**My View of Online Teaching and Learning**

With the development of technology and science, Internet technology plays a steadily growing part of our lives, including education. Nowadays, a sudden epidemic situation the COVID-19 has broken out. As a result, people have to stay at home and education work has to be done online. In such a serious situation, Internet technology is essential and online teaching is widely spread all over the world. People’s attitude towards online teaching are opposite. Some get used to this form of teaching very much, while others think lowly of this kind of form