

- Необходимо знакомить преподавателя с передовым опытом применения информационных технологий, обеспечивая возможности для роста профессиональных информационных компетенций.

- Необходимо побуждать студентов к созданию электронного портфолио, который помогал бы преподавателю усилить индивидуализацию электронного обучения, и оказывать помощь в преодолении трудностей при выполнении разноуровневых (репродуктивных, творческих) заданий.

Заключение. Чем полнее в организации дистанционного обучения будут реализованы компоненты и принципы педагогического процесса, тем эффективнее будет протекать образовательный процесс в электронной среде. Среди условий, способствующих этому, необходимо выделить следующие:

- сочетание он-лайн и оф-лайн обучения;
- включение студентов в самоуправляемую познавательную деятельность;
- использование задачно-заданиевой технологии для эффективной организации учебно-познавательной деятельности студентов в виртуальном пространстве;
- усиление реализации принципов гуманизации и демократизации, обеспечивая тьюторскую поддержку как преподавателей, так и студентов.

PRESERVATION AND MAINTENANCE OF STUDENTS' MENTAL HEALTH

*S.V. Lautkina, N.S. Semenova, Jing Xiaoqing
Vitebsk, VSU named after P.M. Masherov*

The modern stage of development of the national education system is characterized by increased attention to a person as a special holistic system, which should be characterized not only by physical and mental health, but also well-being in the cognitive, personal, social spheres of life. Summarizing the views of many authors on the problem of mental health, we can say that it is an integral characteristic of personal well-being, which includes several components: social, emotional and intellectual aspects of personality development.

Material and methods. In our research we used theoretical method: analysis of the literature; empirical: methods of survey and test, methods of qualitative and quantitative data processing, methods of mathematical data processing, generalization; diagnostic tools: the text of "Mental balance" (S. Stepanov), the text of "well-being, activity, mood" (V.A. Doskin, N.A. Lavrentiev, V.B. Sharai, M.P. Miroshnikov). The base of the research: 47 students of the Masherov VSU from Belarusian and 50 students of Chengdu Technological University from China.

Results and their discussion. Summarizing the views of many authors on the problem of mental health, we can say that it is an integral characteristic of personal well-being, which includes several components: social, emotional and intellectual aspects of personality development. There are different approaches to the study students' of mental health in psychological research. When studying mental phenomena, it is necessary to build a specific scientific methodology. This is due to the fact that the subject of psychology is complex and important.

There are many approaches to study mental health in psychological research, such as scale test, questionnaire survey, interview, observation, clinical symptom diagnosis, etc. As a special group, students' mental health has been widely concerned and has become the focus of research. Students are in the stage of the transition between school and society, their cognition is not fully mature, and their social experience is insufficient. They are not only facing the pressure of study, but also facing the pressure of dealing with various interpersonal relationships [1].

The main manifestations of students' mental health problems are anxiety, depression, phobia, schizophrenia.

The research work is carried out in three stages. The first stage is the preparation. The main task of this stage is to develop research strategies, including collecting and analyzing literatures related to the research topic, screening and determining research methods and techniques, and determining research samples.

In the preparatory work, the author collected a large number of literatures about mental health, and analyzed and summarized the research results of many researchers. These literatures provided data sources for the definition and standard of students' mental health, the main manifestations of students' mental health problems, factors affecting students' mental health and strategies for the preservation and maintenance of students' mental health.

After collecting and sorting out, six standards of students' mental health are clarified: correct self-awareness, positive and stable mood, reasonable and moderate behavior, complete personality (sound personality), harmonious interpersonal relationship, good adaptability. There are four main manifestations of students' mental health problems: anxiety, depression, phobia, schizophrenia. There are three main factors affecting students' psychological problems: the pressure and challenges (including living environment, social pattern, study pressure and other aspects), lack of mental health education and guidance and the stigma.

After filtering, two diagnostic tools were determined to be used: the text of "Mental balance" (S. Stepanov) and the text of "well-being, activity, mood" (V.A. Doskin, N.A. Lavrentiev, V.B. Sharai, M.P. Miroshnikov) .

The second stage is the research. The main task is formal research. The main task is formal research. We sent 50 texts to Belarusian students and collected 47 valid texts. We have sent 50 texts to Chinese students and collected 50 valid texts. The author analyzed and studied the sample data.

The third stage is the plan writing. According to the results of the study, the strategies for the preservation and maintenance of students' mental health are established, including: therapeutic lifestyle changes (TLCs), to establish a mental health support system, rational use of artificial intelligence(AI).

Based on a large number of literatures, tests and interview, we found that many factors affect students' mental health, including students themselves, schools, parents, society and other factors. Among these factors, there are three factors that are the most important and can be improved, including students' pressure and challenges, lack of mental health education and guidance (especially in China), students' stigma. In view of these factors, we put forward the adjustment and improvement strategies. In order to be more feasible, we listed the responsible departments along with the strategies.

Strategies for the preservation and maintenance of students' mental health can be made. First, therapeutic lifestyle changes (TLC). Although there is substantial evidence that therapeutic lifestyle change (TLC) is very effective in maintaining mental health, its utilization remains low. TLC is sometimes as effective as psychotherapy or medication and can provide significant therapeutic advantages. Important ways of TLC include healthy diet, exercise, good relationships, meditation, and Altmism. TLC has few negatives. Unlike psychotherapy and medication, they have no stigma and can even bring social benefits and respect.

Second, good mental health support system. The school can take several steps to improve services and establish a good mental health support system for students. In addition to schools, the government should also be involved in the maintenance of students' mental health, including ensuring policy and financial support for students' mental health services, establishing community mental health service centers, and establishing volunteer support groups. Parents should also be involved. If possible, parents should also understand the general knowledge of mental health, timely identify students' risk of psychological problems, and actively cooperate with schools or treatment institutions as needed.

Third, rational use of internet technology and artificial intelligence (AI). In the Internet age, AI has brought great changes and convenience to human life. AI is being used in the development of prediction, detection and treatment solutions for mental health care too. In addition to predicting mental health problems, AI can also be used in psychotherapy to some extent. A chatbot is a computer program that mimics conversation with users via a chat interface, either text or voice based. They can be available at any time to communicate, can be used by individuals who experience stigma or discomfort with seeing a therapist, and can be accessed by those with limited access to traditional mental health services.

Conclusion. There are three main factors affecting students' mental health, including students' pressure and challenges, lack of mental health education and guidance (especially in China), students' stigma. Among 97 students who are texted, only 19.15% of the students have a good mental balance. There are certain problems and risks in students' mental health, which cannot be ignored.

Due to the different COVID-19 response policies of the two countries, Chinese students are forbidden to go out on campus, which has a negative impact on students' mental health.

There are many strategies for the preservation and maintenance of students' mental health, including mental self-regulation plan, therapeutic lifestyle changes (TLC), A good mental health support system, rational use of internet technology and artificial intelligence(AI) and other advice. As a special group, students' mental health has been widely concerned and has become the focus of research. By studying the concept and standards of students' mental health, analyze the main manifestations of students' mental health problems, the factors affecting students' mental health.

1. Kosarevskaja, T.E. Psihologicheskaja bezopasnost' obrazovanija kak uslovie psihicheskogo zdorov'ja uchastnikov/ T.E.Kosarevskaja, R.R.Kut'kina// Psihologija jekstremal'nyh situacij: problemy teorii i praktiki : materialy resp. nauch.-prakt. konf., Vitebsk, 17 maja 2011 g. / [redkol.: A. P. Solodkov, I. M. Prishhepa, V. P. Vishnevskaja [i dr.]; v avt. red.] ; M-vo obrazovanija RB, UO "VGU im. P. M. Masherova". – Vitebsk : UO "VGU im. P. M. Masherova", 2011. – Vitebsk, 2011. – S. 116-119. URL: <https://rep.vsu.by/handle/123456789/14281> (date of application: 06.02.2023).

СОЦИАЛЬНО-КУЛЬТУРНАЯ АДАПТАЦИЯ ИНОСТРАННЫХ СТУДЕНТОВ К МЕЖКУЛЬТУРНОЙ СРЕДЕ

Н.Е. Мартинович

Витебск, ВГУ имени П.М. Машерова

В последние пять лет среди иностранных граждан становится популярным получение высшего образования в Беларуси. Отношения между Республикой Беларусь и Китайской Народной Республикой с течением времени становятся только крепче, что наблюдается не только в области экономического сотрудничества, но и образовательной сфере. Китайские студенты все чаще выбирают белорусские вузы для получения образования. По сравнению с 2016/2017 годом количество студентов из КНР увеличилось в три раза. По состоянию на 2021/2022 учебный год КНР входит в тройку стран по количеству студентов, обучающихся в белорусских вузах и является одним из ведущих потребителей образовательных услуг (3 634 студента или 17,3% общего количества иностранных студентов в стране) [1, с. 33]. В 2022–2023 учебном году в ВГУ имени П.М. Машерова обучаются иностранные граждане из 15 стран. Расширяются специальности, по которым происходит подготовка студентов. Особое внимание уделяется китайским студентам.

Цель исследования является выявление специфики пребывания китайских студентов в ВГУ имени П.М. Машерова и изучение опыта обучения в смешанных группах.

Материал и методы. Материалом послужил анализ литературных источников по проблеме исследования, личный опыт автора в образовательном процессе со студентами. Используются методы анализа научной и научно-методической литературы; наблюдения, обобщения, беседы и опроса.