

Training Program on Educational Trends Affecting the Efficiency of Learning Activities

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Abstract: This article presents a training program on modern educational trends that affect the effectiveness of educational activities. The training is based on the science of psychology and is aimed at increasing student motivation, developing self-management skills, and stimulating creativity in the educational process. The article also provides a 1-week training program on psychology, which is ready to be organized for higher education students using educational trends, appropriate to their age.

Key words: education, effectiveness, training, educational activities, technique, skill, higher education, psychology, method, teacher, student.

Introduction. Many reforms in the education system of our republic are aimed at eliminating the shortcomings in ensuring communication and continuity between types of education in the field of personnel training. Today, as a result of the state policy on personnel training not fully taking into account the socio-economic characteristics of the regions and their needs and demands, and the lack of in-depth study of supply and demand in the labor market, there have been shortcomings associated with the imbalance in the distribution of personnel across regions. This is due to the fact that in some regions the need for pedagogical personnel has not been met for years. In order to eliminate such shortcomings in the system, a number of decrees and resolutions have been adopted in recent years in the fields of education and personnel training. It is known from the experience of countries with high intellectual potential that if the continuity and connection between science, education and production is firmly established, it will be possible to train qualified personnel in this direction, ensure their employment, and implement structural changes in the country's economy. The creation of new mechanisms, especially in the development of the continuing education system, has become a vital necessity of today's globalization processes, and this, in turn, requires increasing the effectiveness of the quality of education, its modernization.

The effectiveness of educational activities is an indicator that expresses the level and quality of achieving the goals of the educational process. The effectiveness of educational activities is a complex concept that includes all aspects of the educational process and is carried out through their joint assessment.

Analysis of literature on the topic. Many foreign and Uzbek scientists have conducted scientific research in the field of studying educational trends. In particular, during our scientific work, we got acquainted with the scientific works of several scientists devoted to the study of educational trends. Among foreign scientists: Howard Gardner: A psychologist working in the USA, known for his theory of "Intelligence". Through his theory of multiple intelligences, he emphasizes the need to take into account the individual characteristics of a person in the educational process. John Dewey: An American educator and philosopher, who emphasized the importance of practical experience in education. According to his views, the educational process requires the active participation of students. Paulo Freire: A Brazilian educational theorist, known for his work "Education and Freedom". He sees education as a means of social change. Sugata Mitra: Indian science researcher who demonstrated students' ability to self-learn through his "Hole in the Wall" experiments. We would like to cite the most important and in-depth work on this topic among Uzbek scientists: Abdulaziz Murodov: Conducted research on the modernization of the education system in Uzbekistan and the introduction of innovative methods. Zarina Shonazarova:

Conducted scientific research on the use of information technologies in education and their effectiveness. Bakhrombek Mirzaev: Conducted research aimed at improving the role of teachers in the educational process and methodologies.

Research methodology. The training program on educational trends affecting the effectiveness of educational activities is aimed at studying trends and methods in modern education to improve the educational process and increase its effectiveness. To fully explain educational trends, I will give the essence, advantages and practical examples of each trend.

1. Interactive teaching is a teaching method that ensures the active participation of students. In this method, students are not just listeners, but have the opportunity to express their opinions, discuss and participate in practical exercises during the lesson.

Example:

- Group discussions: Students are divided into small groups and exchange ideas on a given topic.
- Role-playing: Students perform various roles and simulate specific situations (for example, playing historical figures in a history lesson).

2. Creative teaching is a teaching method aimed at developing students' creativity. It allows students to develop new ideas and solve problems with innovative solutions.

Example:

- Creative projects: Students create their own creative projects (for example, creating a new work of art in an art lesson).
- Brainstorming sessions: Students exchange ideas together to develop new ideas.

3. Use of technology - this is the use of modern technologies (computers, the Internet, mobile applications) in the educational process. This trend makes education more interesting and effective.

Example:

- Online learning platforms: Students take online courses on platforms like Coursera or Khan Academy.
- Simulations and virtual labs: Conduct virtual experiments in chemistry or biology classes.

4. Individualization is the process of learning that is tailored to the needs of each student. This approach takes into account the individual abilities and interests of students.

Example:

- Individualized learning: Students are given individual goals and plans (for example, planning lessons based on the student's strengths).
- Differentiated learning: The teacher prepares tasks at different levels and assigns tasks to each student.

5. Collaborative learning is a teaching method based on teamwork. This approach encourages students to work together, exchange ideas, and learn from each other.

Example:

- Group projects: Students work together on a project (such as a research paper or art exhibition).
- Peer-teaching: Students explain certain topics to each other.

6. Gamification in education is the addition of game elements to the learning process. This approach helps to increase student motivation. Example:

- Game-based tasks: Incentivize students by earning points or giving rewards during lessons.
- Gaming platforms: Conduct interactive quizzes on platforms such as Kahoot or Quizizz.

7. Cross-disciplinary education is the use of an interdisciplinary approach by combining different subjects. This approach shows students the connections between subjects and helps them solve complex problems.

Example:

- Integrated lessons: For example, combining geography and history to examine historical events in a geographical context.
- Projects: Students create a research project that combines arts and sciences.

These trends help make the learning process more interesting and effective. By applying each trend in practice, students' learning process will improve and their interest will increase.

Analysis and Results. The following is a 1-week training program for psychology undergraduate students on educational trends that impact academic performance. This program utilizes interactive learning, creative learning, technology use, individualization, collaborative learning, gamification, and cross-disciplinary learning trends.

№	Education trend	Subject Name	Student activities	The main method of training
1	Introduction and Interactive Learning	Basic concepts of psychology	Students are divided into groups and discuss key concepts in psychology (e.g., motivation, personality, behavior).	Role-playing game: Students play characters representing different psychological theories.
2	Creative Education	Creative thinking and innovation in psychology	Creative Project: Students must work in small groups to create a new psychological theory. Each group will present their theory.	Brainstorming session: Students try to solve various problems to develop creative thinking.
3	Use of technologies	Technologies and their role in psychology	Conduct virtual classes using online learning platforms (such as Zoom or Google Classroom).	Virtual lab: Students use online tools to simulate psychological experiments.
4	Individualization	Individual learning styles and psychological needs	Students create their own personal learning plans. They take into account their strengths and interests.	Differentiated assignments: The teacher prepares assignments that are appropriate for each student.
5	Collaborative Learning	Teamwork and solving psychological problems	Group Projects: Students work together to prepare a project to	Peer-teaching session: Students explain certain

			address psychological issues.	topics to each other.
6	Gamification	Game-based learning methods	Game-based tasks (e.g., psychological quizzes). Students earn points and receive rewards.	Turning psychological theories into games using gamification tools.
7	Cross-disciplinary education	Connections between psychology and other disciplines	Integrated lessons - combining history and psychology to analyze historical events and their psychological impact.	Cross-disciplinary project preparation - students create a creative project combining art and psychology.

Yakuniy baholash: haftaning oxirida talabalarning barcha faoliyatlari va loyihalari bo'yicha baholash. Ular o'z tajribalarini baham ko'radilar va o'zaro fikr almashadilar.

Conclusions and recommendations. It is important to take into account modern educational trends to improve the effectiveness of educational activities. This training program is aimed at increasing student motivation, developing self-management skills, and stimulating creativity. The topic of each day helps students understand themselves, manage stress, work collaboratively, and evaluate success. As a result, not only knowledge is acquired during the learning process, but also personal development.

Recommendations:

1. Regular training: It is recommended to conduct such trainings regularly throughout the year to increase student motivation and creativity in the learning process.
2. Use interactive methods: In order to ensure active participation of students, interactive methods should be used, such as group discussions, role-playing games, and creative activities.
3. Evaluation of results: After each training, discussing the results with students and listening to their opinions will be useful for future trainings.
4. Use of resources: Using modern technologies and online platforms, the educational process can be made more effective.
5. Personal approach: Implementing an individual approach in accordance with the needs and abilities of each student helps students to understand themselves.

By implementing these recommendations, the effectiveness of educational activities can be increased and students can be supported in achieving success.

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