In our view, a modern university is no longer just a higher school focused exclusively on training and the development of science; it is a platform for the development of a fully developed personality. Institutions of higher education may also become the nucleus of the development of sociocultural competence as one of the key personal abilities of a modern professional.

Conclusion. Thus, in order to meet the needs of the modern labor market and to develop the various areas of social and political life, institutions of higher education are faced with the task of training more than just broad specialists with the necessary knowledge of the language, The customs, traditions and culture of both the Republic of Belarus and foreign countries. It is the university that can and should play a key role in developing socio-cultural competence among learners, regardless of the type of education received.

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DIGITAL TECHNOLOGY AND STUDENT HEALTH

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

Keywords: digital technologies, social networks, the Internet, mental health of students, anxiety, aggressive behavior.

The modern world is filled with a variety of digital information, it replaces such analog ones as books, personal communication, outdoor games, etc. Thus, the increase in the introduction of digital technologies, as well as the impact of digital information on the health of students, is becoming an urgent problem in the modern world.

The aim of the study is to determine the volume and structure of digital technologies affecting the health of students.

Materials and methods. In the course of the research, theoretical and statistical methods were used - analysis of scientific literature, analysis of the results of surveys, methods of collecting and processing information; and empirical methods - conversation, questioning.

Adults do not always attach much importance to what games the child plays, what music he listens to and what he watches on the Internet. Therefore, children from an early age are faced with a large flow of the most diverse information that is presented on television, on the Internet, etc. Thus, children are

broadcast more and more "knowledge", which they absorb into themselves, sometimes without even understanding the meaning of everything that is being said. And in the future, it is difficult to talk about how this will develop on the still unformed psyche of the child. Currently, more and more scientists and researchers are talking about the influence of the digital technology on the formation of a child, namely on their psyche and consciousness.

As you know, childhood is one of the most difficult periods of development. It was during this period that the views, worldview and interests both on the surrounding world as a whole and on oneself were changing. During this period, the child begins to form as a person. Negative information is harmful to health (overwork, psychological dependence, somatic diseases, decreased performance, etc.), there is a reassessment of moral norms, a decrease in interest in art, reading, transfer of patterns of behavior from virtual reality to reality, etc.), the child experiences difficulties in learning (lack of time for reading, doing homework, overloading with unnecessary information, reduced academic performance) [4, p. 12].

Findings and their discussion. To study the influence of the media on the psyche of children, 1st year students of the Orsha College of Vitebsk State University named after P.M. Masherov were interviewed.

Absolutely all students said that they receive most of the information through the Internet. The most popular social networks were Instagram (98%), TikTok (99%) and YouTube (100%). These applications really contain the most diverse content: the life of bloggers, games, sports, art, hobbies, science. There are uncomplicated videos, simple movements to music, challenges, humor, the ability to try on a certain role, repeating words from films or lyrics from songs. All this can be bright, interesting and fun. But it is impossible to predict what will become popular and "go viral" the next day. An example of this is a variety of challenges. The essence of the challenge is to incite the largest possible number of users to perform a certain action. So let's say there was a trend to remove the caps from the wheels of cars, shoot on video and upload to Tik Tok. Children at this age already understand that stealing is bad. This means that there must be motivation to overcome this "bad". And they find this motivation in subscribers or for the popularity of the video.

When asked which films they prefer about 65% chose horror and thrillers, 20% fiction and 15% preferred comedies. Children's perception can change from regular viewing of aggressive films, he begins to take scenes of violence for granted, loses his ability to empathize. Children are more receptive and sensitive to everything that surrounds them. And thus, the influence of a large amount of unnecessary information can affect his ability to think independently [1, p. 42].

Studies have shown that by the age of 12-13, adolescents witness more than 100 thousand scenes of violence, murders on television or the Internet [3, p. 25].

Moreover, even modern music – Morgenstern and others, films and even cartoons can give children a distorted idea of what is good and what is bad. Children become cruel, they can hit and do not even realize that by doing so they are hurting others, since in their favorite cartoon the same action on the contrary causes laughter [5, p.18]. So why isn't it funny now? And we can observe such examples in real life. An example is the case in Oslo, when a group of children playing teenage mutant ninja turtles beat one of the girls to death. Moreover, children who have committed crimes do not understand such concepts as pity, pain, compassion. A model of behavior of their favorite hero is formed in them, but not always the qualities of this "hero" can be positive.

Of course, modern films and TV series arouse great interest in children, especially genres: science fiction and horror. And the more scenes of violence, the higher the interest. This is just proved to us by the recently released popular South Korean TV series "The Squid Game", which has gained multimillion views. This thriller is shown with an 18+ postscript, but favorite children's blogs are permeated through and through with conversations about these "squids", computer games have been created. The leitmotif of the series: did not complete the task - died. Not the best motivation, especially for children.

How much time do today's children spend on the Internet? Most of the students are almost always on their phones and the screen time is 5 hours or more. Here we can already talk about the emergence of Internet addiction. This leads to the fact that children lose the ability to control their time on the Internet, preferring virtual life to real.

The main consequence for the child of the influence of a large flow of such information will be a decrease in emotionality. Subsequently, watching the scenes of violence that are in the public domain both on television and on the Internet, children cease to feel fear and disgust. They do not yet have a clearly formed opinion and boundaries between what is good and what is bad, and therefore they perceive everything that is imposed on them on the Internet at face value. They get used to seeing it and it becomes absolutely natural for them. Thus, indifference to violence grows from here, which is proved to us by the examples of the cold-blooded commission of crimes by the children themselves.

Conclusion. Conclusions: the group of students participating in the survey is characterized by conflict and increased anxiety. And the information we receive from the Internet, television or print media, if used correctly, can have a beneficial effect on the development of society. However, we must learn to "filter" everything that we receive. The child himself may not be able to assess the situation he has seen and may begin to imitate it. Uncontrolled use of digital technology can lead to increased anxiety, active or passive aggression. The negative impact of negative information on mental and physical health can be reduced by spending more time with students, playing educational games, reading books and promoting their all-round development.

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FEATURES OF WORKING ON GRAMMATICAL MATERIAL IN ENGLISH BASED ON A COMMUNICATIVE APPROACH TO TEACHING

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

Keywords: communicative approach, grammatical material, conditionally speech situation, foreign language, grammatical skills.

A foreign language is one of the subjects that a student learns in the process of active speech production (speaking, listening, reading, and writing). In this regard, the organization of work on grammar in communicative learning largely determines the success of foreign language education, allowing you to create an environment close to real conditions, which determines the relevance of our research.

Material and methods. We used such research methods as literature study and its critical analysis (works of E.I. Passov, N.D. Galskova, I.A. Zimnya, G.V. Rogova, et al.), the observation of the teaching process at Vitebsk gymnasium № 1and its scientific interpretation.

Findings and their discussions. There are two ways of explaining grammatical material – communicative-functional and theoretical-practical.

The communicative-functional method provides familiarization with the form, meaning and use of grammatical phenomena in situations. For this purpose, speech situations, submitted either by ear or in printed form, are used. Students, getting acquainted with a new grammatical phenomenon in a speech sample and understanding its meaning from the context, comprehend it, establish the most essential features, form a rule. The advantages of the communicative-functional method are: 1) the proximity of the presentation of new grammatical material to the natural conditions of communication, 2) the development of language guesswork. In turn, this method has the following limitations: the simultaneous combination of meaning, form, function does not always lead to the fact that students make the right conclusion; a clear idea of the grammatical rule is