

THE PRINCIPLES OF STUDYING

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Анотація

У даній доповіді описуються принципи самонавчання та міркування про те, як організувати процес саморозвитку сучасним студентам.

Ключові слова : навчання, розвиток, самовдосконалення.

Abstract

The following article describes the principles of self-studying and insights of how to organize the process of self-development for modern students.

Keywords: studying, improvement, self-development.

Introduction

Ever since the first group of living creatures appeared on the Earth, information was an essential part of the existence. First cells, transmitting some sort of signals to each other, managed to organize themselves into colonies, which later transformed into more complex forms of life we know and observe today. Organisms advanced, so as the ways of communication along with the information complexity [1]. In the present, human beings are considered to be superior species on our planet. What makes us so special?

Research

Many years of evolution passed before humans could form their most powerful tool to protect themselves and defeat other animals and reign supreme in time - brain. Although its complex structure is yet to be studied, the masterminds of human history managed to generalize how to use and improve it.

Nowadays our mental abilities are being degenerated by abusing the power of technology we created ourselves. How many people spend hours on social media on a daily basis? How many tasks were postponed just "to watch another episode" of beloved TV show? How many people experience stress every day because they can't organize their lives? These and many other questions paint a frightening picture of the world we live in. Despite of that, with great power technology gives us, the responsibility of its use falls down on our shoulders.

We prone to forget that technologies that we use every day are intended to help us to study, improve our skills and share our knowledge. It is basically another tool of our use [2].

As tiny cells use information about other cells and environment they are in to survive, so do people need to study themselves and the world to find their place in it.

Is survival a sufficient purpose for studying nowadays? It was indeed. But people's priorities have changed. Providing food is much easier today than it was before. It is success that became so important. Being a successful businessman or a lawyer, or a doctor, or any other profession is a purpose of life for many people.

The purpose of studying is not a one-sentence definition to all people. Everybody has motivation to get better at certain field whether it's a hobby or profession. That is what we define ourselves. However, the principles of studying are applicable to any field of individual interest.

Many people having a huge passion to do something tend to fail directing their energy and efforts duly. They fail not only to achieve their goals, but themselves too. They stop believing in their powers and start thinking they're weak. That's why stress, depression, anger and fear of failure are common in our society.

Obviously pure passion is not enough. There should be some kind of plan of what to do, how and when. It's like making a fire - if one doesn't know ahead why do they need to make fire and where to place it they may burn to ashes everything around.

So, currently we have desire to do something and a rough plan how. At this stage we describe our plan more detailed. Every part of a plan should be specific, because our mind loves it. Being specific will help later to dispense energy properly, as we will be able to estimate the difficulty of each action and time needed.

As passion transforms to force that makes us do something, we can't disregard such thing as rest. Although right now your desire to achieve something gives you power to go on, later, at some moment, rapidly, you find yourself overwhelmed and not willing to continue your quest. At this stage many of people give up and forget why they started this at the first place.

Rest helps to regain energy, review all made work and increase the interest of doing it. So, have a nice rest between the tasks, but don't rest too much (less than 24 hours will do) because it makes you lazy.

The last principle is to be versatile. There is a philosophical point of view that everything is connected somehow. Being able to see such connections helps with studying. When you learn one thing it can help you to learn others. Somehow poetry and literature can be helpful in studying sciences by making analogies between observations and characters or events of a novel or a poem. Studying programming makes easier to study foreign languages and vice versa. The connections are present everywhere even there where you don't expect them.

Conclusion

Self-studying is an important skill everyone can develop. It requires dedication, discipline and opened mind. There are a lot of challenges along the way that either can make us stronger or break us. At times of weakness we should remember about the initial purpose our actions are followed. At times when you think you know something, keep your mind open because you may not [3].

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