

and skills that will really help graduates to communicate in a foreign language, without experiencing difficulties associated with understanding a foreign-language speech by ear. Observation at the lessons and questioning of students, as well as analysis of the practical use of authentic materials in the early stage of teaching listening, showed that, on the one hand, their use increases the motivation to learn a foreign language, since it makes the learning process more creative and interesting, but on the other hand requires a specially developed methodology, different from traditional, based on teaching materials. It should also be noted that, according to many leading methodologists, the use of authentic materials is necessary at all stages of teaching a foreign language in all types of speech activity, since it is the authentic materials that create the illusion of familiarizing with the natural language environment, introduce students to the culture and daily life of the country of study language, help to increase the motivation to learn a foreign language as an object.

Conclusion. It should be emphasized that the teaching of a natural, modern foreign language is possible only if materials taken from the life of native speakers are used or compiled taking into account the features of their culture and mentality in accordance with accepted and used speech standards. We are convinced that the organization of learning to read on a problematic basis will actively contribute to the formation of students' skills and skills to fully read authentic texts, which provides for the use of certain text signals to build hypotheses, assumptions at various levels. In the end, this should contribute to the correct semantic orientation in the authentic text and the successful search for the necessary socio-cultural information.

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**THE ANALYSIS OF EXPERIENCE ON FORMATION
OF THE HEALTHY LIFESTYLE OF PUPILS OF SCHOOLS
OF THE VITEBSK REGION**

E. Dudareva, A. Dudarev

VSU named after P.M. Masherov, Vitebsk, Belarus

Health is influenced by a number of factors, including: ecological, socio-economic, psychophysiological. This means that fruitful work not only of the health care system, but also of the whole state machine, all

managements and departments, as well as of every citizen is necessary for ensuring health of the population.

The concept of health is relatively conditional and objectively established by a set of anthropometrical, clinical, physiological and biochemical indicators, determined with taking into account sexual and age factors, as well as climatic and geographical conditions [1].

In recent years intensified attention to the healthy way of life of pupils, it is connected with society concern about the increase in morbidity in the process of professional training, with the subsequent decrease in working capacity.

Therefore one of priorities of work of schools of the Vitebsk region is the formation of a culture of health and a healthy lifestyle of pupils. The realisation of this direction began in 2006, when the Belarusian State University and the Belarusian State Medical University developed a unified "Comprehensive Program for the Formation of a Health Culture, Healthy Lifestyle in General Education Schools", as well as the "Healthy Nutrition" program. These programs have been successfully implemented, work at the local and regional levels is continued.

The purpose of the work is to analyse the experience of formation of the healthy lifestyle of pupils on the example of the State Educational Institution "Polotsk Secondary School No. 1".

Material and methods. Base for the research were various secondary schools of the Vitebsk region in 2014–2017. Research methods: descriptive and analytical, interview, conversation, comparative, mathematical data processing.

Results and their discussion. Consider the formation of the culture of health and the healthy lifestyle of pupils on the example of the State Educational Institution "Polotsk Secondary School No. 1". The work is carried out in the following main directions:

1. Health-saving organization of the educational process.

By drawing up a timetable, whenever possible, physiological features and performance of pupils throughout the school day and week, need of alternation of mental and physical activity, as well as the difficulty score of this or that subject are considered.

The curriculum of additional education sufficiently fully reflects the needs of children for motor activity. School-based sports clubs have been working for many years: basketball, volleyball, football, track and field athletics, taekwondo, gymnastics, rhythm, karting "Virage", tourism and others.

Classes in these sections allow school teachers to fully implement the technologies of recovery of children by kinesiotherapy (recovery of children through a variety of movements).

The system of additional education in the school also allows the students to improve their health through aesthetic therapy and art therapy in classes in

creative associations, pupils of: "Vocal and choral singing", art studio "Rainbow", "Theatre creativity", etc.

2. *The use of physical culture and health technologies aimed at the physical development of pupils.*

The school curriculum provides three lessons of physical training per school week for all students of the school. In addition, in the educational process besides "big" forms of training (physical education lessons, classes in sports sections and in the pool), "small" forms of classes are actively used.

The third hour of physical culture, classes in sports sections and in the pool, "small" forms of classes, which are introduced in the structure of the school day, allow not only to maintain the performance of students at a high level, but also to preserve and strengthen the health of pupils.

A sufficiently high percentage of children engaged in physical culture and sports in the State Educational Institution "Polotsk Secondary School No. 1" is 84.7%. This is achieved due to the fact that next to the school is the swimming pool "DK-Steklovolokno", IC "Olimpiets" in which a large number of children are engaged, which positively affects the health of pupils.

3. *The monitoring of the health of pupils.*

In the 2017-2018 school year, the percentage of students with 1 group of health has increased again, the number of students with a third group of health has decreased.

4. *Health-saving educational technologies.*

The most significant of all listed by the degree of their impact on the health of pupils. For example, *gaming technologies*. Are more used by primary school teachers. Non-standard lessons are widely used in practice: lessons-games, lessons-competitions, lessons-contests, lessons-excursions and others.

Technology of the *activity method*. The implementation of this technology is carried out in primary school since 2002 and brings its positive results: the elimination of stressful situations in the classroom, the opportunity to go beyond the boundaries of the textbook and to attract entertaining material as texts of training exercises, the individual approach in training, the formation of pupils' self-education and self-management skills, the formation of educational and cognitive motives among junior schoolchildren through the pupils' comprehension of the educational task.

Information technologies. The use of interactive training programs, which cause constant interest of schoolchildren, provide not only psychological unloading, but also provide developing and upbringing information, and also encourage to activate the independent cognitive activity.

5. *The increasing of the motivation for keeping HLS.*

Various activities contribute to the formation of the health culture among pupils. Regularly held sports and recreational activities, for example, such as "Mom, dad, me – a sports family", health days, events "I choose life" and so on. School teachers use personal example to attract children to a

healthy lifestyle, participating in competitions in volleyball and basketball between the teams of pupils and teachers.

Every week in the State Educational Institution “Polotsk Secondary School No. 1” traditional class hours, film lectures, quizzes on the themes of HLS are held.

6. “Healthy school nutrition”.

Thanks to the modern equipment of the school dining room students, teachers, school staff receive steamed food. Modern filters for water purification have been installed. In the school dining room dietary dishes, health buns on the basis of Rekitsen are cooked, in the diet of schoolchildren iodized salt and rose hips syrup are introduced.

In 2017 the practice of using oxygen cocktails, which promote more efficient transportation of oxygen to internal organs, which also positively affects the health of children, has resumed in the primary school.

Conclusion. The formation of a value attitude to a healthy lifestyle as one of the aspects of social education is a process of systematic creation of social and pedagogical programs for the purposeful positive development of the individual with the goal of preserving and strengthening health. The introduction of medical-psychological and valeological requirements to the construction of the teaching and educational process will lead to the formation of motivation for health and behavioural skills of the healthy lifestyle among pupils and their parents.

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**METAPHORIC ASSOCIATIVE CARDS AS A TOOL
FOR OPTIMIZING THE PROCESS OF PROFESSIONAL
SELF-DETERMINATION OF STUDENTS-PSYCHOLOGISTS**

O. Grinchenko

National Technical University “Kharkov Polytechnic Institute”,
Kharkov, Ukraine

Socio-economic changes in modern society place high demands on the professional training of specialist psychologists in the period of higher education. Professional formation of the future psychologist is a complete mental education, including specific attitudes and orientations, the synthesis of personal relationships and assessments of internal and external experience, reality and prospects, as well as one's own claims that are realized in a certain field of activity in the chosen specialty. Professional self-determination is a multifaceted, mobile process that accompanies the process of professional