

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

development of the individual, during which a correction of the value-semantic sphere related to professional activity is carried out [1, p. 45]. To optimize this process during the professional training of psychology students, we developed a comprehensive program based on the use of such a new universal psychological instrument of work as metaphorical associative cards (MAC). This is a convenient method of both group and individual work, which allows you to work simultaneously with the emotional and mental spheres of personality.

The aim of the work is to optimizing the process of professional self-determination of students-psychologists at the early stage of their professionalization.

**Material and methods.** For the optimizing the process of professional self-determination of students-psychologists at the early stage of their professionalization, we created and have tested at one hundred and seventy students of the first, second, third, fourth and fifth courses on the basis of National Technical University "Kharkov Polytechnic Institute" a special MAC supervisory deck - projective method which focused on the sphere of professional self-determination.

**Results and their discussion.** Through this projective technique students described the images on the map, demonstrated his internal state, emphasized his own experiences, which allows not only to identify problem points, but also to find ways to solve them. Associative cards was used in training, individual and group forms of work, etc. The card deck developed by us used in diagnosis and corrective work with psychology students to detect and prevent certain complications on the path of professional development and self-determination. That is why associative maps are a valuable and interesting tool in carrying out work to optimize the professional self-determination of students-psychologists, because they enable: to identify and determine the range of problems that a student has with his own professionalization; carry out a projective analysis of metaphorical images that arise in the course of working with maps; identify the problems associated with the implementation of their own choices; identify ways to solve problems; to trace the main points of professional self-determination; to activate internal resources for self-determination and self-development; implement a dialogue between the internal and external; create favorable and comfortable conditions for self-discovery and self-knowledge [2, p. 7]. In the educational activity of future psychologists it is important to take into account the level of formation of professional representations, because they are directly related to the issues of mastering and further managing their own professional activity and personal professional development.

**Conclusion.** Analysis of the educational process in universities showed that the learning process influences the content, structure and dynamics of the student's professional self-determination [3, p. 20]. It is accompanied by a crisis of professional choice or a crisis of professional self-determination, indicates the need for social and psychological support. The presence of

difficulties in the process of professional self-determination of future specialists points to the need for targeted, prolonged work aimed at optimizing the professional self-determination of student psychologists. The MAC deck we propose is aimed at working with student psychologists in the sphere of professional self-determination issues and aims to increase the effectiveness of the processes of professional development and self-determination; enhancing the emotional stability of students; formation of skills of reflection and professional self-awareness, as well as development of skills to make decisions and plan further professional development.

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## **NEGOTIATIONS AS AN ALTERNATIVE METHOD FOR RESOLUTION OF DISPUTES IN THE SPHERE OF FOREIGN ECONOMIC ACTIVITY**

**A. Gubarevich**

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

In a modern, rapidly developing world, a world where business often determines the strategy for the development of not only a single state, but also strategic directions for the development of the world economy, the most acute is the question of how quickly and with minimum losses to solve arising in the sphere of foreign economic activity disputes. The most common, and in our opinion, one of the most profitable ways to resolve disputes in the field of foreign economic activity from the perspective of assets is negotiations

The purpose of the study is to analyze the main components of the negotiation process as one of the alternative ways to resolve disputes in the field of foreign economic activity.

**Material and methods.** This work uses normative legal acts regulating the procedure for carrying out negotiations as an alternative way of resolving disputes in the field of foreign economic activity. The main methods of research are the formal-logical method, analysis and synthesis.

**Results and their discussion.** Negotiations are a process by which the parties involved in a problem discuss it with each other, trying to reach a mutually acceptable agreement. In the relations between people there is a great variety of types of negotiations that can be conducted from different positions -