

Research on Path Optimization of Daily Education Management of University Students in the "Z Era"

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Abstract

"Age Z" refers to the generation born between 1995 and 2009, who live in the era of information explosion and the popularization of mobile Internet, and have unique values and behavioral characteristics. As college students, the educational management of "Z era" students faces new challenges and opportunities. This paper analyzes the characteristics of university students in the "Z era", discusses the existing problems in the current daily education management, and puts forward the corresponding optimization path to improve the pertinence and effectiveness of education management.

Keywords

"Age Z"; College Students; Daily Education Management; Path Optimization.

1. Introduction

With the rapid development of society, "Era Z" has become the main force of college students. This generation has grown up under the profound influence of emerging technologies such as the Internet and smart phones, forming unique values and ways of behavior. Therefore, the daily education management of college students in the "Z era" needs to keep pace with The Times and optimize the management path in order to better cultivate their comprehensive quality and promote their healthy growth.

2. The Characteristics of University Students in the "Z Era"

2.1. Diversity of Values

"Generation Z" college students, as natives of the digital age, grow up in an environment of information explosion and boundless cultural exchange. They are exposed to cultural concepts, value systems and lifestyles around the world not only through traditional channels such as books and television, but also through diversified platforms such as the Internet and social media. This extensive access to information has led them to develop a more open and inclusive value system that respects both traditional values and embraces emerging trends. They emphasize individual rights and freedoms, pursue individual expression and differentiated development, and refuse to be bound by a single value, showing an unprecedented trend of value diversification. In interpersonal communication, they pay more attention to equality, respect and understanding, advocate diverse coexistence, and jointly build a harmonious social environment.

2.2. Deep Integration of Digital Life

The daily life of college students in the "Z era" is almost completely integrated with digital elements, from the acquisition of learning resources, the submission of course assignments, to social entertainment, shopping consumption, all reflect the high dependence on the Internet and digital technology. They are proficient in a variety of digital tools, such as smart phones, tablets, laptops, etc., using these devices to easily achieve rapid information retrieval,

processing and sharing. Under the influence of digital life, they not only have a strong ability of information screening and integration, but also good at using digital technology to solve practical problems, showing high innovative thinking and practical ability. In addition, digital life has greatly enriched their entertainment, such as online games, virtual reality experience, etc., providing more diversified choices for their spiritual world.

2.3. Independence Has been Significantly Enhanced

Thanks to the progress of family education and the opening of social environment, "Z era" college students have gained more autonomy and choice in the process of growing up. They have been encouraged to think independently and make decisions independently since childhood, and this educational mode has cultivated their strong independence and self-management ability. In the face of challenges in study and life, they are no longer easy to seek help from others, but tend to rely on their own strength to solve problems. At the same time, they have the courage to express their views and opinions, not afraid of authority, dare to question, and this spirit makes them more firm and confident in the pursuit of self-value. In addition, "Z era" college students also pay attention to personal growth and self-realization, they actively participate in social practice, volunteer service and other activities, through practical actions to exercise themselves, improve themselves, to lay a solid foundation for the future career.

3. Existing Problems in Current Daily Education Management

3.1. The Management Model is Rigid and Difficult to Adapt to Individual Needs

In the current college education management system, a significant problem lies in the rigidity of management mode. Some universities still adhere to the traditional educational management framework, relying too much on established rules and procedures, ignoring the uniqueness and diversity of students as independent individuals. This "one-size-fits-all" management mode often leads to a disconnect between education management policies and students' individual needs, which cannot effectively meet the "Z era" college students' desire for personalized and differentiated education. In such an environment, students may feel constrained and repressed, and it is difficult to fully develop their potential and creativity.

3.2. Single Educational Means, Lack of Innovation and Interaction

With the rapid development of science and technology and the deep integration of "Z era" college students into digital life, traditional educational means have been unable to meet their learning needs. In the process of education management, some colleges and universities still rely too much on classroom teaching, lectures and other single forms of education, and lack of diversified teaching methods that combine online and offline. This kind of single education model is not only difficult to stimulate students' learning interest and enthusiasm, but also may lead to low teaching effect. "Z generation" college students are more inclined to learn through interaction, participation and experience, and they are eager to explore new knowledge and expand their horizons in a diverse educational environment.

3.3. Poor Communication between Teachers and Students, Affecting the Effect of Education Management

Communication between teachers and students is an indispensable part of educational management. However, in some colleges and universities, due to the imbalance of teacher-student ratio and heavy teaching tasks, the communication channels between teachers and students are not smooth, and the communication frequency and quality are greatly reduced. It is difficult for teachers to fully understand the actual situation and individual needs of students, and can not provide accurate educational guidance and support for students. However, due to

the lack of effective communication with teachers, students can not express their confusion and ideas in time, which will affect the learning effect and mental health. This phenomenon of poor communication not only weakens the pertinence and effectiveness of educational management, but also may aggravate the estrangement and misunderstanding between teachers and students.

4. The Optimization Strategy of the Daily Education Management Path of College Students in the "Z Era"

4.1. Innovating Educational Management Models and Strengthening Personalized Education

In order to better adapt to the diversified and personalized needs of college students in the "Z era", colleges and universities should actively innovate educational management models and establish student-centered educational management concepts. Specifically, colleges and universities can introduce scientific methods such as psychological tests and interest surveys to deeply understand each student's personality characteristics, interests and learning needs, and then customize personalized learning plans and educational activities. This can not only enhance the attractiveness of education and the participation of students, but also effectively stimulate the potential and creativity of students. At the same time, universities should continue to revise and improve the existing educational management system, remove rigid and outdated provisions, increase flexibility and inclusiveness, and make it more in line with the characteristics of "Z era" students. In addition, encouraging students to participate in campus management is also an important measure, such as through the student union, class autonomous organization and other platforms, so that students participate in the decision-making and implementation of education management process, cultivate students' self-management ability and sense of responsibility.

4.2. Enrich the Means of Education and Improve the Effectiveness of Education Management

In view of the deep dependence of college students on digital life and diversified learning needs of "Age Z", colleges and universities should make full use of modern information technology to enrich educational means and improve the effectiveness of educational management. On the one hand, colleges and universities can establish a comprehensive education platform integrating learning, communication and management, and integrate online education resources, such as course videos, electronic books, interactive Q&A, etc., to provide students with convenient and efficient learning channels. At the same time, the platform should update its content regularly and maintain the timeliness and diversity of resources to meet the changing learning needs of students. On the other hand, colleges and universities should also develop diversified evaluation standards, focusing not only on students' test scores, but also on students' performance in project reports, social practice, teamwork, etc., and adopting various evaluation methods such as process, peer evaluation, and self-evaluation to evaluate students' abilities and potentials more comprehensively. Such an evaluation method can more accurately reflect the comprehensive quality and growth trajectory of students, and provide a more scientific basis for educational management.

4.3. Strengthen Interaction and Communication between Teachers and Students to Build a Harmonious Educational Environment

The effective communication between teachers and students is the key link of educational management. In order to improve the pertinence and effectiveness of education management, colleges and universities should pay attention to the communication between teachers and

students and establish and improve the communication mechanism between teachers and students. Specifically, colleges and universities can regularly organize teacher-student forums, online consultation and other activities to provide teachers and students with face-to-face or online communication opportunities to enhance mutual understanding and trust. At the same time, universities should also establish effective feedback mechanisms, so that students can express their opinions and suggestions in a timely manner, and teachers and administrators can respond and solve problems in a timely manner. By strengthening the interaction and communication between teachers and students, it can not only solve the difficulties and problems encountered by students in study and life, but also promote the emotional communication between teachers and students and build a harmonious educational environment. Such an environment can stimulate students' learning interest and motivation, and improve the effect and quality of educational management.

5. Conclusion

According to the characteristics of college students in the "Z era", optimizing the daily education management path is helpful to improve the pertinency and effectiveness of education management and promote the all-round development of students. Colleges and universities should pay attention to the development of The Times, constantly explore and innovate the mode of education management, and provide a strong guarantee for cultivating high-quality "Z era" college students.

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