make process of studying of a new material more productive and easy for pupils. In the project for each intelligence kinds recommendations about the organization of educational process are given. They will be good practical guidance for all parties involved in training process. Besides, such interesting lesson will leave only positive emotions.

## THE "HOLISTIC" DEFINITION OF HEALTH

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Beliefs about health and illness are a major feature of every known culture. Although the term health is used as part of everyday living, no universally accepted definition has been established. WHO, for example, states that health is "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." But health professionals have found this concept problematic because achieving a state of "health" seems to be an unrealistic goal. This definition does not allow for degrees of health or illness, and it fails to reflect the dynamic, ever-changing nature of health. The "holistic" view considers the body, mind, and spirit as interrelated parts of a person's being. The concept of high-level wellness, which considers the needs of the whole person, has led to the growth of holistic health care. In holistic medicine, health is defined as a person's level of wellness. This level of wellness is a process in which a person is striving to attain his or her full potential. Health reflects one's biologic, psychologic, and sociologic state. The biologic (physical) state refers to the structure of body tissues and organs as well as to the biochemical interactions and functions within the body. The psychologic state includes a person's mood, emotions, and personality. The sociologic (social) state involves the interaction between a person and the environment. Factors that affect a person's biologic, psychologic, or social well-being require additional energy and thus alter the level of wellness. Therefore, a high level of wellness is achieved when one's biopsychosocial needs are met.

One of doctor's primary functions is to assist patients in reaching a high level of wellness. Understanding the concept of health and high-level wellness is therefore essential. As doctors assess patients, they must be aware of factors that affect a person's health state and must use doctor's interventions to promote and maintain an optimal level of wellness.

## INTERNATIONAL STUDENTS' ADAPTATION TO LIFE AND STUDIES IN UKRAINE

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Either working as teachers or being students of universities, today's higher education personnel are likely to have contact with international students at many points during their careers. Nowadays both teaching staff and students begin to acknowledge the necessity of learning about this important student population.

Equipped with increased knowledge of international students and their common problems, including language barriers, cultural differences, religious issues, adaptation period, students can begin to concern themselves with ways in which the cross-cultural experience can be improved.How can we help international students through the difficulties they face at our University?

When international students first arrive in Ukraine, every effort should be made to provide them with effective orientation to what awaits them. Practical matters ( Where do I shop? How do I sign up for classes? Where do I go to do my banking? ) should certainly be covered, but issues of emotional adjustment should also not be neglected. Talking to students about some of the cultural differences they are likely to encounter may help them to recognize these issues when they begin to experience culture shock. Students need to know where and whom they can turn to when they are facing the ups and downs of culture shock. Informing international students of available co-curricular activities and encouraging them to participate is also the way to assist them in establishing meaningful relationships with Ukrainian students, while at the same time helping