

BASIC PROCEDURES AND MEANS OF ORGANIZING INDEPENDENT EDUCATION OF STUDENTS

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ABSTRACT

In the article, in the independent education of the student, the systematic organization of the agenda in daily life, the correct distribution of time, learning to complete each work in its own time, the correct organization of eating and sleeping time, making and following daily, weekly, monthly plans of work to be performed and completed information about the analysis of cases is given.

Keywords: Independent education, independent work, system, agenda, nutrition, rest, personal work plan, analysis.

INTRODUCTION

Reforms and work being carried out in the field of education require that future specialists acquire the skills to independently find and collect all the necessary information and data, and to be able to analyze them.

Independent work requires each student to follow a certain system, be diligent, and strive for the goal. That's why many students have a problem with organizing their daily life at the university. Some first-year students complain that they do not have enough time to master the studied material, and that they have little rest due to the large number of downloads.

Such a situation happens only with students who have not been able to allocate their time properly, who have not appreciated every minute. Accordingly, in independent work, it is correct and appropriate to start work with strict adherence to the agenda. In order to make the agenda in an appropriate way, it is necessary to proceed as follows:

A day should be divided into several necessary parts: it includes education, work, nutrition, physical education, reading, using social networks, recreation, household chores, and so on. includes daily activities. The purpose of creating a daily schedule for students is to teach each student to do things in a certain order, not to forget anything, to allocate time for everything, to do everything on time.

Each person can make a daily schedule based not only on his personal physiological capabilities, but also on the basis of universal laws.

When creating a daily schedule, it is necessary to allocate enough time for sleep (7-8 hours a day), regular meals (three-four times), rest (active and inactive). In order to improve health, it is recommended to take time to train the body by following physical exercises and physical training every day. Many students may experience some stress as a result of overestimating their abilities.

Studies show that students who do not eat breakfast in the morning make more mistakes, and we can observe a lack of speed in students who have not had enough sleep.

If the brain is overworked without rest, there can be stress on the nerve cells and the entire nervous system. In such conditions, it is advisable to stop any work and rest. Theater, movies, poetry, reading books, walking in parks, enjoying nature, going on walks - all these are great factors that help in productive work. Waking up at a certain hour, eating (at least three times a day) and going to bed form the basis of the daily routine. When setting the agenda, the time scale planning is based on the schedule of training sessions, the curriculum and the schedule of extracurricular activities. Therefore, getting acquainted with these documents is the basis and first condition for organizing independent work. After studying these documents, first of all, it is necessary to determine the time of eating and sleeping. 7-8 hours of sleep is enough for university students to work adequately during their careers.

The air in the student's bedroom should be clean all the time. During the summer, it is advisable to sleep with the windows open or lie in the open air. The temperature of the sleeping house can be around 15-20 degrees.

It is necessary to follow a certain order when eating. It is better to add eggs, cheese, sugar, milk and other foods containing phosphorus to your diet when you are busy with mental work. When eating four meals a day, 25-30% of the total should be eaten at breakfast, 10-15% at breakfast, 40-50% at lunch, and 15-20% at dinner.

Every student should have his own work plan. Personal work plan, taking into account the conditions noted above, assigned assignments are determined. The deadlines for such activities as assignments, short lectures, experimental works, control assignments, public events, competitions, artistic evenings, sports competitions are taken into account in the educational schedule.

A weekly or monthly plan is drawn up. This plan specifies the content, date and time of the work to be performed. Studies show that independent work becomes a problem for students as a result of their inability to allocate time properly. The main reason for this is that they do not follow certain rules and do not know how to engage in independent activities. Therefore, it is important to teach students to make a daily routine and stick to it. When setting up a daily routine, it is necessary to be busy with other work during the hours set for independent work and not spend it in vain, to take a 10-minute break after every 40-50 minutes, and after 2.5-3 hours of training, even if you are not tired, you need to rest for half an hour should be noted.

It is necessary to consider that it is possible to start the lesson with a subject that is somewhat difficult to understand, then move on to a more difficult one, and finally read an easy one.

In conclusion, it can be said that independent work should be started little by little and gradually increased. Performing work at a certain rate does not tire a person and ensures stability of activity. Planning and determining the ways of implementation awakens the ability to organize, develops such qualities as will, perseverance, creative thinking, and independence. In everyday life, it is important to correctly allocate time and rationally organize independent work, to determine the forms and methods of independent work. Exemplary organization of independent work prepares the ground for assimilation of many scientific-theoretical materials, becoming knowledgeable and becoming a mature specialist.

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