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From Learned Helplessness to Student Progress: A Reflective Study of Quality Education in China

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ABSTRACT

In the context of rapid socioeconomic transformation and intense social competition in modern China, students increasingly face heavy academic burdens, anxiety, and a prevalent psychological state known as "learned helplessness," leading to disengagement and diminished achievement. Addressing this critical dilemma, this study centers on the principle that "the progress of students is everything." Grounded in reflective educational practice and humanistic pedagogical theory, this paper analyzes the structural causes of learned helplessness—such as traditional cramming methods, excessive competitive stress, and limitations of large-class systems—and proposes feasible pedagogical solutions. The author argues that learned helplessness can be effectively alleviated through positive reinforcement, targeted praise, and character education, which together rebuild students' confidence, intrinsic motivation, and self-efficacy. Furthermore, the paper examines the evolving landscape of Chinese education under "Quality Education" (Su-zhi Education), emphasizing the holistic development of students across moral, intellectual, physical, aesthetic, and labor dimensions. The study also explores modern educational reforms, including flipped classrooms, student-centered methodologies, and lifelong learning frameworks, while underscoring the reciprocal relationship of "teaching benefits both teachers and students." Ultimately, this research asserts that genuine educational progress lies in fostering individual potential, cultivating sound character, and achieving harmonious, sustainable development for both learners and society.

Keywords: Student Progress; Learned Helplessness; Quality Education; Student-Centered Learning; Teacher-Student Relationship; Educational Reform; Motivation

BACKGROUND OF THE STUDY

With the reform and open policy of this country, China has experienced a lot of progress as well as many problems. Society has become competitive, and every person feels the stresses that come from a competitive society. Many low-income families are so poor that they live a very poor life. Some rich people can obtain an extravagant lifestyle. The old lifestyle has been broken and the new lifestyle has been so unequal. Society experiences many struggles and challenges, as well as some sad feelings and emotions. Everything has changed besides the educational field. Many private schools and non-state-run schools have come into being. The organization of the schools has been different, as has each teacher's salary. Everybody has been in a state of competition, including the students at every level of education. The parents are very sad, and the only way for them is to get their children to learn well, learn faster, and be successful in education.

Society has become competitive, and the sense of competition makes teachers stressed and bored, so some teachers have a sense of burnout, which is very unhealthy and very dangerous to the educational field. Everybody seems to be competitive towards each other, and the speed of life, the lifestyle, etc., have become different. Although there are progress and achievements in

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every field of study, there surely are some serious problems. To be the high schools students, they become inactive and sense the feeling of the learned helplessness[1]. A lot of problems should be solved and be eased. We hope the country becomes rich, prosperous, equal and free. People have become able to live a rich and happy life. This dream can become true, as many people think.

The big class is the answer for the large population of China and the big class is also the traditional way of teaching and education. The small class is another kind of teaching style, while the big class must be the answer for the people of China. Tradition also plays an important role in education and teaching. Everybody is a unique phenomenon of society and the world, which is changing greatly. Cultural exchange makes education of every style collide with each other, releasing and stimulating people's talents, gifts, and full potential.

The languages, characters, religions, morals, customs, ideology and ideas are all combined into the culture. Education is one aspect of culture and can never escape from the cultural influence. The living style is also education, so education is everything in every nation and every culture. Each education is the unique style of each nation and culture, so education must learn from each other and make progress with the influence and help of each other. Everyone will get beaten if they fall behind, so every backward country always has bad and poor education, while the rich and advanced countries always have sound and good education. Education is the reflection of every aspect of each culture and nation. Every culture and nation must advance with the times and learn from each other. Chances and challenges exist side by side. The new generation of citizens are the core of education of every country.

Students progress in society, which is the place for all human beings to live. Without education, human beings cannot survive or progress. For students, learning can be lifelong, can be everywhere, and can happen at any time. Education is a basic phenomenon of the world and human society, which forms the foundation for humankind. Society is a whole with many different people all together. Personalities and characters are the special things that make society colorful.

The essence of study and learning is progress. Students progress every day in schools. The word "school" comes from the Latin word "schola," which means relaxation. When people are free enough, they begin to build schools for their children. With the development of society and the development of science and technology, school, study, and learning came into being. With so many people and so much precious time, school education becomes necessary and important. Study and learning make human society possible and necessary, so let's progress together.

The progress of human beings is just beginning and not the end, although there already exist robots or other artificial intelligence. Artificial intelligence is, of course, the result of the hard work of human beings. Human beings are so powerful that they create so many things. The human society is the collection of all people's great work and achievements.

Society has changed; for example, human intelligence makes the world quicker and more convenient. Innovation is the aim and the task of human education, so every student should be innovative both at school and at work. The reform of society has brought about the reform of schools, which tend to be more efficient and more student-involved. Students come to college or university to study. It means that the era of mass education has arrived. Unlike elite education, mass education is more efficient because more students go to school, and the aims and principles of education begin to change. The students begin to be the centers and focus of the educational system. The ideas of equal education, such as mass education, are becoming more and more focused.

PROBLEM STATEMENT

The topic has been discussed for many years in China because sometimes the students have progressed so little in China. The students are reluctant to study, and they reject learning in China[2]. The students have developed a sense of learned helplessness[3]. Why do the students experience this kind of feeling and emotions? Students with learned helplessness are always inactive, and they lack a sense of success and achievement. Learned helplessness has become so serious that many teachers, as well as parents, have nothing to do about this phenomenon. Many people call for solutions to this serious problem. Many years have passed, and there has been some progress and achievements towards this problem and phenomenon. People say "the progress of students is everything." The progress is for every student and people should do a lot to achieve the progress of each student.

What is education? What is the aim of education? What is the methodology of education? How to teach? What to teach? All these ideas come into people's minds, and people begin to reconsider these problems, which become more and more important nowadays. Educational psychology becomes important because the school educational methodology really has some problems and disadvantages. Students begin to commit suicide because they have bad feelings and bad emotions[4]. The suicide

problem causes many people to reconsider education. Competition is great. But if the students can not endure the competition, the school system is a failure. The students should be hard-working, independent, confident, self-respected, intelligent, etc., to have a happy future. Education is the preparation for the future society and future life, so everybody should have many years of education to suit future life.

How do people learn? Imitation is the first step, and examples help human beings pass it on. The parents must be the examples of the children and the teachers also are the examples of the students at school. People are intelligent enough to inherit all the knowledge of human beings. This is the material basis of human activities, including education. Although each person is different and special, and although each man's mind is different, all human nature remains the same. Why do some students fail in school education? I think the large-class system is the failure of education. Cramming education is the reason and cause of the whole educational system. Cramming education has some advantages, but it makes students lose their interest, curiosity, and sense of achievement. Corporal punishment and criticism in the educational field make the students even lose self-confidence[5]. So, a lot of reforms should happen in the school education field. The bad or useless methods should be replaced by the good ones. In this way, human education will be successful. Education is necessary and important, but there are some bad or wrongdoings in the educational field. The reforms are necessary and welcome.

The pressure of learning is great because competitions have been introduced in all schools in order to improve efficiency. The psychological state of the learners should be paid attention to reduce the negative bad effect of studying and learning. Competitions make the world develop more quickly, but they also have some bad effects. Human beings are still not intelligent enough to acquire a great deal of knowledge in a very short time. Study and learning need time and help from teachers and peers, so study and learning can not be too fast and quick. A lot of methods, which aim to have great success in study and learning, have been adopted or employed. More efforts should be made and used wisely.

Many students fail because they do not master a good and correct learning method. Maybe they do not form the correct learning habits. All these failures make us pay special attention to learning methods and learning habits. With so many students, the good or the bad students vary to different degrees. We think the differences among students are normal because their intelligence varies. Some students may be behind for some periods of time, and some students may have some weak subjects, but all of these things are natural because human beings are different from the very beginning. Failure in studying and learning may lead to failure later on. But for some students, the early failure is nothing to them and they achieve great success later on[6].

PURPOSE AND SIGNIFICANCE OF THE STUDY

Modern society focuses on the unity of the development of society and the development of people. In modern China, we still focus on the idea that we should cultivate students to be fully developed in moral, intellectual, physical, aesthetic and labor education. We still hope that the students should be the constructors and successors of the country and society. The students should be fully developed as well as fully socialized. One of the core tasks of modern society is to search for the essence and the rules of education. People should use the rules and regulations of education to guide first-line teaching. Many people have found the importance of students' behavior building and learning attitudes, learning methods, etc. The right way of learning habits should be built. Schools should build good qualities in students and should let students be true people besides learning all the knowledge. In the research and the teaching process, we should probe into the new society, the new rules, and the new methods of teaching in the educational field. In this way, we can develop and make progress in our students.

The students must be creative, active, and take initiative to suit the human world. The active and healthy development of the students is the key or the core task of recent years. Education plays an important role in political stability and socio-political development, so education is really very important. The aims and goals of education in our socialist society are different from those in the capitalist society. Communicative moral education, socialism, collectivism, and patriotism are the basic moral needs of the students in China today. China has its own particular habits, manners, customs, thoughts, ideas, etc. The learning is not just an imitation. The so-called "Quality Education" has played an important role in recent decades. People begin to pay attention to the students' quality as well as their intellectual scores. Why is the concept called "Quality Education"? It seems that people are uncertain about the scores and they think the scores are not enough for a person. Every person must have good quality to meet the needs of a progressing society.

The students must have lofty ideas, such as the realization of communication, free progress and solid convictions. The teachers should pay special attention to the students' character training, ideological level, moral standard and sentimental style. Education must meet the

needs of society and the world, so education must change all the time. The individual perfect is the goal of education, so education makes people perfect. The so-called "learned helplessness" tells us that the students must have a very good character and a very good sense of achievement. The jobs and tasks of the teachers should make the students independent, active, successful, and confident. Motivation plays an important role in learning[7], so please do not forget the basic idea of education—make the students progress.

The choice of educational method often conceals the spirit of the society, the progress of the society. The society is improving, so the teaching methods, teaching styles must change also. Education must conform to the development and progress of the society, so everybody must develop. The progress of students really is a serious and big task of the society as well as educators and teachers. Students should make progress every day and so do the educators and teachers. We often have this kind of idea, that is, teaching benefits teachers as well as students. Teaching others is teaching yourself. When teaching someone, both teachers and students will benefit. So the progress of students will bring progress to teachers and educators. In writing this article, the researcher thinks the writing makes her progress, so reading and writing really help everybody progress in the learning world. The learning world requires everybody to learn something each day and progress each day.

The efficiency of education and the all-students principle must come side by side. No matter what happens, the three important things cannot be omitted. The differences of students may exist, and teachers should take advantage of the differences of students. The students can learn from each other and help each other because of the existence of differences. The aim of every kind of school reform is the progress of students, which is the fundamental task. Students are different, special and unique, so the educators, researchers and teachers should develop the students reasonably and quickly.

Education has many functions; for example, education can promote the progress and the development of society. Education realizes the dreams of the present and the future. Education realizes the dream of inheritance and innovation. In this way, people will be more and more intelligent. One of the fundamental and significant tasks of the reform is to raise or increase students' learning efficiency because the amount of knowledge is large. Many efficient ways and methods must be used in school reform and the educational field. Much psychological knowledge, which means the improvement of education, has been popularized by scholars and researchers.

The theories and the practice should be joined. The combination of theory and practice should be fulfilled. Whether the theories and practice are good or not depends on the feelings of the students. The theories and the practice should be student-centered to protect the students' motivation, curiosity and interest, and sense of achievement very well. Any method that rebels against the educational principles should be a failure. Assessment and evaluation of education always exist and will not be abolished. The promotional and stimulative function of education will be focused on more. Any failed policies and methods should stop. The progress of students and the quality of education should always be the first thing.

The most important thing in school life is whether the students progress or not. If the students progress well, nothing should be worried about. Teachers should be promoters and help with study and learning. Teachers should be knowledgeable, have a good reputation, and have good behavior, and be examples for the students. The reputation of the teachers is very important, so every teacher should make himself or herself a good image and scholar reputation. Teachers are the examples, so we just select qualified and suitable persons to be teachers. Teachers can learn all by themselves because of the advanced society of human beings.

THE RESEARCHER'S EXPERIENCE AND PERSPECTIVE

The researcher thinks learned helplessness can be cured thoroughly[8] if we have the good and the right way to do so. The researcher has taught this kind of student many times. How did the researcher solve this problem? The researcher just gave students as many appraisals as possible; the researcher did not criticize them at all. With the researcher's help, many students have developed a sense of success and achievement. They did not feel stressed or unhappy; instead, their learning moods and learning abilities have progressed a lot. The researcher has succeeded, and the students also succeeded. The researcher feels happy and her students also feel happy too.

With many years of research and study, the researcher has become a scholar; her articles and her books have been published, so she has received some appraisal and a sense of achievement. The researcher will go out study until she finds successful results. On account of many years of research work, the researcher feels the topic "From Learned Helplessness to Student Progress: A Reflective Study of Quality Education in China" is not so difficult for her, and she just writes it down, and the words can become a book. The researcher will also add some new things to this book, because through the research and study, she has found new things that can be included in her new books.

In order to output well, we need a lot of input. The inputs are the examples; they are the models for people and school students to learn from, to copy, and to imitate from other, more advanced people. With excellent input, output can be necessary. The researcher now expresses herself in English because she has already known and studied the words, the sentence structures and links of the sentences, and also some feelings and emotions of native speakers. Education is progress and education makes people progress.

We live in human surroundings, and we learn from each other all the time until our death, which is the end of people's lives. Before death, people all learn from each other all the time. People like learning because they have such an interest, which makes learning and studying go. Study is a basic phenomenon of the world, society, and human history. People progress, and they all learn from each other. The language that she uses is very simple because her English level or English standard has not progressed in these years because the high school students are limited, and she has only read many books in Chinese. Time is limited, so she spends very little time in English. In this way, her English has not progressed a lot[9]. So, make a conclusion, that is, time makes everything. If you want to be a scholar, a learned person, a qualified teacher, etc., you should study hard and progress a lot.

The researcher now just uses some simple English, although her simple English can convey her emotions and feelings. Input well and then output well. This is one example she has got from the learning and teaching of English for so many years. She is an English teacher with a Chinese background, so her exposure to standard English is limited. With such limited time, because she has many Chinese books to read on education, her English is poor and limited.

Humankind has powerful abilities and potential abilities. Every person is different and unique, so the world and society are colorful. Potential abilities build the foundation of people's society, and they make study and learning possible. The output is quick because of many years of study and learning. To be a high school teacher, your English is just at a high school student's level. If you want to be a higher learner, you'd better teach college or university students. "Teaching benefits teachers as well as students" is a powerful theory, as well as an excellent teaching methodology and principle. If you are put in a competitive or higher society, you progress better than in a low society. That is to say, people can progress if they are put in a good environment and surroundings. The researcher has learned English for many years and this is the road and the way to be an English teacher as a foreigner or in a foreign background. If she wants to have excellent English, she just needs time to put it in, because she has already had an excellent way of learning English. Self-study is a good method for high school students who need good teachers' guidance and teaching.

People are unique and special. People can learn or study from each other and people are intelligent enough to be the masters of the human society and world. This book is just the doctoral thesis of her beloved subject—education.

KEY CONCEPTS AND THEORETICAL PERSPECTIVES

Education is a social practice and has its own peculiarities and characteristics. We should fully recognize this idea. Education is the first and also the last thing of social practice. Education is the programmed, concentrated, systematic and strict training of the juveniles. One very important training is character training. Some students fail because they are fragile or weak, and many succeed because they are determined and strong. Many students are not likely to collapse, but a few of them are, so our task is heavy and important in this aspect and in the educational field. Education is the way to be socialized and to be a full and independent man. The education of the socialist society must have its own characteristics, that is, communist ideal and belief education. With these ideas and convictions, the people of our country can carry forward the right ideas and convictions from generation to generation.

Teachers provide a kind of help to the students—spiritual help and physical help[10]. Education makes people develop both physically and spiritually. The differences between students make all the students cooperate with each other and learn from each other. The differences between people make the world diverse. Psychological education, character education, and spiritual education are combined into a whole person. Education is practice. People exist and develop all the time, so education must be practical, social and transcendent. Education promotes the development of humans and the improvement of the world. Society must provide material needs and spiritual needs. People must have food to go on, need houses to live in, need clothes to wear and need automobiles to move. The existing needs and the developmental needs of human beings compose society. People have rights to live on and people should shoulder responsibility at the same time. Human society seeks the sustainable development of mankind. The development of humans accelerates the improvement and perfection of the world. The progress of students must be whole and free, and students should have equal development and progress.

The education of people must adhere to the principle that teachers and educators teach students in accordance with their aptitude and help each one to achieve their full potential. Although the country as a whole is stable and prosperous, there still exist many problems; for example, the two extremes make many people unhappy and unsatisfied. All these problems and troubles make education in China unsatisfactory, so the government should do many things to ease the troubles and problems. People's potential talent is the core and key of educational problems. We must do everything to achieve this task, that is, make people's potential talent emerge and progress. In fact, education is practical, scientific and progressive. Education must comply with the objective requirements of society and the age. Education must be multicultural, and every country must learn from each other and progress together. With the development of society, education plays an increasingly important role in every corner of the world. The progress of society promotes the progress of education.

Education begins to promote every corner of society and begins to bring in much progress and change. The person-centered theory is a very sound and important theory in the educational world. Education is both practical and theoretical, scientific and intellectual. Education is to arouse the students' curiosity, innovation and individualism, etc. If students fail, they will lag behind many successful students and make society poorer and worse. Every country becomes a competitor of the others, but competition is something that really makes the world move. Every country learns from each other and cooperates with each other, which makes the world move on and on. In the growing international association and globalization, every country is a competitor and also cooperates with each other. The international association makes every country learn from each other and influence each other greatly. Many educators' ideas and theories vary and become popular with internationalization and globalization. Competition and cooperation exist side by side and make great progress also. So, in education, competition and cooperation also work. Competition is a source of stress, but without competition, the world and society will be less colorful. Competition and progress make human beings exist and make progress.

The environment makes people live, and potential abilities make learning possible and necessary. The progress of human beings is natural because human beings really are the most powerful animals. As a kind of animal, people are intelligent enough to kill the enemies of human beings, make animals their labor or their food, and build many tall and beautiful buildings. Human society is already very good, and with many people's hard work, human society will be much better and better. People are intelligent and powerful, and their children can learn everything from their ancestors, and their children can be better than their parents with excellent teaching methods and ways.

What to learn? The students should learn all the knowledge that is required by the modern world. The most important thing in study and learning is that the students should form habits of learning, have good methods of study and form some good habits in discipline. Students should not only have good learning results; that is to say, the students should not only have good scores in study and learning. They also should have many good qualities and character. The aim of school education includes not only knowledge but also human personalities and character. School students should not only have good examination scores in every subject they learn, but they should also have all the good qualities and personalities the modern human should have.

Theories must be side by side with practice. The theories and practice in education should also be focused. Education means "to induce", so education should not always make students bored, have no interest in study, have no confidence or sense of achievement. Instead, teachers should make students successful all the time, especially at the beginning[11]. The sense of achievement is powerful, and it helps students progress well.

Through education, human experience has been the realization of passing down. Knowledge cannot be inherited, so study and learning should cost a lot of time and energy. Education is the activity of educating people. Once society needs something, its education just begins. Education is a phenomenon specific to human beings.

Why should people be wholly educated? The reason is that in the machine-industry society, workers just do a single process of the job. Workers become the button or the lag spike of the assembly line. The machines make people one-sided, dull, and limited during the progress of human beings.

In the past, education played the function of selecting people. Education makes the selections of the society. Education can make people become the men that are required by human society. Education is important and the basic task of education is to train and cultivate people. Any theory has arisen from society or labor, and any theory is the reflection of society at that time. Education ensures the stability of society because it implements some theories that promote the stability and development of society.

One of the characteristics of human behavior is innovation, so the progress of human beings is possible. In the last decade, being different has become a new phenomenon in the world, so different ideas and theories

are preferred. Education is the realization of human nature. Education realizes the dream that men are equal no matter what their background is and who their ancestors are. In history, educators have realized many dreams, and many new dreams will also come into being. The realization of freedom and emancipation of human beings lies in the success of education for all the people.

Human nature is inherited, and so the race can be carried on through generations. Everything can be inherited, not only the clever mind but also some serious diseases of each family. Human beings are trying to live a better and happier life, which is the result of many years' hard work and achievements. Now, the researchers just follow the models of successful and correct phrases, words, sentence structures, etc. to keep on record. For example, "keep on record" is a phrase that she has taught to her clever students, and she herself has this structure in her mind. The output is necessary because of the example picture or setting, or forms in her mind. So, imitation is the first step that maintains and keeps the world. Then, innovation becomes a more powerful step because it has created new and better things than those created in the past. Human beings are clever and intelligent animals because they keep and improve the society and the world where human beings live. These days, the government calls for all the people to be innovative, especially the school students. With this innovative mind, human beings will be better and more intelligent, and in this way everyone has a wonderful environment and future.

Knowledge, experience, and skills are passed on from generation to generation; that is, human beings can inherit knowledge. This inheritance makes study and learning easier. All the useful knowledge, experience, and skills can be passed on because of human language and the invention of printing and paper. Education makes the dream come true that human knowledge and skills can be passed on through generations. At first, teaching is imitation; then teaching is innovation. Imitation and innovation make education successful.

Different periods have different aims of education, which seems very natural because at each stage of life, education is difficult. Education makes human beings suitable and prepared for future life and also makes inventions for all the people in the world. With education, the life of a human being is wonderful, prosperous, and convenient. Education makes potential abilities come true. Without education, human society is impossible. Although school education nowadays has its disadvantages, education still plays an important role in human society. What kind of people to be trained or to be educated is the theme of education. Whatever the aims and goals of education, they make education good or not. Reform is always necessary, and the progress of students is usually successful.

The aim of education is to cultivate the heirs of humankind. Inheritance and development are the two aims of education. The progress of students is also an aim. The sense of achievement, curiosity, and the interest in learning play an increasingly important part in education.

Education is not a slow task, but it is a quick task because much knowledge has been taught every day at school. The interest, curiosity, and sense of achievement should always be in mind, and a humanistic approach should always be used. Criticism is a method, but this method has its advantages and shortcomings. Examination is a good way and a method of education. Examination cannot be stopped and cannot disappear. The educational system now has some shortcomings, so everyone must research education and make education more successful and wonderful.

The ideal method of education is to make both teachers and students progress together; in this way, it can abolish the low effectiveness of education. Examinations cannot be abolished, because they are just a procedure of study and learning. Education is a personal thing as well as a social phenomenon because everyone is part of human society.

Education combines inheritance and innovation at the same time, so please teach and help the students better and better. To be the engineers of human souls, teachers should be excellent. Education makes progress for students as well as society. Without education, society is impossible. Education makes the economy develop and promotes the development of human beings. Education, which promotes the economy, realizes the inheritance and development of knowledge.

THE ROLE OF TEACHERS AND PARENTS IN STUDENT PROGRESS

Study and learning cannot be without a good environment and a good surrounding. Humans pass on knowledge from one generation to another. Teaching students or children is a fundamental task and a powerful job, so teachers should be respected. The Chinese have had long-standing ideas and principles that teaching is important. Teachers are great because they are very unselfish, and they pass on knowledge from one generation to another. Teachers should be respected, and in this way, society can develop well. Teachers must have a respectable position to make the naughty students respect them, and in this way, the management of students can be easy. The position of the teachers should be higher, and respecting teachers and valuing education is a method or a way of managing human society. This method will be passed on because the method is successful and powerful.

The management of human society is great and the management methods and ways have been passed on and on. The position of teachers in China in the past was high, and this makes the Chinese culture wonderful. Students should respect teachers and teachers should love their students[12]. In this way, teaching and learning become successful. The large-class system is an invention of the excellent educators in the past; for learners and teachers these days, they should invent some new principles and methods for human school education. Education is progress and let's progress together.

Study and learning are the methods of education. Sharing and experiencing are also methods of education. Differences make the world colorful and make people learn from each other. Human progress is the result of many people's hard work and we must treasure the result greatly and significantly. People are great and so is education. Without education, human progress will be nothing. The teachers are the models for the students and the images of study and learning. So, in this way, teachers are the mirrors or the images that the students learn from. The teachers should be progressive all the time and be the people that the students learn from. Being a teacher is not the only aim of students, and teachers must be friends of the students. Families are the place of the progress of students, and successful families are always praised by society.

Parents should love each other and parents should be the mirror and example of the students. Happy families always have happy feelings and emotions, so we must all have happy families. In schools, students respect teachers, and in families, students have happy feelings and moods. For the teachers, the task is so great. For the parents, raising children is also powerful and great. Parents should be the examples for the children to learn from and teachers should also be examples for the students to learn from.

Poor students are the result of failure; for example, the failure of parents, the failure of teachers, etc. Everyone should have a happy family to live in, to foster themselves. Family education and school education should be important and great side by side. The failure of students is always the failure of the families, the schools, and society. Education means a lot. One very important theme of education is progress. Progress well and then the students will be normal and successful. In old China, people always said teachers have the same position as the emperors. So, we can see that the position of teachers is so powerful and great. The love between teachers and students is so precious that people always think highly of it.

The teachers must be the examples for the students to learn from and the examples should be in abundance and be enough. In this way, students will be successful. School education is the preparation for the future life of students and families as the unit of society. The parents and the teachers are all examples for the students, so much attention should be paid to these two phenomena. So, in primitive society, the old and the learned were the teachers of the young because they were the examples for the students. The moral standard of the teachers should be important and paid great attention to. All the successful teachers in history are examples for the young to learn from. The building of human character is the result of human society. The scholars and teachers are so important that we should pay special attention to the teacher training programs, which should include a lot of merits and knowledge.

Schools are the places where knowledge and skills are passed on in large quantities, and schools are also the places where morality is passed on. Human beings are the most intelligent and the most advanced animals, so human beings not only suit the world but also change the world completely and thoroughly according to their needs. With so many years of so many people's hard work, human society has been completely successful. Everyone has their strengths and weaknesses, so everybody should learn.

Teachers and parents are just examples for the students. If the teachers and parents make mistakes, what terrible things might happen? The Chinese saying "Teachers should be the examples of students" is really true. What is the aim of study and learning in schools? The purpose is to get students prepared for future life, including future jobs. Education is a great thing and a powerful task because it can help students improve day by day. Experience can be learned and passed on from one generation to another. The combination of every kind of knowledge makes education.

The qualities of teachers are important, and so pre-service, in-service, and off-service training have been important. Education is something that should be improved greatly. The powerful educators' ideas and theories make a new world. For example, John Dewey's "learning while doing" method is so wonderful that students are emancipated to be in a normal state. Education is a must.

Study and learning are very important, so each person should learn and study well with the help of teachers. Then, when people are out of school, they also should be lifelong learners to support themselves for the future society. Because usually the students are young, they can not study all by themselves. Now, the teachers come and help the students with their learning methods, learning behavior and knowledge. As guides and supervisors of students, the teachers need some special skills and

knowledge to help the students[13]. The teachers' behavior and reputation are also important in governing and managing the students' behavior—including study and learning.

The power and authority of teachers are so great that the teachers are the leaders of students, especially for young learners. For students from primary school to high school, the power and position of the teachers should be lowered. If the teachers lose knowledge, power, and position, the teachers will fail. If the teachers fail in power and position, the students will be in a mess.

Teachers are the spreaders of knowledge in human society, and teachers promote the development and progress of human civilization. Knowledge and skills must be passed on from generation to generation. Because human society is developing, some false or old knowledge should be omitted, and some necessary and useful knowledge should be added. In this way, the teachers should deal with the knowledge and the skills wisely and carefully in order to make students progress wonderfully and well. All the requirements and qualifications make teachers a special group who are the helpers and supporters of students.

If the students fail, who will be the people who are troubled? Usually, the teachers. Excellent teachers usually can govern and lead students to very good results, while bad teachers always change the students' fate and also the fate of the young generation of the country. The position and the power of teachers are so great, so every teacher should be a good teacher of the students, the helper and the friend of the students.

With the inheritance and development of human knowledge and skills, teachers' labor cannot be replaced by others. Society is made up of all its members, so the positions of teachers are really very important. Character and knowledge go side by side. People's knowledge development and character building should always go together.

EDUCATIONAL REFORM AND MODERN TEACHING APPROACHES

Teaching principles and teaching methods advance with the times. Many good teaching principles and teaching methods have been passed on, for example, teaching according to one's potential abilities and that everyone must have an equal right to be educated. The great principles and methods have a powerful influence on human history, and they will play an important role later on. John Dewey and other educators' ideas and thoughts have been analyzed, have been passed on and have begun a new era. School education is important because of modern technology. Parents cannot teach so much knowledge, so the task of education becomes the job of all the teachers in human society. The big class system is very efficient and has achieved great success. Students can learn independently or learn from each other with the help and support of teachers. School education also has some disadvantages, which cause many people to reconsider the principles and tasks of education. They come to the beginning of education and reconsider the whole process of school education. The big classes system has its disadvantages. Hope they will be lessened by many scholars, researchers and all the teachers' hard work.

The reform is and will be successful with so many people's hard work. Reading so many books makes the teachers, researchers, and scholars more learned and more skillful. The reforms of education do not only include the teaching materials but also the teaching methodology. The humanistic methods have been used, and students are the center and focus of education. Technology has advanced, and the human intelligence age has begun. Teachers focus more on students, not only their study, but also their moods, feelings, etc. With the success of education, more and more students will be successful as learners.

In modern society, efficiency is a hot topic. School education is efficient, but there are some disadvantages. The reform of schools, or school reform, will be successful with many people's knowledge, experience, and hard work. Humans will be more and more clever and intelligent because of study and learning. Each period of human history has wonderful achievements, for example, the invention of paper, printing, and examination methods. With the aid of artificial intelligence, a new revolution will begin soon. Education is the preparation for everything, including future life.

In recent years, the topic of lifelong learning has caught people's attention. Education no longer refers to school education; it also includes lifelong learning methods and procedures, so the self-study method becomes prominent. Education is a lifelong process, so study and learning become more important.

So, education becomes more democratic and individual. One of the aims of education is to maintain and modify the living standard and living qualities now. The learning abilities become so prominent that school education involves the entire population of the country. Many new theories and principles have been adopted, so education becomes better and better. Education realizes the dream of human equality and human understanding, promoting the equality and understanding of all the races. Education does not only refer to school teenagers' education, but it also refers to adult education. All human beings

are equal, and each person has the right and the chance to study and learn whatever he wants. Education makes many dreams come true, for example, the dream of providing education for all the people without discrimination, the dream of whole public education, the dream of teaching students in accordance with their aptitude, and the dream of lifelong learning. Education promotes and stimulates the progress of students. Education realizes the dream of the socialization of human beings. Education makes people equal.

The future relies on people's work. If we work hard enough or if we study hard enough, we will succeed again and again. If school students fail, the world and human society, of course, will be bad. Study and learning are important and necessary because we have such a background and surroundings, and because we have the natural inherited material of human beings. More and better results will come if the education is more and more successful. The reform of education is necessary because there are some old or bad things that endanger or hinder the healthy and wonderful development of human beings. If the system is bad, for example, if the management system is bad, we should polish it. If the good things remain and the bad things disappear, the world will be fine and excellent. The educational reform should be and will be.

Human beings must be successful because we have come to a good period with so many years of evolution. For many people, they must learn a lot because acquiring knowledge also requires many people's long hours of hard work. Studying and learning are not easy, although a big class system has been implemented. The knowledge is difficult to learn and master, so a great deal of attention and a lot of time will be needed.

The students must be the focus and center of the research, while the teachers should all work hard to achieve the aim of student progress. The flipped classrooms are part of a wave of educational reform and provide a new trend and method for teaching and learning. All the reforms have one aim, that is, the progress of students. The reforms focus on active learning, self-learning, and autonomous learning for each student. The students become more independent[14], happier in their studies, and the efficiency of learning is greater than before.

The class teaching system has also achieved great success. The efficiency of the class teaching system is so great that it realizes the dream of all-member learning. With the development of science and technology, education plays a more powerful role in human society. Quality is the key requirement and the reform of education should be and will be successful. The class teaching system has achieved great success in spreading modern technology. The homework and examination system should be protected and can not be abolished. Study and learning need time and effort, as well as both teachers' and students' hard work. The spreading of knowledge is not so easy because human beings are not so intelligent. Study and learning are difficult all the time. With the help of artificial intelligence, the study and learning can be more successful. With new ideas in education and innovative methods, the quality of education will be improved.

DECLARATIONS

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Shufang Qu, High school English teacher, have a rich teaching experience in high school, have written and published 6 books and more than 40 articles both in China or English.

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