

# Research on the Cultivation Path of Truth Spirit of "Post-00s" College Students

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## ABSTRACT

Truth is the greatest and firm energy in the world. People can judge right and wrong by using truth. To learn and apply the truth, everyone needs to deeply understand the connotation of the spirit of truth. The spirit of truth is a positive state when human beings sincerely admire truth, learn truth, master truth and persist in truth. Pursuing truth in the spirit of truth should be a kind of value pursuit. College students are the future and hope of a country, and it is of great value and significance to cultivate their spirit of truth. Nowadays, "post-00s" college students account for the vast majority of students in colleges and universities. Cultivating the spirit of truth of post-00s college students can improve the ability of this group to judge right and wrong, and is conducive to the formation of a correct world outlook, outlook on life and values. Through research, it is concluded that college teachers should combine the growth environment and ideological expression characteristics of post-00 college students, and cultivate the truth spirit of post-00 college students from three paths: seeking truth from facts, seeking truth from facts and keeping pace with the times.

**Keywords :** "Post-00s" college students, The spirit of truth, Cultivation path, Spirit of keeping pace with the times.

## 1. INTRODUCTION

Standing at the time node of 2023, it has been forty-five years since China began to implement reform and opening up in 1978. Forty-five years can make a seedling grow into a towering tree, forty-five years can make a child become a pillar of the country, and forty-five years can make a country complete brilliant transformation. What prompted the earth-shaking changes in China in forty-five years? It is the spring breeze of reform and opening up, and it is also a country that can pursue the truth with the spirit of truth at all levels from macro to micro. Standing at the time node of 2023, it has been forty-five years since China began to implement reform and opening up in 1978. Forty-five years can make a seedling grow into a towering tree, forty-five years can make a child become a pillar of the country, and forty-five years can make a country complete brilliant transformation. What prompted the earth-shaking changes in China in forty-five years? It is the spring breeze of reform and opening up, and it is also a

country that can pursue the truth with the spirit of truth at all levels from macro to micro. Everyone should treat science with a scientific attitude, pursue truth with the spirit of truth, and constantly endow Marxism with new connotation of the times. [1] The pursuit of truth should be based on the spirit of truth, because without the spirit of truth, it is impossible to truly pursue truth.

## 2. THE CONNOTATION OF TRUTH AND TRUTH SPIRIT

The pursuit of truth should be the value pursuit of contemporary people. The pursuit of truth should become the value pursuit of contemporary "post-00" college students. When the times advocate the pursuit of truth with the spirit of truth, everyone should master the two core concepts of truth and the spirit of truth. Then what is truth? What is the spirit of truth? Next, the article will analyze it in detail.

## **2.1 The Connotation of Truth**

Truth is the correct reflection of people's conscious thinking on the objective world and its regularity. [2] Objectivity is an important feature of the content of truth, that is to say, people's subjective will cannot transfer the objective world and its regularity. The content of truth exists or transfers independently of the subject. However, subjectivity is a formal feature of truth, which shows that human beings know the objective world and explore its regularity, belonging to the category of cognition. The correct theory formed by the organic integration of objective content and subjective form is truth. This is the concept of truth in the category of dialectical materialism. People discover truth through practice, and test, confirm and develop truth through practice. People can judge right and wrong by using truth. To learn and apply the truth, everyone needs to deeply understand the connotation of the spirit of truth.

## **2.2 Connotation of the Spirit of Truth**

The spirit of truth is a positive state or performance when human beings admire, learn, master and adhere to the truth from the heart, that is, an indomitable will when they look at the basic attitude and viewpoint of truth. [2] The truth spirit of Marxism is embodied in the spirit of practice, the spirit of seeking truth from facts and the spirit of keeping pace with the times.

Pursuing truth in the spirit of truth should be a kind of value pursuit. College students are the future and hope of a country, and it is of great value and significance to cultivate their spirit of truth. Nowadays, "post-00s" college students account for the vast majority of students in colleges and universities. Cultivating the spirit of truth of post-00s college students can improve the ability of this group to judge right and wrong, and is conducive to the formation of a correct world outlook, outlook on life and values.

## **3. THE GROWTH ENVIRONMENT OF "POST-00S" COLLEGE STUDENTS**

In China, "post-00s" college students refer to those who were born after 2000 and before 2010 and have entered colleges and become college students. [3] Since 2018, children born in 2000 have become freshmen, that is, the first batch of "post-00s" college students. The growth

environment of "post-00s" and "post-90s" is quite different. The difference of environment leads to the unique characteristics of "post-00s" in ideological expression. Therefore, the growth environment and ideological expression characteristics of "post-00s" college students are the key basis for studying the cultivation of truth spirit of this group.

### **3.1 Rapid Economic Development and Rapid Social Progress**

After entering the Millennium in 2000, great changes and improvements have taken place in the macro-environment of the country's economy, politics, culture, society, science and technology, providing a high-quality environment for the growth of the generation post-00s. Compared with "post-90s", "post-00s" has better material conditions and a better social security mechanism. Especially with the advancement of globalization, China's social values show complexity and diversity due to various foreign cultures and ideological trends. This also has a profound impact on the formation and development of the post-00s values.

### **3.2 Highly Developed Network Information Age**

Entering 2000 is also an era of rapid development of network information. With the rapid development of network information, "post-00s" came into being. The most remarkable background for the growth of the post-00s generation is the highly developed network information society. After 00, children began to contact mobile phones, tablets, computers and other terminals to learn and entertain. With the upgrading of the network, the "post-00s" network behavior has existed since childhood. After entering the university, this kind of network behavior has become a kind of network habit, and the network has already become a necessity for the activities of "post-00s" college students, which is embodied in social networking, shopping networking, learning networking and so on. However, the network is a double-edged sword, which brings great convenience and benefits, but also has some negative effects. For example, the virtual network world is complicated, and some content spread on the network may be false or uneven in quality. These uncertain factors have great hidden dangers for "post-00s" college students whose values,

outlook on life and world outlook are in a critical shaping period.

### ***3.3 A Beloved and High-expectation Family Environment***

In 2000, China was still implementing the family planning policy, so most of the "post-00s" children were only children. This is to make "post-00s" become the focus of love and attention of parents and grandparents. According to the traditional view and mode of family education in China, the idea of serving the next generation makes the three families of parents and grandparents willing to devote their best resources to the generation after 00. This kind of family education mode makes most "post-00s generation" selfish, self-centered and ungrateful. Grandparents and fathers have given the post-00s generation thousands of favors, and at the same time, their expectations for the post-00s generation are getting higher and higher. They hope that the only "unique treasure" of several families can develop in an all-round way, become adults, and honor their ancestors. As a result, the growth process of "after 00" is full of remedial classes of various disciplines, interests and talents, as well as parents' comparison and anxiety in their children's education. This phenomenon of keeping up with the joneses and secretly competing for education in the post-00s generation is called "involution" in today's popular online language.

### ***3.4 Excellent and Perfect Learning Environment with Fierce Competition***

Compared with the post-90s generation, the social education environment and school education environment faced by the post-00s generation have been greatly improved and promoted, and quality education has been emphasized more and implemented. Practical skills training and labor education are included in the curriculum system and design of "post-00s" compulsory education. The content of the textbook is richer and more difficult. The learning ability and quality of "post-00s" students have indeed been qualitatively improved. However, since the beginning of primary school, the atmosphere of academic competition after "00" has become increasingly bad, and the academic pressure of students and the resulting psychological problems have increased greatly.

## **4. CHARACTERISTICS OF IDEOLOGICAL EXPRESSION OF "POST-00S" COLLEGE STUDENTS**

On the basis of analyzing four typical growth environments of post-00s college students, further analyzing and summarizing the ideological performance characteristics of post-00s college students is conducive to exploring and studying how to cultivate the truth spirit of post-00s college students based on their growth environment and ideological characteristics.

### ***4.1 Being Self-centered, But Lack of Teamwork Awareness***

The vast majority of "post-00s" college students are only children, and they grew up in a family environment with great love and high expectations, making most of them self-centered. After entering the university, when some self-centered "post-00s" gather together to study and live, there is no humility and tolerance between students like family members, and various contradictions and conflicts will appear or occur frequently. At the same time, self-centeredness will also bring another problem, that is, the self-centered "post-00s" college students lack the sense of teamwork. They only consider themselves in everything, do not put themselves in their shoes, act arbitrarily, do not listen to other people's opinions, and it is difficult for them to overcome their shortcomings, eliminate differences, accommodate each other, reach an agreement and work as a team. This actually reflects the lack of consciousness and ability of some "post-00s" college students to judge right and wrong, that is, the lack of truth spirit.

### ***4.2 Being Open-minded, But Lack of Discernment***

After 2000, the process of globalization has been accelerated, and all countries and people in the world are more dependent on economy and culture than ever before, especially the influence of cultural diversity. "After 00" was born and grew up in this environment. Therefore, they are deeply influenced by foreign multi-cultures and ideas under the background of globalization. This kind of influence has produced some advantages, but it also has some disadvantages. On the one hand, it has deepened the post-00s generation's contact and understanding of Chinese and western multiculturalism, cultivated diversified value orientations, and formed an open

and inclusive ideology. The unfavorable side is reflected in the lack of social experience, the lack of ability to judge right and wrong, and sometimes the lack of sensitivity, and the inability to comprehensively treat and deal with sensitive and complicated situations or problems. They are full of vigor and vitality, and sometimes they are impulsive when they encounter problems and conflicts. It may be influenced and eroded by dross culture and dross ideological trend, and the three views of "post-00s" college students may be adversely affected or even distorted in such a diverse cultural environment, which will lead to the loss of honor and disgrace, lack of ideals and beliefs and other problems.

#### ***4.3 Strong Sense of Autonomous Learning, Strong Utilitarian and Purposeful Learning***

Superior material conditions, advanced Internet technology, parents' high expectations, and the environment of involution study all make the "post-00s" college students have strong learning awareness and motivation. Strong learning consciousness and motivation have significantly improved the overall academic performance of post-00s college students. Judging from the results of the college entrance examination in Jiangsu Province in 2023, the total number of candidates is close to 400,000, and the number of students with a total score of 600 or above is close to 40,000, which is close to 10%, making it the province with the highest volume in the national college entrance examination. The distribution of candidates' scores in the province presents a "mushroom cloud" shape. This shows that the "post-00s" students have a strong sense of learning and initiative, and their academic performance has also been rapidly improved. However, no matter the parents of children born after 00 or college students born after 00, learning is too utilitarian and purposeful. Their high expectations, excessive comparison and anxiety about academic performance lead to involution in education, and also bring a series of psychological and social problems to the post-00s college students.

#### ***4.4 Network Behavior Is Generalized, but Network Anomie Behavior Happens from Time to Time***

The rapid development of Internet technology and the upgrading of computers, mobile phones, tablets and other electronic terminal products

provide a good network environment and high-quality hardware equipment for "post-00s" college students. The generalization of post-00s college students' network behavior is reflected in online entertainment, online games, online dating, online shopping, online communication, online learning and so on. The network facilitates and enriches the study, life and entertainment of the post-00s college students, but it also has advantages and disadvantages. The network is virtual and more complicated than reality. When "post-00s" college students with simple thoughts, insufficient social experience and insufficient discrimination ability face virtual and complicated phenomena and problems on the Internet, network anomie will occur frequently, which will also affect the shaping of "post-00s" college students' values and the improvement of their ideological and moral cultivation. [4]

### **5. WAYS TO CULTIVATE THE TRUTH SPIRIT OF POST-00S COLLEGE STUDENTS**

Colleges and universities' educators undertake the mission of teaching and educating people, scientific research, serving the society and inheriting culture. Based on the growth environment and ideological characteristics of post-00s college students, colleges and university educators should take the lead in consciously pursuing truth, and guide students to pursue truth with the spirit of practice, seeking truth from facts and keeping pace with the times contained in the spirit of truth, so as to cultivate the spirit of truth of post-00s college students. [5]

#### ***5.1 Pursuing the Truth in the Spirit of Practice***

Educators in colleges and universities should integrate practical spirit into the practice of educating people, and truly integrate educating people into consciousness, curriculum, words and deeds. What you get on paper is shallow, and you never know that you have to do it. In order to cultivate the applied talents needed by the society, colleges and universities should not only let students master the theoretical knowledge in books, but also pay attention to cultivating students' practical skills, apply the theories they have learned to practice and test the truth in practice. The specific ways to cultivate the practical skills of post-00s college students are as follows: First, practical operation courses can be added to the

professional curriculum design. For example, business administration majors can add practical operation courses such as comprehensive business administration experiments, ERP software application and practice, and business simulation decision-making. Second, full-time teachers should strengthen the supervision and guidance of students' graduation practice. The graduation practice of college graduates is usually arranged in the second semester of senior year, and the practice time is long, usually 8 weeks to 12 weeks. Graduation practice is the transition and bridge for students from campus to the workplace, and it is also the key link for students to apply the theory they have learned in college to practice. In this key practical link, full-time teachers should do a good job in practical education, guide students to guide practice with theory and test the truth in practice. Third, attach importance to the social practice of the second classroom. Colleges and universities arrange students' social practice every winter and summer vacation, and set corresponding credits, which reflects the importance of cultivating students' practical ability. Teachers or class teachers in charge of the second classroom should increase the guidance and guidance for students' social practice in winter and summer vacations, and effectively improve the effectiveness of practice. Through a series of practical links, improve the practical level of students' self-management and strive to improve the quality of education and teaching. In education and teaching, teachers should persist in practice, integrate knowledge with practice, and cultivate students' spirit of seeking truth.

### ***5.2 Pursuing Truth in the Spirit of Seeking Truth from Facts***

Throughout China and foreign countries, the model of pursuing objective truth is those who persist in the spirit of seeking truth from facts and make great contributions to mankind all over the world. For example, Copernicus, a scientist in Poland in the 16th century, he first put forward the "sun-centered theory", thus overthrowing the previous concept of "earth-centered theory". In the 16th century, the earth was the center of the universe, which was put forward by the Catholic Church. At that time, the will and ideas of the church were very prestigious, and whoever ran counter to them would be severely punished unexpectedly. Under the persecution of the church for a long time, Copernicus was exiled all the year round. But he still insists on seeking truth from

facts and truth. Another example is Bruno, a thinker in the Renaissance. He not only adhered to Copernicus's "sun-centered theory", but also further developed the theory on this basis. As a result, he is often shrouded in the horror of death. In the end, the church forces cruelly sent him to the execution ground and used the stake. The fire was burning under his feet, and Bruno was forced to be nailed to a high cross. He felt as if he were dead. In the end, the fire could not conquer him, and the future world would know his value. Indeed, the spirit of seeking truth from facts and sticking to the truth of Bruno and Copernicus is admirable and immortal. Looking at China again, Peng Dehuai is a proletarian revolutionary of the older generation in China and a model of seeking truth from facts. In the era of "exaggeration", Peng Dehuai did not believe that wheat could reach several thousand kilograms per mu. Therefore, he planted it himself in the experimental field, carefully sowing, watering, fertilizing and weeding until the final harvest. He weighed more than 90 kilograms of harvested wheat. He firmly said to everyone: "Even if I don't take care of it properly, the yield will double, with a maximum yield of 200 kilograms per mu. It is absolutely impossible to yield several kilograms per mu!" Our revolutionaries of the older generation have made the best annotation for "seeking truth from facts" with their own practical actions. Seeking truth from facts is actually a way of thinking, which can guide people to treat a person, a thing, a society and a nation dialectically. Seeking truth from facts is to point out the weaknesses openly, carry forward the strengths, and carry forward the lofty morality. Therefore, seeking truth from facts should also be the most basic professional norm of college teachers and the fundamental method of teachers' teaching. As college teachers, It is necessary to accurately grasp the objective reality of classroom teaching, persist in seeking truth from facts, and pursue, explore, test and develop the educational and teaching laws of the courses taught in educational and teaching practice. Teachers in colleges and universities should strive to become models of seeking truth from facts, constantly improve their Marxist theoretical level and Marxist thinking ability, adhere to Marxist political beliefs, enhance their sense of mission and responsibility, enhance their ideological realm and spiritual outlook, go deep into the education and teaching practice of professional basic courses and professional main courses in the disciplines they teach, and constantly explore the education and teaching laws contained therein. In education and teaching, teachers should

persist in seeking truth from facts, be down-to-earth, set an example and cultivate students' spirit of seeking truth.

### ***5.3 Pursuing the Truth with the Spirit of Keeping Pace with the Times***

As an important role of "teaching and dispelling doubts", college educators' own ideas, theoretical level and practical methods all have an impact on students. When educators in colleges and universities stand still and refuse to accept new things, the information they convey must also be lagging behind. With the continuous optimization and upgrading of science and technology and research methods, the updating and development of theoretical knowledge and practical methods are also accelerating. Teachers in colleges and universities should break the mindset, dare to accept and try new things, and help students make greater progress and better development. Keeping pace with the times, absorbing and applying the latest development achievements in time can not only help teachers improve themselves, but also enable schools to achieve better development. How can college teachers keep pace with the times by upholding the spirit of truth? First, establishing a correct view of talents is a prerequisite for advancing with the times. The concept of education should be updated, the occupations in the future society are multi-level, and the talents needed by the society are also diverse. Establishing a correct view of talents will not only train students with the standards of study and test scores, but also keep pace with the times according to the needs of society to train applied talents with skills and qualities needed by society. Teachers in colleges and universities need to be guided by people, time and circumstances, and teach students in accordance with their aptitude, so as to effectively cultivate students into talents needed by society and keep pace with the times. Second, establish the concept of integrating classroom teaching with cutting-edge theory and social practice. Knowledge and information are updated rapidly every day, and the theory of books usually lags behind. Teachers in colleges and universities should constantly learn the cutting-edge theories in this field, constantly update the syllabus, teaching plans and PPT of the courses they teach according to changes, carefully prepare lessons, and impart the latest subject theories to students through lectures. Teachers should keep pace with the times in preparing lessons, giving lectures, counseling and answering questions, taking exams and cultivating abilities. Third,

teachers should establish the concept of lifelong learning and constantly improve their own quality. Teachers in colleges and universities should be well-read, proficient in business and knowledgeable, so as to "impart knowledge and dispel doubts" and draw inferences from others. To give students a bowl of water, teachers must have a bucket of water, so that they can be competent in education and teaching, stand firmly on the platform, and keep pace with the times. In education and teaching, teachers should keep pace with the times, improve day by day, bring forth new ideas, set an example first, and cultivate students' spirit of seeking truth.

## **6. CONCLUSION**

Truth is the greatest and firm energy in the world. People can judge right and wrong by using truth. Learning truth and applying it require a deep understanding of the spirit of truth. Therefore, the spirit of truth is a precious spirit that everyone should always adhere to. [6] Everyone should always pursue the truth in the spirit of truth. [7] At present, "post-00s" has become the main group of college students, and colleges and universities should pay attention to cultivating the truth spirit of "post-00s" college students. Through the above research, this paper expounds the connotation of truth and truth spirit, analyzes the growth environment and ideological expression characteristics of "post-00s" college students, clarifies the necessity and importance of cultivating "post-00s" college students' truth spirit, and summarizes three paths for colleges and university teachers to cultivate "post-00s" college students' truth spirit. Universities and college teachers should, as always, uphold the spirit of practice, seek truth from facts and keep pace with the times to pursue truth, and actively cultivate students' spirit of truth from these three ways and actively participate in the cause of higher education. Teachers will make unremitting efforts for the great project of moral education, continue to forge ahead for the next brilliant forty-five years, and continue to struggle for the realization of the Chinese dream of the great rejuvenation of the Chinese nation.

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