic aid work is completed by their folks, and their lives are nearly "reaching resolute placed on garments and eat". These students have lacked self-management of their own sports since childhood, and essentially don't do house chores.

The problem of students' physical and mental state is outstanding. Intelligence competitions have bit by bit evolved into a sports game, sacrificing sleep and exercise time to attain high scores. Additionally significantly, notwithstanding you're sick, you regularly do school assignment whereas receiving fluids. Therefore, the chance of psychopathy and suicide rate area unit currently moving towards a younger trend. The nearsightedness rate has skyrocketed. Schools, teachers, and fogeys don't price students' mental state or strength. The pressure is gigantic, the temperament is suppressed, and also the originally fascinating learning method is additionally coated up by monotonous downside primarily based endorsements. There also are several extracurricular tutoring categories throughout the rare holidays. Is that this the person we tend to hope to cultivate for comprehensive physical Associate in Nursing mental state development? Can such an unsound person become a sensible person within the future?

Analysis of the Origin of Policies

The policy supply opinion type can principally specialise in the social reality and technical practicableness of the matter sources and their connected technological processes, further because the market catholicity and public acceptance analysis of the matter solutions and their own gains. It's specific to a rustic. Members of the policy community can together contemplate and propose countermeasures to together address some major and specific downside supplies that need joint attention and backbone within the same specific downside source field. Jindeng believes that the policy community ought to a minimum of be composed of regime officers in the least

levels, parliamentarians, scholars, professors, PhDs, and different necessary social group leaders and representatives, within which minority policy opinions and suggestions is shared at the same time. it's conjointly enclosed in common decisions and policy choices. The "double reduction" policy sources employed in this article's abstract ought to principally seek advice from policy sources composed of another policy community, further as many common policy measures together enforced by many specific analysis fields to unravel social reality issues.

The demands of policy teams. Members of policy teams will give policy recommendations on specific policy problems through varied sorts of activities, hoping that policies and suggestions is adopted by the govt to push and solve specific policy problems. The members of the "double reduction" education policy community embrace native governments in the least levels, schools, teacher-student organizations, parent communities, and different relevant teams, further as social coaching and consulting organizations. Teaching to the take a look at hinders the event of scholars, doesn't offer play to students' interests, and can't guarantee students' physical and mental state. The high price of tutoring conjointly makes most folks suffer unbearably. the standard of college education has declined, and also the abilities cultivated don't meet the necessities of employers. Student employment. this is often troublesome, however corporations ar involved that they'll not be able to recruit appropriate abilities. For this reason, native governments have desperately introduced a series of measures to alleviate a series of

issues caused by Teaching to the take a look at, promote the well-rounded development of scholars, and promote the high-quality development of education.

Boosting measures from policy sources

Since the instauration of the China, the Party and also the government have issued a series of policies to cut back students' tutorial burden [6]. The "Outline of the National Medium and future Education Reform and Development arrange (2010-2020)" free on July twenty nine, 2010, has long raised the difficulty of educational burden on primary and lyceum students, requiring the institution of a observance and

announcement system for student tutorial burden to cut back student burden. [7] when the discharge of the define, varied provinces have responded and developed specific policies to cut back the burden on primary and secondary colleges. From June twentieth to nineteenth, the Central Committee of the political party of China and also the State Council issued the "Opinions on Deepening Education and Teaching Reform and Comprehensively rising the standard of obligatory Education", mentioning that the key to rising the standard of education is to push the great development of scholars. Over the years, the govt has unendingly developed policies to boost the standard of student development, all of that contributed to the promulgation of the Double Reduction Policy on July twenty one.

Analysis of political origins

Ethnic emotions: The interests of academics, students, and fogeys in faculties also are the foremost direct and customary real interest price demands and core price orientations of current voters. Among them, politicians' correct perception of this national spirit usually contains a robust negative impact on the scientific formulation of relevant policy agendas. the difficulty of excessive philosophy in instructional policies has continuously been a hot topic of debate throughout society, and voters square measure usually terribly sensitive to the present development. Firstly, students square measure deeply poisoned by utilitarian education and hope to scale back their educational burden; second, students' oldsters additionally request facilitate in numerous Cram faculty, therefore students' oldsters also are beneath economic and Psychological stress, and that they additionally need additional kids. By doing things that interest you, your body and mind will develop healthily. Finally, academics don't need students' poor performance to have an effect on their salaries and promotions, and that they need their school rooms to be packed with vitality.

Political climate: The demand for comprehensive improvement of the standard of required education reflects the ideology of the ruling party, manifested within the concern of the leadership and therefore the support of society. Firstly, leaders specialize in focus. From June twentieth to nineteenth, the Central Committee of the political party

of China and therefore the State Council issued the "Opinions on Deepening Education and Teaching Reform and Comprehensively up the standard of required Education", that may be a programmatic document for China to deepen education and teaching reform and comprehensively improve the standard of required education within the new era, marking the event of required education. Direction [9]. one among the indications of high-quality development is to change students to develop comprehensively and free themselves from serious educational employment. Therefore, the Double Reduction Policy is one among the ways that to enhance the standard of required education. Secondly, the support of social forces.

At present, numerous issues in Teaching to the check square measure progressively distinguished. The discontent of all walks of life with Teaching to the check is changing into stronger and stronger, and therefore the voice of reforming the Teaching to the check system is growing. it's become a problem that can't be underestimated in society. 3. The gap of the "double reduction" and "policy window" are often seen from the on top of analysis that the multi-source theory contains a sensible rationalization for the method of public policy formulation and has generality for policy analysis. The policy analysis framework of the multi-source theory reveals the issues within the formulation of the Double Reduction Policy, the basis causes of the policy and politics, and therefore the interaction and alter method. The 3 work along, interact, ferment, and accumulate, step by step production a breakthrough momentum. once the sources of issues, policies, and politics converge to a precise node through a coupling mechanism, there'll inevitably be key nodes or breakthrough opportunities, and therefore the final policy window can open. the problem of the "double reduction" policy are placed on the agenda. 4. The deepening path of "double reduction", the mixture of policy and political forces finally light-emitting diode to the introduction of "Double Reduction Policy".

The official introduction and implementation of the "double reduction" policy has necessary sensible significance in promoting the excellent development of scholars and up the standard of education. Relevant policies have achieved bound leads to reducing

students' educational burden and off field coaching, however there's still nice area for improvement within the existing system. 4.1. Implement quality education, deepen innovative talent cultivation mechanisms, and take the trail of high-quality education development. faculties ought to additionally attempt to form a democratic, relaxed, and pleasant cultural and academic development atmosphere, adhere to the school's "student-centered" development values, adhere to the personalised education goals supported the excellent and coordinated development of scholars, and implement the deepening of quality education reform and additional development. We should deepen the mechanism of instructional innovation and talent cultivation, and cultivate students' sensible talents of free and proactive learning, self discovery, and problem-solving. top quality innovative skills. academics learn to encourage students, encourage individual students to courageously raise theoretical inquiries to numerous authoritative theoretical viewpoints, offer students with additional opportunities for "trial and error", and encourage students to raise additional queries and participate additional within the learning method. Students discover their positive factors and develop confidence. colleges ought to reform ancient education models, produce a robust atmosphere of innovative education, and explore mechanisms for cultivating numerous skills. Update the teaching format and increase the openness after all content. The writing of teaching content should be as near to the particular lifetime of current students as doable, and it's best to mix it with all activities closely associated with social reality reception and abroad or recent events in our society the maximum amount as doable. The vivid news case content may be integrated into this textbook, applied to current follow and room, applied to follow and teaching, moreover as environmental teaching, to awaken academics and students to possess a additional real, direct, and real feeling and understanding of all aspects of our students' lives and work. when reading it on their own, students can feel that their learning is extremely vivid and friendly, in order that we tend to students will consciously listen to their real world feelings, By being attentive to the \$64000 social and environmental problems around USA, the keenness for drawback analysis can naturally increase. Get additional real inspiration. On the opposite hand, we

tend to should try to rearrange teaching tasks during a ranked, scientific, orderly, reasonable, and economical manner, and create each effort to satisfy the various learning and customized development and growth wants of scholars at totally different levels.

The learning content ought to pursue diversity in flexibility, vividness, and interest. academics ought to be able to prepare totally different sorts of content supported the school's course of study and teaching content. numerous varieties of extracurricular schoolwork for college students absolutely stimulate their learning enthusiasm, curiosity, and active brainpower, sanctionative every student to attain comprehensive development whereas enjoying the training method.

In recent years, the country can smartly develop continued vocational training. The workplace has issued the "Opinions on Promoting the top quality Development of contemporary occupation Education" [1], reaffirming the importance of vocational training. Compared with standard primary and pedagogy courses in society, vocational training ought to be supported advanced occupation skills education that apace improves the abilities of primary employees, and its instructional goal ought to be to alter each occupation intern to excel a particular level. Applied skilled management skills have sturdy utility and expertness in industrial labor relations management, so as to raised accomplish the mixture of contemporary social activity wants and future labor society offer and demand. vocational training has opened new views for college students UN agency try to be told a particular ability.

Research status and Research Significance

The starting point of the “ double reduction” policy is clear to all of us. The purpose of reducing the burden on students and parents is to shift the focus of education, hoping that the essence of education will return to schools, and that the essence of teaching in schools will fall on quality education. The establishment of the Beijing New Oriental Quality Centre can be said to be based on a complete understanding of the deeper purpose of the government' s policy. On a corporate level, economically this is a good direction for transformation, but standing in the context of

education in the country as a whole, it is perhaps not a good decision. Explained in terms of the nudge factor, schooling will drive educational institutions to offer school-based programmes, and the shift in quality education in educational institutions will inevitably drive changes in some schools in terms of promotion examinations. Take the programming course launched by New Oriental as an example: The domestic children's programming education market is still in its infancy, but with national policy guidance and a large injection of capital, it has huge potential for development, and it is expected that within the next ten years most provinces and cities in China will probably incorporate programming into the education of basic subjects and conduct relevant audit examinations[4] . According to a study by Xue, the increase in the high school admission rate has promoted students' participation in extracurricular tutoring. This study revealed that parents with higher social strata usually try to get their kids involved in tutoring in order to improve their chances of entering the demonstration high school. Only the increase in the demonstration high school acceptance rate can effectively reduce the participation rate of extracurricular tutoring. [6] This article is not intended to accuse the “ double reduction” policy of inadequacies, only this policy if it wants to achieve its ultimate desire to transform the Chinese education into quality education, the government cannot just a single suppression of out- of- school training institutions, but also to the examination system or teaching system to make some adjustments, for a large number of education market suddenly vacant, but also to guide, after all, so many numbers of out- of- school training institutions also can not disappear overnight or suddenly find a way to transform their companies themselves.

CHAPTER 3

ETHODOLOGY

Raising the issue of double reduction

The purpose of the "double reduction" policy is to cut back the burden of scholars in and out of faculty at the obligatory academic stage stage, take students because the main body, and promote the healthy growth of scholars [1]. In terms of current policy implementation, the amount of K9 targeted education and coaching establishments has greatly cut, additionally the} pressure on students' extracurricular school assignment has also been reduced to a particular extent. However, this "double reduction" policy focuses a lot of on "blocking" within the implementation method, like proscribing the operation of extracurricular tutoring establishments in primary and secondary faculties, proscribing excessive school assignment assignments, and proscribing weekend and vacation skilled course tutoring. therefore correspondingly, it additionally brings some outstanding issues, like some folks still making an attempt to form up for his or her children's lessons, and a few off field coaching establishments in operation on the Q.T..

In order to confirm the higher implementation of the "double reduction" policy, it's necessary for the total country to produce steerage on "dredging", totally invest in dredging and voidance, optimize "double reduction education", and accomplish long-run development.

The pressure of school assignment and off field coaching comes from parents' high demands on students and their pursuit of upper education, and also the "double reduction" has not dampened this enthusiasm for following it. someone receiving education suggests that having the ability to get pleasure from a lot of employment opportunities, higher salaries, and a a lot of revered social station. the worth of upper education needs each family to concentrate to receiving education and take a look at to accumulate their tutorial capital through all potential academic suggests that to produce their kids with higher academic opportunities. The "double reduction" policy has reduced the pressure on obligatory education students, which is able to inevitably give

birth to a series of changes in basic education and have an effect on the supporting development of upper education.

The "double reduction" isn't solely a matter of obligatory education in primary and secondary faculties, however additionally a social transformation that involves the whole education system, affects family behavior, and trade development. this text focuses on analyzing the impact of the "double reduction" policy on education, analyzing the challenges that the "double reduction" policy brings to education, and proposing corresponding countermeasures to raised make sure the healthy and vigorous growth of scholars, and promote the honest and high-quality development of upper education.

Challenge of " Double Reduction" Policy to Higher Education

The export of " double reduction" lies in educational activity, and therefore the response of upper education to " double reduction" is that the regulator of the implementation of " double reduction" policy. once the promulgation of the " double reduction" policy, a way to create students continue to " increase" their quality in primary and secondary colleges and guarantee their current and future learning and coaching effects is that the main concern of the society. " aiming to college" is still the most goal of scholars and oldsters, and " double reduction" puts forward new and better needs for talent choice, talent coaching and talent output in educational activity. in step with the trail of talent coaching in educational activity, this paper discusses 5 specific challenges of " double reduction" to educational activity.

Higher Education Guidance Strategy of " Double Reduction" Policy

Education is a systematic education project, and every education policy does not exist in isolation. Although the " double reduction" policy is ostensibly aimed at basic education in compulsory education, its goal is to trigger a series of educational changes, promote the healthy growth of social individuals, and promote the emergence of more innovative talents. As the shaping stage of talents, higher education must actively respond to the " double reduction" policy and its

educational reform, and plan measures to deal with challenges as early as possible to ensure the fruitful educational reform in China.

(1) Improve the diversified recruitment system

In view of the "double reduction" policy, which reduces the burden of students' homework and off-campus counseling in compulsory education and guides students' healthy and all-round development, In order to prevent students and their parents from returning to the sea training for one-sided pursuit of recruitment scores, and to prevent schools and their teachers from violating the laws of education for simply pursuing the ratio of further studies, China should improve the diversion of education as soon as possible, improve the diversified recruitment system of higher education, and make a good connection for the smooth way out of the "double reduction policy". First of all, establish a vocational-general connection system with post-high school diversion as the main body. Nowadays, the development of science and technology is changing with each passing day, which clearly shows the trend of high differentiation and high integration. With the development of the times and social progress, new knowledge, new technology and new science are constantly emerging, and scientific and technological knowledge has not only been greatly expanded, but also the relationship between them has become more complex [6]. Faced with the trend of highly differentiated and integrated science and technology, it is difficult to meet the future scientific and technological needs by diverting talents after junior high school, and it also increases parents' worries and anxieties about students' future growth prematurely; However, post-high school diversion can effectively fill the shortcomings of comprehensive knowledge of future talents and expand the growth world of post-high school talents. Therefore, in accordance with the development requirements of "double reduction", China urgently needs a vocational and general integration framework with post-high school diversion as the main body, "taking into account talents and interests, gradually diverting, parallel development, integration and intercommunication", so as to promote the "common curriculum, mutual recognition of credits, vertical flow and cross-growth" between vocational and

technical education and general education, and promote the optimization of personnel training system structure. Secondly, the academic level and comprehensive quality are taken as the basis for recruitment. Academic level examination is an assessment of academic qualification and a management of students' learning traces. Incorporating it into the admission index of high-level recruitment can give a glimpse of students' academic progress track. Comprehensive quality score is a characteristic investigation of the highlights of students and a professional identification of students' innovative potential. Incorporating it into the admission index of high-level recruitment will help students cultivate and develop their interests and specialties consciously and independently after the "double reduction". Third, deepen the "Trinity" enrollment reform of higher education. Although some existing reform universities have included academic level achievements and comprehensive quality achievements in the admission index of high-level recruitment, the proportion and intensity of inclusion are very limited. Deepen the reform of higher education enrollment, China should stably establish and improve the "Trinity" system of "unifying college entrance examination scores + high school level examination + comprehensive quality evaluation scores" [7], Gradually increase the proportion of characteristic comprehensive quality evaluation results rich in inquiry and innovative scientific and technological progress, promote colleges and universities to recruit appropriate innovative talents, and encourage students to be recorded in their favorite majors suitable for self-development.

(2) Jointly improve the quality of students

In view of the trend that reducing the burden of students' homework and off-campus tutoring in compulsory education will inevitably lead to the relative weakening of students' calculation and reading and writing ability in the future, China's higher education should join hands with basic education and secondary education as soon as possible to improve the quality of students in the future. First, higher education and basic education are connected to strengthen application to improve students' computing and reading and writing abilities. Taking advantage of

the great opportunity of increasing students' spare time after class and holidays in compulsory education stage after "double reduction", the competent department of higher education can organize colleges and universities to design a series of hands-on activities that can train students' computing and reading and writing abilities at different levels, and call on all students to participate; Hold calculation and reading and writing activities once every semester, lengthen the activity time, enhance students' time input, and compile the individual or group results of the activities into electronic fascicles for teachers and students to exchange and learn. Hand-on activities can greatly enhance students' interest in participation, effectively improve students' computing and reading and writing abilities, and students' achievements can also be used as an important reference for college recruitment. Second, higher education is connected with the competent departments of high school education, and the higher education curriculum study plan is implemented. In order to enable middle school students, especially high school students, to cultivate the ability needed by higher education, the competent department of higher education can connect with the competent department of high school education, and formulate and implement the plan of higher education curriculum study. As early as the 20th century, the United States opened university courses, allowing capable high school students to take some courses to study in universities and get credits. Learn from American experience, China's higher education authorities can list courses related to computing and literacy as pre-university courses for senior high school students, compile a guide manual for senior high school students' higher education curriculum study plan, guide senior high school students to clarify the university's requirements on computing and literacy in advance, and improve the corresponding abilities of computing and literacy in a targeted manner. Third, higher education is connected with high school education, and the credit system is used to implement the higher education curriculum study plan. In order to implement the higher education curriculum study plan for senior high school students, the competent departments of higher education should jointly formulate a credit system of mutual recognition with universities and senior high

schools, guide senior high school students to choose courses, and supervise the improvement of the quality of various computing and reading and writing courses.

(3) the implementation of free professional diversion

In view of the trend that the "double reduction" policy dilutes the pursuit of scores and guides the development of students' interests and hobbies, the professional diversion of higher education should give more prominence to students' independent and free choice based on their interests. First, improve the late diversion system based on large-scale enrollment. Facing the tradition of "one-time diversion for life" and the incomplete reform of major selection after large-scale enrollment, China's higher education should scientifically construct the university major diversion system in the new era. In view of the highly differentiated and integrated trend of modern science and technology, in order to cultivate innovative talents with solid foundation and great potential, China's higher education should really recruit students in large categories according to the field of scientific research, lay a solid theoretical foundation for future scientific research or technology application through common courses in the first two years of university, and then implement professional diversion in the third academic year of four-year undergraduate course to create a sophisticated professional direction. Secondly, it highlights the role of students' autonomy and freedom in major selection. In order to overcome the disadvantages of giving priority to scores, students' passivity and ignoring interests in major selection, colleges and universities should give students full autonomy and freedom, not limit the number of majors and students' college entrance examination scores, but pay attention to the investigation of students' volunteers, specialties and potentials, so as to stimulate students' inherent learning potential for advanced specialized knowledge and skills by choosing majors independently. In order to ensure that students can choose their majors independently and freely, colleges and universities should attach great importance to the training of students in the first two years of university, and through two years of training, students should have the foundation and ability to choose their majors independently and freely; Pay attention to the examination of students' study in the first

two years, let students know their academic situation and ability through the examination, and respect students' independent choices on this basis. Third, students are allowed to have the autonomy to change their favorite majors. Although professional training begins in the third academic year, colleges and universities should allow students to choose their own professional direction in the learning process. In this way, colleges and universities not only conform to students' current interests and pursuits, but also stimulate students' learning enthusiasm, publicize students' career ideals, and help students continue their dream of exploration after joining the job.

(4) Collaborative reconstruction of training mode

In view of the trend that students' spare time increases, holidays develop freely according to their interests and their practical ability will gradually increase after the "double reduction", China's higher education should reform the traditional mode of university training with classroom teaching as the main guiding means, Cooperate with the government and social forces to build a new mode of university training with the integration of production and education as the typical education mode, so as to adapt and promote the innovative development of the new generation of college students in the corresponding industrial practice, social practice and thinking practice based on their interests. First, establish a high-level industrial, social and thinking practice teaching base. To meet the needs of students' double growth of interest and practice, the new training mode of higher education should be extended from inside school to outside school, combining inside and outside school, and more students should be experienced in the frontier activities of industry, society and thinking practice to stimulate their potential. Higher education should cooperate with governments at all levels, enterprises and institutions to establish an internationalized industrial, social and thinking practice teaching base facing the frontier and trend of modern science and technology, so as to ensure that college students can often be exposed to the most advanced practice related to their majors and can fully study, exercise and grow in the most developed practice base. Second,

revise the training plan of college talents in the new era. In view of the importance of practical education, the talent training program in colleges and universities in the new era should increase the duration and credits of practical education. Colleges and universities should ensure that students study in advanced teaching practice bases for no less than $1/3$ of the academic system and strive to reach 40% - 50% ; Accordingly, colleges and universities should ensure that students' credits in advanced professional practice are not less than $1/3$ of the total credits, and strive to reach 40% - 50% . Third, joint enterprises and institutions should carry out personnel training in practice. Enterprises and institutions have gathered many outstanding talents trained by universities and are at the forefront of industry, society and thinking practice.

It has increasingly become the main body of scientific and technological innovation. The national government should introduce relevant policies to benefit enterprises and institutions, especially enterprises, to participate in personnel training in colleges and universities. Colleges and universities should take the initiative to unite enterprises and institutions, move more than $1/3$ of university classrooms into the advanced practical teaching base jointly built, and jointly train college students through practical experience and scientific and technological innovation.

(5) Improve the comprehensive evaluation of studies

In view of the value pursuit of "double reduction", which aims to cultivate talents with healthier, more comprehensive development, more interest guidance and more innovative potential, higher education should take advantage of the situation, break the traditional evaluation standard of weighted talents, improve the comprehensive evaluation of studies, and adapt to and promote the further innovation and development of the new generation of college students based on interest. First, pay attention to the examination of students' interest development achievements. Interest is the best teacher for students' growth and the inexhaustible motive force for students to start businesses. It is an important duty of university teachers to protect and promote the development of students' interest. College

evaluation should pay attention to the development of students' interest, pay attention to the examination of students' interest development achievements, and encourage students' interest-based exploration [8] . Second, pay attention to the research and judgment of students' professional practical ability. Whether there is professional practical ability or not, and the strength of professional practical ability is an important feeling for students to learn, and it is also an important standard for the unit to examine employees after entering the job in the future. Colleges and universities should take this as a key indicator for evaluating students. Higher education is the teaching and learning of advanced specialized knowledge, which is essentially a professional educational activity. Colleges and universities should decompose students' professional practical ability, and focus on students' professional practical ability of finding, analyzing and solving problems. Third, strengthen the consideration of students' professional innovation ability. Innovation is a high standard requirement for students, and it is also the expectation of colleges and universities for students to become the driving force of future social development. However, the connotation of innovation is extremely rich, including both combined innovation and original innovation, which can be divided into different levels and aspects. Colleges and universities should refine the connotation of innovation, strengthen the examination of students' innovation ability, and promote students' innovation and development step by step.

The " double reduction" policy is a hard guarantee measure introduced by China to reduce the schoolwork pressure of primary and secondary school students and standardize the extracurricular education and training industry, and has achieved remarkable results since its implementation. However, in order to ensure that compulsory education does not go out of shape, basic education, secondary education and higher education urgently need to work together to seek consistent, consistent and integrated progress and jointly promote the healthy, comprehensive and high- quality growth of the next generation. In the process of promoting the scientific development of China' s education and building a strong country in education, As an

important link, colleges and universities should face up to the new situation, new requirements and new challenges, make clear what they can do, what they can do and what they can do in promoting the sustainable development of education, and with the joint efforts of the whole society, play the role of education in promoting social mobility, improve the quality of education and teaching in China, and promote the fair and high-quality development of education.



CHAPTER 4

FINDINGS

Research Design

This study was conducted in a normal university from January 2022 to January 2023. The purpose of this study is to explore the impact of double reduction policy on higher education, and whether it is helpful to improve students' academic achievements and stimulate students' interest in learning.

Subject of Research

This study selects a normal university in the city where the author is located. After investigation, comparison and analysis, students of Grade 2018 are selected as the research objects, some of them are going to be practice teachers in primary school. The purpose of this study is to investigate the impact of double reduction policy on higher education and put forward feasible solutions..

Methodology of Research

(1) Questionnaire survey: Every practice teacher has their own class. By investigating students' entrance grades and learning interests that practice teacher works, we can master the basic situation of students and provide basis for research design.

(2) Statistical analysis method: Statistical analysis method is an educational research method that makes statistics and analysis on different performance data of certain educational phenomena under different circumstances according to certain standards. This study mainly uses this method to test what kind of changes the teaching mode has brought to teaching and what kind of teaching effect it has achieved.

(3) Interview method: In this study, students of Grade 2018 in the university where the author is located are investigated and interviewed by interview method to understand the advantages, disadvantages, opportunities and challenges of the current

double reduction policy. The samples are selected as students of this university, and the students are active participants and actual beneficiaries. Therefore, the results obtained have high authenticity and reliability, and the research reliability of this study is high.

The Result of Research

Objectives of the Study

1. Through this study, survey data are formed to analyze the changes and differences of students in after the " double reduction" policy; compulsory education before and
2. Compare the similarities and differences in the " double reduction" policies at home and abroad and seek more feasible management solutions;
3. Analyze the problems existing in the implementation of the " double reduction" policy at home and abroad and the educational differences between different countries;
4. Study the current situation of Chinese students and the future demand direction of Chinese talents under the implementation of the " double reduction" policy;
5. Interpret the impact of the " double reduction" policy of compulsory education on higher education;
6. Through list of researches, put forward feasible methods and improve teaching quality and learning interests of students.

A questionnaire survey and individual interviews. The questionnaire survey contains principals, teachers, students, and parents in primary school.

The report shows that 96.8% of principals, 92.8% of lecturers, 90.5% of oldsters, and 96.0% of scholars support "double reduction". this means that the "double reduction" policy has been well known. In terms of student school assignment burden, over 88% of lecturers consciously management the whole quantity of written school assignment, 75.3% of scholars feel that the work is decreasing, and 83.4% of scholars will complete all or most of their written school assignment at school. Reducing burden is concerning rising quality, and rising quality will put on the market. In terms of faculty

school assignment style, the report suggests that 32.2% of scholars believe that lecturers will "assign school assignment supported their learning state of affairs," 47.8% of scholars believe that "more school assignment must be brainstormed," and 45.9% of scholars believe that "more school assignment has been appointed in science, sports, art, and alternative activities.

According to the report, 89.0% of scholars are glad with outside services, of that sixty four.2% are terribly satisfied; eighty eight.4% of oldsters are glad with outside services, of that forty eight.3% are terribly glad. 85.8% of scholars participated in outside services, and over seventy four of scholars participated in outside services 5 days every week. The school's outside service averages one hundred twenty minutes per day. There are numerous types of outside services. quite ninety one of faculties offer school assignment help and numerous interest comes. The survey results show that eighty six.5% of the scholars like college life, of that ninetyeth and half of 1 mile of the fourth, sixth and Eighth grade students like college life. 79.9% and I Chronicles respectively; seventy five.5% of oldsters believe that their children's total time spent reading, exercising, labor, and social apply reception from weekday to weekday has magnified, with 28.2% of oldsters basic cognitive process that it's magnified by quite a pair of hours. The proportion of oldsters United Nations agency believe that their children's total time spent on reading, sports, labor, and social apply has magnified from weekday to weekday, with 28.2% basic cognitive process a rise of quite a pair of hours, 35.9% basic cognitive process a rise of 1-2 hours, and 11.4% basic cognitive process a rise of but one hour.

Regarding students' sleep time, 68.2% of fogeys feel that their children's sleep time has considerably hyperbolic. additionally, the report shows that the burden of off field coaching for college students has considerably shrivelled. 83.5% of scholars failed to participate in off field subject coaching, and 63.3% of scholars failed to participate in non subject coaching. Among students WHO participate in extracurricular subject coaching, 31.5% of fogeys feel that the quantity of subject coaching courses their kids have participated in has shrivelled.

In terms of the issues sweet-faced by the "double reduction" reform, the report mentions that 91.2% of fogeys hope their kids will get a degree or on top of within the future, and over five hundredth of scholars believe that parents' high expectations result in excessive pressure on them. 53.2% of scholars believe that they hope that the teacher will assign prep during a targeted manner. relating to the most achievements of the "double reduction" reform, the report shows that ninety six.8% of principals, 92.8% of lecturers, 90.5% of fogeys, and 96.0% of scholars consider the "double reduction" policy. The "double reduction" policy has been widely known. over half of 1 mile of lecturers can consciously and purposefully management the overall quantity of written prep, 75.3% of scholars feel that the work has correspondingly shrivelled, and 83.4% of scholars will complete all or most of their written prep at school. 53.2% of scholars believe that lecturers will tailor their assignments per individual circumstances, 47.8% of scholars believe that "there is a lot of prep to suppose about", and 45.9% of scholars believe that "there is a lot of prep to suppose about". 45.9% of scholars believe that there's tons of prep for activities like science, sports, and art. 89.0% of scholars expressed satisfaction with outside services, with 64.2% being terribly satisfied; eighty eight.4% of fogeys square measure glad with outside service work, of that forty eight.3% square measure terribly glad. 85.8% of scholars participated in outside services, and over seventy four participated in outside services 5 days per week.

The data shows that the "double reduction" policy is effective. However, consistent with existing analysis, students believe that students' take a look at anxiety is principally full of personal and social factors. In terms of private factors, take a look at anxiety is completely associated with external motivation and students' expectations of failure, and negatively associated with internal motivation, ability self-concept, educational self-efficacy expectations and educational management beliefs (Zhang, Lianfang. 2022).

Statistical analysis results

The method of statistical analysis is based on certain statistical standards, Using the scores of two classes that practice teacher works, Minitab software is used to

detect and analyze the double sample data, and t-test is carried out on the two groups of data, so as to analyze a change in the scores of students in the two classes, and find out the reasons for some abnormal situations, in order to provide some effective suggestions for the next experiment. Before the experiment, we should pay attention to choosing classes with similar learning ability, grades, attitudes and interests to carry out experimental teaching, with the previous grades as the front value and the final grades after the experiment as the back value, so as to compare their differences in grades. Secondly, according to the performance of non- intelligence factors, to determine the feasibility of each stratified teaching strategy.

The results of the front side of the experimental class and the control class are higher mathematics (People's Education Edition) and the first unit function content. Using Minitab software, we get the comparative analysis value of double sample data. From the data content in the above table, we can see that the two classes are very similar in grades, and the test result value of t is 1.09, and there is no significant difference between the two classes.

However, the excellent rate of class under "double reduction" policy is higher than that in the control class, and the standard deviation of the experimental class is larger than before. This strange phenomenon is thought-provoking. After searching the original scores, it is found that not only the excellent rate of the experimental class is higher than that of the control class, but also the poor students whose scores are lower than 40 are higher than that of the control class, that is, there are 4 students in the experimental class whose scores are lower than 40, while there is 1 student in the control class.

Interview method

In this study, the teachers and students of Grade 2018 in the university where the author is located are investigated and interviewed by interview method to understand the advantages, disadvantages, opportunities and challenges of the current double reduction policy. The samples are selected as teachers and students of this university, and the students are active participants and actual beneficiaries. Therefore,

the results obtained have high authenticity and reliability, and the research reliability of this study is high.

This interview mainly focuses on the following three aspects:

Challenges of double reduction policy

Practice Teacher Cao, who works in a primary school, said: With the implementation of the "double reduction" policy, it is necessary to break the inherent educational mode of schools, change the traditional teaching methods, and effectively establish the school-running philosophy, educational mode and teaching methods that are compatible with the "double reduction" policy. [3] Colleges and universities are the cradle of training primary and secondary school teachers. Therefore, the education of colleges and universities should keep up with the requirements of primary and secondary school education for teachers. At present, the "double reduction" policy has been implemented in primary and secondary schools, so the corresponding requirements for primary and secondary school teachers are bound to reach a higher level. Constantly improve the education and teaching level of colleges and universities as the source of primary and secondary school teachers

2. New requirements for teaching under the background of double reduction policy Teacher Yang, director of the school teaching department, thinks:

Innovating instructional design and improving classroom teaching efficiency As some people say, classroom is the main front for teachers' teaching and students' learning, and the only way to reduce the burden at the school level must grasp the classroom, and the only way to achieve it is to increase efficiency. [5] In view of the fundamental requirement of vigorously improving the quality of education and teaching in the "double reduction" policy, university teaching reform also attaches great importance to the efficiency and effect of classroom teaching, and should pay special attention to innovating teaching methods, improving teaching management rules, strengthening teaching management, and improving students' learning efficiency

3. What are your views on the future development of education

Finally, President Zhang of Normal University expressed his opinion:

In today's era, scientific and technological inventions and progress are changing with each passing day. The whole world is connected as a "global village" by the network, and the dissemination of various information and knowledge is in a "big bang". Students are in a rich, diverse, timely and convenient situation for knowledge acquisition sources, and their knowledge is rich and broad even far beyond our imagination. In such a social environment and background, Through the implementation of the "double reduction" policy measures, students can cultivate and establish the study habits and thinking abilities of self-management, self-learning, self-thinking and self-innovation to a certain extent, which provides us with a broader field and broadens the newer and broader ideas for further promoting the teaching reform of higher education. At the same time, the transfer and change of the progress of the times has also brought unprecedented challenges and difficulties to the teaching reform. It is normal and common for students to be well informed far more than teachers, and teachers can't control and manage students' active thinking and vivid thinking casually, which requires teachers to study how to "teach" and "learn" in the classroom. College teachers should clearly understand and generously admit their own shortcomings and students' strengths, Treat students sincerely, Get along as equals, Of course, it is not a laissez-faire to students, It is necessary to give guidance to some key points of students' knowledge cognition through teaching reform activities, In particular, teachers should be good guides in students' life path through their own words and deeds, so as not to make them go astray and rely on their skills and self-respect. This is the true meaning of "the existence of Tao and the existence of teachers", and it is also the ultimate goal of teaching reform that truly implements the fundamental goal of moral education

CHAPTER 5

CONCLUSION AND DISCUSSION

In order to further effectively reduce the extra extracurricular academic burden of hundreds of millions of primary and secondary school students in compulsory education, And earnestly improve the implementation of quality education for primary and secondary school students, In July 2021, the final workplace of the Chinese Communist Party and also the State Council issued the Opinions on additional assuaging the Students' Work Burden and Off field coaching Burden in obligatory academic stage (referred to the "Double Reduction" Policy) [1]. It is clearly stipulated to reduce the homework burden of primary and secondary school students, let them finish their homework at school, reduce their extracurricular counseling, give primary and secondary school students more free space and time, and improve the quality of school education and teaching. The implementation of the "double reduction" policy, which is mainly aimed at the compulsory education stage of primary and secondary schools, also poses a severe challenge to today's higher education. This is mainly reflected in the following aspects: First, through the in-depth implementation of the "double reduction" policy and the implementation of the "general vocational diversion" policy in ordinary high schools and vocational schools, the students who have the opportunity to enter high schools and universities are becoming more and more independent and innovative in their learning. Compared with before the implementation of the "double reduction" policy, Many primary and secondary school students learn subject knowledge, Mainly through high-intensity and intensive homework training, And the forced mechanical repetitive memory of off-campus training measures, Eventually, they were almost trained into "examination machines" that mainly rely on mechanical repetition and memory. As a result, their ability to truly understand the origin of knowledge and to apply it innovatively and independently is generally weak, and this innovative and independent understanding and practical application ability is precisely the crucial factor to promote social development, and it is also the true embodiment of students' comprehensive quality and ability.

Therefore, through the implementation of the "double reduction" policy, the possibility of getting high marks in the entrance examination only through mechanical repetition and memory in middle school is greatly reduced; Second, the execution of the "double reduction" policy really returns a lot of extracurricular time to primary and secondary school students, Let them have more time and energy to contact, dabble in and explore the knowledge content inside and outside class that they are interested in. Constantly contacting and exploring new knowledge cultivates their extensive interests and hobbies, Clarifying their own interests and the direction of striving for them will not only greatly broaden their extracurricular knowledge horizons, but also enrich and improve the knowledge system structure where their own interests lie, and cultivate their sense of direction and mission responsibility for future life planning. At the same time, it will greatly help those students who have better independent and innovative learning to cultivate the mastery and application of multidisciplinary knowledge, and constantly cultivate their interdisciplinary and interdisciplinary knowledge structure and quality connotation.

At the same time, At present, the enrollment and scale of higher education are expanding, Under the realistic social condition that the data of college students is increasing year by year, College students have an increasingly important influence on the future prospects of the whole country's social development. Therefore, Under the educational background of the implementation of the "double reduction" policy, the number of college students entering universities will gradually become the mainstream trend of higher education, For these college students who have experienced the "double reduction" policy education, No matter from needs of current social development situation or from the students' own comprehensive quality and ability to master the subject knowledge structure, The old and backward teaching models such as scripted teaching and rote memorization have long been unable to meet the needs of current higher education. With the development of society, young students' desire to grow up and become talents is further enhanced. Only by making corresponding teaching reforms can they meet the training needs of students.

Thoughts on Teaching Reform in Colleges and Universities under the Background of "Double Reduction"

(1) Clear teaching purpose Under the background that the "double reduction" policy has been fully implemented in the compulsory education stage of primary and secondary schools, As college teachers, we should vigorously promote quality education with strengthening classroom efficiency and teaching reform as the starting point, fully explore and constantly stimulate students' ideological vitality and creative ability, so as to enhance their autonomous learning and spontaneous creation. Obviously, it is out of date to read books and PPT according to the script, let students memorize by rote, cope with the teaching mode of "Long Live 60 Points" in exams, and even continue to arrange a large number of exercises after class, and continue to engage in sea tactics according to the old rules. Therefore, we should take the important exposition of "building a high-quality education service system and comprehensively improving the quality of school education" in the document on the implementation of the "double reduction" policy as the foundation, and earnestly improve the quality of education and teaching. Some scholars have pointed out that with the implementation of the "double reduction" policy, it is necessary to break the inherent education mode of schools, change the traditional teaching methods, and effectively establish the school-running philosophy, education mode and teaching methods that are compatible with the "double reduction" policy. [3] Colleges and universities are the cradle of training primary and secondary school teachers. Therefore, the education of colleges and universities should keep up with the requirements of primary and secondary school education for teachers. At present, the "double reduction" policy has been implemented in primary and secondary schools, so the corresponding requirements for primary and secondary school teachers are bound to reach a higher level. Constantly improve the education and teaching level of colleges and universities as the source of primary and secondary school teachers. Some scholars have pointed out that, In the current short term, it is difficult to solve the problem of teachers with strong professional ability and innovative spirit who can truly implement and give full

play to the role of "double reduction". Therefore, "we may wish to start with the method of exploring existing resources and use university resources to build an educational community 'with coordinated development of universities, primary and secondary schools. Its members are composed of professional teachers in universities, normal students in universities and front-line teachers in primary and secondary schools.'" [4] Through this "education-practice community", the formative evaluation standard and feedback mechanism are constructed, and the formative evaluation is taken as the fulcrum to improve the teaching quality and build a good educational ecosystem. In the education system, teachers, as the most active productive forces in the education sector, can better impart the knowledge they have learned to students, and students can absorb better knowledge nutrition, and then thrive. In this way, teachers are knowledgeable, students are rich in their studies, teachers care for students, and students love teachers. In the high-quality relationship between teaching and learning, the quality of education can be improved and talents can be cultivated. Only with the requirements of educational development can university education cultivate qualified teachers' reserve forces. With the in-depth implementation and continuous advancement of the "double reduction" policy, colleges and universities are about to welcome students with the "double reduction" policy as their educational background. Therefore, in the process of teaching reform in colleges and universities, It is necessary to "recognize changes accurately, respond positively and actively". Only by preparing for reform in advance to meet the educational development requirements of the implementation of the "double reduction" policy in the new era, improving the quality of higher education and studying educational strategies can we conform to the requirements of educational practice and achieve the fundamental goal and real purpose of educating people and becoming talents.

(2) Innovating instructional design and improving classroom teaching efficiency. As some people say, classroom is the main front for teachers' teaching and students' learning. To reduce the burden at the school level, we must grasp the classroom, and the only way to achieve it is to increase efficiency. [5] In view of the

fundamental requirement of vigorously improving the quality of education and teaching in the "double reduction" policy, university teaching reform also attaches great importance to classroom teaching efficiency and effect, and should pay special attention to innovating teaching methods, perfecting teaching management rules, strengthening teaching management and improving students' learning efficiency. From the perspective of specific classroom teaching design and innovation, Just as Leibniz, a famous German philosopher and mathematician in the 17th century, once famously said, "There are no two identical leaves in the world", in the innovation of classroom teaching design in reality, there should be no two teachers who have exactly the same control arrangement and effect for each classroom teaching. However, the innovation of instructional design and the fundamental thinking of classroom teaching law have something in common. This is the attention in classroom teaching. Attention refers to the ability of people's psychological activities to point and concentrate on something. Once, Russian educator brilliantly pointed out: "'Attention' is the only gateway to our hearts." For college students who are in their youth, attention is the window of learning and the basis of sensory information processing and cognitive thinking. People of different ages have different time to concentrate, and teenagers' general attention is only about 50 minutes, so the classroom time is set at 45 minutes. However, the highly concentrated attention experiment has been conducted in the United States. The results of the study have confirmed that adults can only concentrate on a simple and boring task, such as finding letters and beating gopher, which can last for 20 minutes without making mistakes, and then mistakes will occur. Therefore, working efficiency for a long time will not be very high. Therefore, 45 minutes in class are all used for teachers to teach, and there are too many contents, so students' learning and acceptance effects may not be better, and some of them lead to boring classes instead. Therefore, only by innovatively managing classroom teachers' practice and rationally planning teaching content and design [6] can we accurately grasp the classroom effect. In addition, the selection of teaching materials also plays a vital role in students' learning effect, In the article "Quality Improvement and Innovation of Higher Mathematics Teaching under the

Background of the New Era", Dr. Shen Aihong put forward the curriculum reform measures of optimizing teaching materials and expanding teaching contents, so as to improve students' learning enthusiasm and application ability [7]. (3) Pay attention to the process of students' acquisition of knowledge and guide students to explore independently. In today's high-quality development of higher education, especially under the background of "double reduction" policy, college teachers should pay more attention to the process of students' acquisition of knowledge, guide students to diverge their thinking and explore independently, and gain the ability of "drawing inferences from others" in the practice of exploration. In the process of university teaching, As the proponent and bystander of a specific topic or content, Students can be the main body, They organize and play by themselves, explain, transmit and exchange relevant knowledge categories, debate, etc., truly realize students as the main body, give full play to their self-organization, self-management and self-learning, and reflect and innovate ability of "drawing inferences from others", and summarize, expand and analyze cases of what they have learned by themselves. Of course, teachers must also give some guidance in the critical knowledge points and process stages, so that students' learning and communication will not form a wild and unconstrained style completely irrelevant to the classroom content and related knowledge points, and eventually they will be lost. Only under the effective guidance and expansion of teachers, can we cultivate students' self-study ability and divergent thinking ability through the flip classroom mode of teaching and learning. If the whole classroom is compared to a disc, the dominant situation of teaching will inevitably make teachers and students tired; And joining discussion and other teaching links to divide disks organically and arrange teaching classroom allocation and comparative teaching time reasonably will help students relax and enjoy, and improve teaching quality.

(3) the realization path of teaching reform ideas in colleges and universities under the background of "double reduction"

Practically strengthen the cultivation of teachers' morality and improve teachers' teaching ability. As a college teacher, it is the fundamental task and the

responsibility of the owner. As far as teachers are concerned, the cultivation of teachers' morality is always the first factor, and plays a leading and decisive role. Most of the embodiment and implementation of the fundamental task of cultivating teachers' morality and cultivating people by virtue are expressed and transmitted through teaching activities. No matter what major or course, no matter what position, as long as you stand on the podium and actually carry out teaching activities, you can most directly reflect whether you are a teacher by example and cultivating people by virtue. Especially in the face of young college students who are in a highly malleable life, it is very likely that a teacher's words will greatly affect a student's whole value orientation and whole life course. Therefore, as a college teacher, we must work hard and be cautious, and constantly improve and strengthen our own moral cultivation. On the contrary, if a teacher talks nonsense to students on the podium, or even deviates from the basic requirements of the major policies of the Party and the state, it is certain that the teacher's morality as a prerequisite for teachers is unqualified, and it is impossible to become a qualified teacher. While emphasizing teachers' moral cultivation, we should also attach great importance to teachers' professional skills and education and teaching level. Carefully design the classroom teaching effect, carefully prepare the curriculum, and carry out the concerned demand of teaching the basic content of the curriculum and cultivating students' innovative ability. Therefore, in the practice of education and teaching, we must continuously strengthen the classroom teaching reform while constantly strengthening the cultivation of teachers' morality, and think deeply around teaching materials, students and training objectives. Only by studying hard and improving, constantly strengthening one's own quality and ability, and enhancing the concept of time, can one master the ability to learn new knowledge and new information. It is never too old to learn, establish risk awareness, seize all opportunities, and strive to create various conditions, so as to achieve the goal of "preparing things for practical use, making meritorious deeds for the benefit of the world". Therefore, the majority of college teachers, especially young highly educated teachers, should constantly

strengthen and improve their education and teaching ability, adhere to the principle of "taking this as the foundation" and establish the concept of "four regressions".

Focus on improving teachers' scientific research ability on the 34th Teacher's Day in September 2018, at the National Education Conference, General Secretary once again emphasized deepening the reform of school-running system and education management, accelerating the construction of first-class universities and first-class disciplines, promoting collaborative innovation of production, education and research, and focusing on cultivating innovative, compound and applied talents. General Secretary Xi emphasized here that promoting collaborative innovation of production, education and research requires equal emphasis on teaching, scientific research and practice. However, in practical work, many people often think unilaterally that scientific research is only related to postgraduate education, but has little or no direct relationship with undergraduate education. Some people even prove that there is little relationship between teaching and scientific research on the grounds that some professors are unwilling to teach undergraduates. First of all, they are viewed in opposition. But in fact, in any contemporary university, it is faced with the deepening of massive open online course and the popularization of network information teaching. However, the university teaching, which only aims at spreading knowledge and pure classroom teaching, can hardly meet the needs of students' personal development and teachers' teaching value realization. For today's teachers, it is obviously outdated to simply impart or disseminate knowledge in class. Because our current era is completely different from the previous era of pure knowledge inheritance, it is a new era with high requirements of highly developed science and technology, rapid knowledge update and rapid spread of media information in higher education. If we only aim at spreading knowledge, it is tantamount to following the script, because almost all the basic classroom knowledge of universities can be found on the Internet, libraries and various books. It can be said that the era of teachers as knowledge owners and disseminators is just like the old Xia Feng, which has blown past and is gone forever. Mr. Qian Weichang, a famous educator in China, once put forward in 1980s: "If you don't attend classes, you

are not a teacher, and if you don't engage in scientific research, you are not a good teacher". Under the realistic foundation and conditions of the continuous and vigorous implementation and in-depth promotion of the "double reduction" policy, College teachers should pay more attention to the quality and efficiency of the 45-minute classroom time. It is necessary to compress a large amount of rich knowledge and information through in-depth research and teach students in an easy-to-understand form. To achieve such teaching effect, it is impossible to achieve it without teachers' own high-level accumulation of a large number of scientific research achievements. Therefore, to do a good job in teaching, we must do a good job in scientific research at the same time, which complement each other, promote each other, and restrict each other.

In fact, teaching and scientific research are very complementary, and many experienced teachers will feel it. Often, many good scientific research ideas, especially educational reform ideas, come from classroom teaching, just like the inspiration suddenly enlightened when tired in the fog, which happens in the preparation process, or the telling process, or the interaction process between teachers and students. On the contrary, teaching must also need first-line research experience. Only in this way can the teacher really know how the information in the textbook came from, where it will go and what hidden defects it has; Only in this way can the contents of books be transformed into teaching materials and classroom knowledge, and appropriate teaching methods can be used to guide students to study and study. After all, higher education is aimed at young people whose learning and research abilities are developing rapidly. They are high-spirited and the future of the country. College classroom is not simply to pass on knowledge, but to teach methodology, values and the ins and outs of a discipline. Moreover, in recent years, China's scientific research support for colleges and universities is also increasing year by year. As college teachers, we must seize the opportunity and strive to study cutting-edge scientific and technological level and advanced teaching concepts. Only when our own level is

improved can we give full play to our teaching ability and cultivate excellent college students in the teaching process.

(4) Guide students to do a good job in career planning. People often say an ancient classic saying-"Everything stands in advance, but it is wasted without advance". For all people, it is very necessary, even indispensable, to make a reasonable life plan. Especially at present, college students are facing unprecedented employment pressure, and it is necessary to make life planning goals ahead of time and determine the road and direction of their own efforts. Therefore, in the process of teaching reform, college teachers are always faced with the important duty and task of keeping up with social development and guiding students to do a good job in career planning. They should teach students to make clear their ideal goals and practical methods and ways, and work hard towards the goals and down-to-earth. It is necessary to closely combine the current background and social environment, fully consider the historical, realistic and future conditions and factors of development, correctly establish values and knowledge, and earnestly formulate sustainable planning career development goal planning. At the same time, education guides students to closely combine the overall career planning with the specific goals of each stage at present, Clarify the timetable, task map and route for achieving each goal, Ensure that there are clear objectives and tasks in each time stage, and these objectives and tasks are clear and specific, can support the long-term and complete overall goals, and can be operated and implemented, so we can work hard to achieve them in a down-to-earth manner, and finally achieve the overall goals of career planning. Facing the influence of the rising employment pressure of college students, teachers are required to guide students to plan ahead and make their own life and career plans in advance, and at the same time, they should also pay attention to strengthening students' psychology. On the one hand, they should continue to encourage them to learn more knowledge in depth to enhance their employment competitiveness; On the other hand, it is necessary to intervene and educate the unhealthy psychology that they may face in advance, so that they can correctly understand the social development situation and strive to grasp the development trend

of the times. In accordance with the spirit emphasized by General Secretary during his inspection tour in Tsinghua University, we should earnestly establish the youth fashion in the new era, which is to stand up with great ambitions, understand great virtues, become great talents and shoulder great responsibilities. Keep in mind General Secretary's high hopes for young people in the new era, make himself clear as the main body of contemporary youth, keep in mind the entrustment, have ideals and lofty aspirations, and be brave in forging ahead in the times. Conclusion to sum up, in today's era, scientific and technological inventions and progress are changing with each passing day, the whole world is connected as a "global village" by the network, and the dissemination of various information and knowledge is in a "big bang". Students are in a rich, diverse, timely and convenient situation for knowledge acquisition sources, and their knowledge is rich and broad even far beyond our imagination. In such a social environment and background, Through the implementation of the "double reduction" policy measures, students can cultivate and establish the study habits and thinking abilities of self-management, self-learning, self-thinking and self-innovation to a certain extent, which provides us with a broader field and broadens the newer and broader ideas for further promoting the teaching reform of higher education. At the same time, the transfer and change of the progress of the times has also brought unprecedented challenges and difficulties to the teaching reform. It is normal and common for students to be well informed far more than teachers, and teachers can't control and manage students' active thinking and vivid thinking casually, which requires teachers to study how to "teach" and "learn" in the classroom. College teachers should clearly understand and generously admit their own shortcomings and students' strengths, Treat students sincerely, Get along as equals, Of course, it is not a laissez-faire to students, It is necessary to give guidance to some key points of students' knowledge cognition through teaching reform activities, In particular, teachers should be good guides in students' life path through their own words and deeds, so as not to make them go astray and rely on their skills and self-respect. This is the true meaning of "the existence of Tao

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APPENDIX



Appendix details

Interview Record**1.Challenges of double reduction policy**

Practice Teacher Cao, who works in a primary school, said: With the implementation of the "double reduction" policy, it is necessary to break the inherent educational mode of schools, change the traditional teaching methods, and effectively establish the school-running philosophy, educational mode and teaching methods that are compatible with the "double reduction" policy. [3] Colleges and universities are the cradle of training primary and secondary school teachers. Therefore, the education of colleges and universities should keep up with the requirements of primary and secondary school education for teachers. At present, the "double reduction" policy has been implemented in primary and secondary schools, so the corresponding requirements for primary and secondary school teachers are bound to reach a higher level. Constantly improve the education and teaching level of colleges and universities as the source of primary and secondary school teachers

2. New requirements for teaching under the background of double reduction policy Teacher Yang, director of the school teaching department, thinks:

Innovating instructional design and improving classroom teaching efficiency
As some people say, classroom is the main front for teachers' teaching and students' learning, and the only way to reduce the burden at the school level must grasp the classroom, and the only way to achieve it is to increase efficiency. [5] In view of the fundamental requirement of vigorously improving the quality of education and teaching in the "double reduction" policy, university teaching reform also attaches great importance to the efficiency and effect of classroom teaching, and should pay special attention to innovating teaching methods, improving teaching management rules, strengthening teaching management, and improving students' learning efficiency

3. What are your views on the future development of education

Finally, President Zhang of Normal University expressed his opinion:

In today's era, scientific and technological inventions and progress are changing with each passing day. The whole world is connected as a "global village" by the network, and the dissemination of various information and knowledge is in a "big bang". Students are in a rich, diverse, timely and convenient situation for knowledge acquisition sources, and their knowledge is rich and broad even far beyond our imagination. In such a social environment and background, Through the implementation of the "double reduction" policy measures, students can cultivate and establish the study habits and thinking abilities of self-management, self-learning, self-thinking and self-innovation to a certain extent, which provides us with a broader field and broadens the newer and broader ideas for further promoting the teaching reform of higher education. At the same time, the transfer and change of the progress of the times has also brought unprecedented challenges and difficulties to the teaching reform. It is normal and common for students to be well informed far more than teachers, and teachers can't control and manage students' active thinking and vivid thinking casually, which requires teachers to study how to "teach" and "learn" in the classroom. College teachers should clearly understand and generously admit their own shortcomings and students' strengths, Treat students sincerely, Get along as equals, Of course, it is not a laissez-faire to students, It is necessary to give guidance to some key points of students' knowledge cognition through teaching reform activities, In particular, teachers should be good guides in students' life path through their own words and deeds, so as not to make them go astray and rely on their skills and self-respect. This is the true meaning of "the existence of Tao and the existence of teachers", and it is also the ultimate goal of teaching reform that truly implements the fundamental goal of moral education.

VITA

