

**SUBJECT: PEDAGOGICAL AND PSYCHOLOGICAL CONDITIONS OF DEVELOPING
COMPETENCE OF STUDENTS' ADAPTABILITY TO HIGHER EDUCATION.**

<https://doi.org/10.5281/zenodo.11633394>

Radjabova Ismigul Rustamovna

senior teacher of the "Computer Systems" department of the "Economics and Pedagogical University" non-state educational institution, independent researcher.

Annotation. *This article examines the new tasks, problems and opportunities that students who have completed school and secondary specialized education face when adapting to higher education. Modern information technologies are becoming increasingly important in education. In this regard, it is necessary that students have the opportunity to choose their own path and overcome problems when making independent decisions.*

Key words: *higher education, flexibility, psychological approach, critical thinking, reflection.*

ENTER

Adapting to changing situations: Students are faced with different academic and social situations. Adapting to each of them makes it easier to work in a new environment and communicate with new people. This is a very important skill for students in a higher education environment. This skill will help you not only to achieve academic success, but also to succeed in your future professional and personal life. Here are some ways to develop "adaptability" skills:

Being open to new things: Being open and receptive to new environments, new people, and new experiences. This increases the student's ability to quickly adapt to new ideas and approaches.

Develop adaptability: develop the ability to analyze changing situations and quickly determine what decisions need to be made in solving them. This helps to change strategies as the situation demands.

Stress Resilience: New and unexpected situations can create stress. Psychological mechanisms of stressogenic situations (complicated life situations that cause a person to fall into a state of stress) and reactions to it have been developed in students of higher educational institutions. By learning and practicing effective ways to deal with stress, students can feel more stable. According to several scientists who have conducted their scientific work in this regard, the importance of optimistic and pessimistic characteristics in a person in getting out of stressful situations is highlighted in many sources.

Improve social skills: Develop the ability to communicate and adapt to new people. This skill will be very valuable not only in university life, but also in future professional activities.

Critical thinking: Increase the ability to quickly and effectively receive and analyze new information. It helps students to make the right decisions in changing situations.

Flexible Planning: The ability to adjust plans and goals according to circumstances. This approach allows you to quickly find alternative solutions when the plan fails or the situation changes unexpectedly.

The main part. **Developing critical thinking:** Institutions of higher education encourage students to think critically. This skill helps you accept new ideas and approaches, and makes it easier to find creative solutions to problems.

Critical thinking is the ability to analyze available information, draw logical conclusions, and express one's thoughts in a reasoned and systematic way. Developing critical thinking in higher education helps students solve complex problems, generate new ideas, and participate effectively in interactions. Some ways to develop critical thinking are:

Use a variety of sources: Explore and use a variety of sources of information, allowing you to consider different points of view. It helps to understand a certain topic in depth and evaluate it from different angles.

Learning to ask questions: Critical thinking can be developed through questions from teachers, classmates, and in higher education, professors and self-questioning. These questions allow you to go deeper into the topic and revise the existing knowledge.

Participating in discussions and debates: Communicating with classmates or other groups, defending one's opinions, and hearing others' opinions enhance critical thinking. Discussions and arguments allow you to analyze different points of view and accept or reject them.

Expressing One's Thoughts in Writing: Developing critical thinking as a writer involves expressing ideas in a systematic and logical manner. This process helps students to write their thoughts clearly and comprehensibly.

Case Analysis: By analyzing real-life situations or learning situations, students can apply their critical thinking skills. This makes their thinking more independent and logical.

Reflection: Through self-evaluation and feedback, students try to understand and improve their thinking processes. This will help them analyze their conclusions and decisions more deeply.

Reflection (also reflex; from the Latin reflexio "reverse") is a concept that encompasses a variety of phenomena and concepts related to the mind, spirit, thinking, and human transformation.

Its content has changed significantly throughout the history of European philosophy and science. While intuitions related to reflection were already observed in classical Greece, the systematic consideration of the transformation of the mind (intellect) into its actions began with the Neoplatonists and developed in the doctrine of "second intentions" in scholastic philosophy.

In the modern period, the scientific study of reflection was initiated by J. Locke, whose debate with G. W. Leibniz stimulated the thought of I. Kant and gave an epistemological color to this concept. In the 18th and 19th centuries, the problems of reflection mainly attracted representatives of German classical philosophy and other rationalist thinkers. Thought analysis was adopted by J. G. Fichte for an epistemological turn, and F. W. G. Hegel made it the basis of his concept of psychic development. The concept of thinking remains important to the philosophical critique of knowledge and action in Marxism and post-Marxist trends in contemporary thought.

Since the 20th century, in addition to continuing the philosophical development of reflection by famous schools of philosophy, phenomenologists, existentialists, representatives of many fields of knowledge have been effectively solving the problems of reflexivity and reflexivity. military, natural sciences and technology.

Summary. Based on the conclusions, it would be appropriate to give the following recommendations to the team of pedagogues working with students:

1. It would be appropriate for educators to try to pay more attention to students who belong to the group of passive pessimists (they can be distinguished even without research), to help them get out of their problems.

2. Students should always:

- first of all, believe in their own strength and capabilities;
- Do not forget that active action in any problem situation can lead to a certain achievement;
- existence of a solution to any problem;
- if it is pointed out that problems are an opportunity created for human development and, therefore, it is necessary to move forward towards development, it helps to increase their resistance to stress even a little. Allows to achieve the highest level of mastering of flexible and interactive educational materials.

REFERENCES:

1. Баратова Д.О. Социальные психологические особенности детей из неполных семей. Вестник интегративной психологии. – Т. 2024. - №32. 124-126 стр.
2. Грехнев В.С. Культура педагогического общения—М. 1990. 138-стр.
3. Натанзон Э.Ш. Приемы педагогического воздействия -М. 2002. 202 с.
4. Ишмуродов Р. Инновации в образовании и воспитании. -Т. 2009. 97с.