

The Self-discipline Path and Practice of College Teachers' Professional Ethics Promotion

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Abstract: The professional ethics of college teachers is the cornerstone of the development of education, which is directly related to the quality of personnel training and the progress of social civilization. Self-discipline, as a key path to improve professional ethics, helps teachers internalize external norms into their own code of conduct. By analyzing the background of the construction of college teachers' professional ethics, this paper expounds the importance of self-discipline in the promotion of professional ethics, and puts forward the self-discipline path of the promotion of college teachers' professional ethics in combination with practical experience, aiming to provide useful reference for the construction of college teachers' professional ethics.

Keywords: University Teachers; Professional Ethics; Self-Discipline; Construction of Teachers' Morality

1. Introduction

As the core force of higher education, college teachers shoulder the important mission of cultivating high-quality talents and promoting academic progress and social development. Their professional ethics level not only directly affects the growth and development of students, but also relates to the quality and reputation of higher education. Under the background of the new era, strengthening the construction of professional ethics of college teachers has become an inevitable requirement for improving the connotative development of higher education [1,2]. As an internal self-restraint and management mechanism, self-discipline plays a fundamental and key role in the improvement of college teachers' professional ethics. Through self-discipline, teachers can consciously abide by professional ethics and transform external moral requirements into their own codes of

conduct, so as to achieve the continuous improvement of professional ethics [3]. Therefore, it is of great theoretical and practical significance to explore the self-discipline path of college teachers' professional ethics promotion.

2. The Background of the Construction of College Teachers' Professional Ethics

2.1 The Strategy of Strengthening the Country through Education Puts Forward New Requirements for the Professional Ethics of College Teachers

Under the background of the current strategy of strengthening the country through education, more stringent requirements are put forward for the professional ethics of college teachers. The core goal of the strategy of strengthening the country through education is to cultivate a large number of high-quality talents with innovative spirit and practical ability to meet the urgent needs of national modernization [4]. This requires college teachers not only to have solid professional knowledge and superb teaching skills, but also to have noble professional ethics : on the one hand, teachers need to guide students to establish a correct world outlook, outlook on life and values with firm ideals and beliefs, and lay a solid ideological foundation for students' growth ; on the other hand, in professional teaching, teachers can combine the current situation of industry development, guide students to pay attention to the major strategic needs of the country, encourage students to contribute their wisdom and strength to solve the practical problems faced by the country, and encourage students to closely link personal development with the fate of the country.

2.2 Challenges of Multicultural Impact on College Teachers' Professional Ethics

With the acceleration of globalization and the rapid development of information technology, the collision and integration of multiculturalism have brought severe challenges to the professional ethics of college teachers [5,6]. Under the influence of multiculturalism, some teachers' values have been impacted, and there have been problems such as the shaking of ideals and beliefs and the decline of professional identity. Some teachers pursue personal interests too much, ignore the comprehensive training and education of students, and even appear academic misconduct, teacher ethics anomie and other behaviors. In the face of the impact of multiculturalism, college teachers need to keep a clear mind and stick to the bottom line of professional ethics. Teachers should enhance the recognition of Chinese excellent traditional culture, revolutionary culture and advanced culture, integrate these excellent cultures into teaching and scientific research, and guide students to establish correct cultural views and values. At the same time, teachers should improve their cultural identification ability, resist the erosion of bad culture, and influence students with a healthy and upward cultural atmosphere.

2.3 The Influence of Information Technology Development on College Teachers' Professional Ethics

The rapid development of information technology has profoundly changed the way and environment of education and teaching [7,8], and also has a profound impact on the professional ethics of college teachers. On the one hand, information technology provides teachers with rich teaching resources and convenient teaching methods, which helps to improve teaching efficiency and quality. However, on the other hand, in the network teaching environment, teachers' words and deeds are more vulnerable to the supervision of students and society. Some teachers make improper remarks on the network platform, which damages the image and reputation of teachers. In the face of the challenges brought by the development of information technology, college teachers need to improve their information literacy and professional ethics, enhance their network moral consciousness, standardize their words and deeds on the network platform, establish a good image of teachers, and learn to use information

technology reasonably, combine it with teaching content organically, innovate teaching methods, and improve teaching effect.

3. The Importance of Self-Discipline in the Promotion of College Teachers' Professional Ethics

3.1 Self-Discipline is the Key to the Internalization of College Teachers' Professional Ethics

As an external code of conduct, the professional ethics of college teachers can only be truly internalized into their own moral concepts and behavior habits through teachers' self-discipline [9,10]. Self-discipline enables teachers to actively study and think deeply about professional ethics, understand its connotation and value, and integrate it into daily teaching, scientific research and social services. For example, in academic research, teachers consciously abide by academic norms through self-discipline, resist academic misconduct, and pursue academic truth, thus internalizing the professional ethics requirements of academic integrity into their own code of conduct. This internalization process can not only enable teachers to conform to professional ethics in behavior, but also enable teachers to identify and practice these norms from the depths of their hearts and form a stable professional ethics quality.

3.2 Self-Discipline Helps University Teachers Cope with Occupational Stress and Temptations

College teachers are faced with many pressures and temptations in their careers, such as heavy teaching tasks, fierce competition in scientific research, and high social expectations for teachers. At the same time, they also face the temptation of fame and power. Self-discipline can help teachers keep a clear mind and deal with these pressures and temptations correctly. In the face of the pressure of teaching and scientific research, self-disciplined teachers can arrange time reasonably, make scientific work plans, and actively improve their professional ability to meet the challenges in their work. For example, through self-discipline, teachers insist on reading professional literature regularly, participating in academic exchange activities, constantly updating their knowledge structure, and improving the level of teaching and

scientific research. In the face of the temptation of fame and wealth, self-disciplined teachers can stick to the bottom line of professional ethics, not be disturbed by external interference, and focus on education, teaching and academic research.

3.3 Self-Discipline is of Great Significance to Shape the Professional Image of College Teachers

The professional image of college teachers is not only related to personal reputation, but also affects students' recognition of teachers and social evaluation of higher education. Self-disciplined teachers always conform to professional ethics in words and deeds, and can set a good example for students. In classroom teaching, teachers can win the respect and love of students by self-discipline to achieve rigorous teaching attitude, standardized language and decent behavior, showing professional quality and noble moral sentiment. In the daily communication with students, self-disciplined teachers care for students, respect students, and influence students' growth and development with good teachers' ethics. In social activities, teachers maintain the overall image of teachers through self-discipline, actively spread positive energy, and enhance social trust and praise for college teachers. Therefore, self-discipline is an important guarantee for college teachers to shape a good professional image.

4. Self-Discipline Path of University Teachers' Professional Ethics Promotion

4.1 Strengthen Self-Reflection, Improve Professional Ethics Awareness

Self-reflection is an important way for college teachers to improve their professional ethics. Teachers should regularly reflect on their own teaching, scientific research and interaction with students, and examine whether they meet the professional ethics. For example, in terms of teaching, reflect on whether the teaching method is appropriate, whether to pay attention to the learning needs of each student; in terms of scientific research, reflect on whether the scientific research process is rigorous and whether there is any violation of academic ethics; in the interaction with students, reflect on whether to respect the personality and rights of students. Through self-reflection, teachers can find their own problems in time and analyze the

reasons in depth, so as to make targeted improvements.

4.2 Establish Professional Ideals, Enhance Professional Ethics Self-Discipline Motivation

Professional ideal is the internal power source of college teachers' professional ethics self-discipline. Teachers should establish lofty professional ideals, regard education as their lifelong pursuit, and clarify their responsibilities and missions in cultivating talents, promoting academic progress and serving the society. For example, teachers can take the cultivation of high-quality talents with innovative spirit and social responsibility as their professional goal, and strive to achieve this goal. Teachers can participate in training and exchange activities on the theme of professional ideals, share their professional ideals and practical experience with their peers, encourage each other and grow together.

4.3 Establish a Learning Community to Promote the Common Improvement of Professional Ethics

The learning community is a group composed of individuals with common learning goals and interests, which plays an important role in improving the professional ethics of college teachers. Teachers can establish a learning community with colleagues, experts, etc., through mutual learning, exchange and cooperation, share the experience and experience of professional ethics construction, and jointly explore ways and strategies to solve professional ethics problems. For example, teachers can participate in the discussion group on the construction of teachers' morality and style in the school, organize activities regularly, conduct in-depth discussions around the hot issues of professional ethics, and learn from each other. In the scientific research team, the members

5. Summary

The promotion of college teachers' professional ethics is a long-term and systematic project, in which self-discipline plays a vital role. Under the background of the implementation of the strategy of strengthening the country through education, the impact of multiculturalism and the development of information technology, college teachers are facing many new challenges and requirements. By strengthening self-reflection, establishing professional ideals, establishing a

learning community and other self-discipline paths, college teachers can continuously improve their professional ethics cognition, enhance their professional ethics self-discipline motivation, practice professional ethics norms, and achieve continuous improvement of professional ethics. At the same time, colleges and universities should also actively create a good environment for the construction of professional ethics, provide necessary support and guarantee for teachers, promote the coordinated development of teachers' professional ethics and professional ability, and provide solid teachers' guarantee for the cultivation of builders and successors with all-round development of morality, intelligence, physique, beauty and labor.

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