

METHODS OF STUDYING LANGUAGES

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This work is devoted to problems of the organization of educational process. Each year a material for mastering becomes more and more interesting. Certainly, to know absolutely all is practically impossible. But to increase volumes of the acquired material by means of correctly organized lesson probably. First of all, it is necessary to understand, that all people are different and approaches to studying languages are always various. The project considers possible variants of educational process, being based on theories of Dr. Howard Gardner.

Dr. Howard Gardner, author of *Frames of Mind* and co-director of Project Zero at Harvard University, has created a Theory of Multiple Intelligences. He points out that education systems often focus on a narrow range of intelligence that involves primarily verbal or linguistic and logical or mathematical skills. While knowledge and skills in these areas are essential for surviving and thriving in the world, he suggests that there are at least six other kinds of intelligence that are important to fuller human development and that almost everyone has available to develop. They include, visual or spatial, bodily or kinesthetic, musical, interpersonal, naturalist and intrapersonal intelligence.

The strongest skills of many learners lie in these six areas, which are frequently undervalued in some traditional universities and schools. The fact is that when pupils have an opportunity to learn through their strengths, they may become more successful at learning all subjects – including the "basic skills." For this reason, I believe that it is important to encourage students to explore and exercise all of their intelligences. Creating a rich, nurturing, and stimulating environment filled with interesting materials, maps, games, and books lays the foundation for healthier, happier, brighter learners.

Taking into account a various orientation of student's groups, it is possible to pick up various forms of realization of a lesson, thus to transform a usual lesson into interesting action. This will help to

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.