

component, students must master the basic mental operations that allow them to accumulate language and speech experience: comparison, abstraction, generalization, concretization, analysis, synthesis. The teacher needs to introduce students to such cognitive strategies as ways of organizing and developing verbal memory, structuring and systematization of linguistic knowledge, interpretation and evaluation of the communicative situation, the choice of means of linguistic design of a foreign-language utterance and models of culturally-like nonverbal behavior.

The gradual expansion of students' autonomy will lead to the development of general academic and special skills. General academic skills include the ability to plan and allocate your time, allocate the main and secondary, exercise control and self-control of independent educational and cognitive activity. Special skills relate to aspects of language and types of speech activity, for example: the ability to make an oral statement plan, compare lexical and grammatical phenomena in native and foreign languages, edit your written essay, etc.

Conclusion. Thus, a methodological analysis of the components of independent work in the process of learning a foreign language allows us to draw the following conclusion: for the continuous effective development of independent activity of a student, it is important to comply with such requirements as 1) awareness of the purpose of the activity performed; 2) knowledge of the task execution procedure itself; 3) the ability to see the supports in the material of tasks that facilitate overcoming difficulties in the course of independent work; 4) development of skills and abilities to use appropriate teaching tools (educational didactic material, audio or video recordings, reference literature, etc.) to perform tasks; 5) formation of self-control and self-correction skills.

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DIABETES MELLITUS: BASIC CONCEPTS, AND YOUTH AWARENESS

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Keywords: diabetes mellitus, healthy lifestyle, awareness, questionnaire.

Diabetes mellitus is a global problem, the importance of which is becoming more and more threatening every year, despite the fact that more and more attention is being paid to this issue [1].

Every year, the number of cases is rapidly increasing. To date, every person has a relative or acquaintance who is diagnosed with diabetes mellitus. The main reason for the increase in the number of cases is a change in lifestyle, which can include improper and non-varied diet, alcohol consumption and much more.

Diabetes mellitus is a global problem of the whole world. According to WHO, today about 422 million people suffer from diabetes, which is 6.028% of the total population of the planet. If the situation develops at the same pace, then by 2025 the number of patients with diabetes will increase by 2 times. By 2030, diabetes mellitus will become the 7th cause of death worldwide [2].

The purpose of the article is to analyze the awareness of students of the Faculty of FSPIP about diabetes mellitus and the method of its prevention.

Material and methods: This research paper uses data from Internet resources. To obtain the results of the study, the following methods were used: comparative-analytical one, analysis and synthesis.

Findings of their discussion: Diabetes mellitus is a global problem, the importance of which is becoming more and more threatening every year, despite the fact that more and more attention is paid to this issue [1].

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Diabetes mellitus is a chronic endocrine disease accompanied by an increased level of glucose in the blood due to an absolute or relative deficiency of the pancreatic hormone insulin, and/or due to a decrease in the sensitivity of target cells of the body to it.

Glucose is one of the main sources of energy for the human body. A person receives this simple carbohydrate through food containing carbohydrates, that can be produced during the breakdown of more complex carbohydrates, also because of his own liver, where glucose is stored in the form of glycogen, but the main role in the development of this pathology is played by insulin (protein-peptide hormone of the pancreas), that is responsible for maintaining normal blood glucose levels, ensuring its entry into tissue cells for their nutrition [1].

In diabetes mellitus, insulin is either there or it is not. Lack of insulin is inherent in type I diabetes or insulin-dependent diabetes. If there is insulin, then it is less than necessary and it is not sensitive enough to the cells of the body. This can include type 2 diabetes or insulin-dependent diabetes.

In order to study and analyze the awareness of students about the disease of diabetes mellitus, a questionnaire was conducted. 47 respondents took part in the study, including 80% of women and 20% of men aged 18 to 22 years of students of the Faculty of Social Pedagogy and Psychology of the 2nd year.

The analysis of the questionnaire showed that the survey respondents assess their awareness of diabetes mellitus differently, but it is worth noting that 100% of the respondents know and have encountered such a disease to one degree or another, 90% of them consider themselves healthy, without any chronic diseases.

A more in-depth knowledge of diabetes was demonstrated by 23% of students, only 7% were informed about the types of diabetes and at what age the

types belong, and only 7% were informed about the sugar level of a healthy person and a person with diabetes. One of the most important issues is awareness in first aid, it is worth dwelling on.

To the question "How and what is first aid for hypoglycemia (low sugar)?" the respondents gave the following answer

* 96% – take 1.2 pieces of sugar, one candy or a piece of white bread.

* 4% – inject insulin

* 0% – make a blood transfusion

Conclusion. The following conclusions can be drawn from the above data. Most of them have basic ideas about such a disease as diabetes mellitus, but the main purpose of the study is to study the awareness of students in the field of first aid. The study showed that almost 100% of the respondents have an idea about the actions for hypoglycemia, but 4% of students are not informed in this area, as a result of which it can be concluded that young people need information about the disease itself and first aid measures.

It should be remembered that awareness in the field of diabetes mellitus is a necessary condition for maintaining your health and your loved ones, as well as strengthening your health.

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THE ROLE OF PARENTS IN THE FORMATION OF COMMUNICATIVE COMPETENCIES IN EARLY CHILDHOOD: A PSYCHOLOGICAL APPROACH

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Keywords: communicative competencies, family, family functions, early childhood, emotional perception.

The formation of the child's communicative sphere occurs not only in the world around him, but also in the family. Mastering the initial competencies allows the child to solve problems of varying complexity in everyday conditions and in various types of activities.

The Law of the Republic of Belarus "On the Rights of the Child" in article No. 17 states that "... parents (guardians, trustees) must create the necessary conditions for the full development, upbringing, education, strengthening the health of the child and preparing him for independent life in the family and soci-