

ENHANCING INDEPENDENT STUDY SKILLS IN UKRAINIAN MEDICAL UNIVERSITY STUDENTS

У статті визначено сутність поняття "пізнавальна самостійність"; представлено форми і методи активізації пізнавальної самостійності, розкрито її роль у організації самостійної роботи студентів.

***Ключові слова:** пізнавальна самостійність, самостійна робота здобувачів освіти, особистість, позитивна мотивація.*

The article defines the essence of the concept of "cognitive independence"; presents the forms and methods of activating cognitive independence, reveals its role in organizing students' independent work.

***Keywords:** cognitive independence, independent work of students, personality, positive motivation.*

Effective independent study skills are vital for the success of students undertaking higher education, particularly in the challenging field of medicine. In Ukrainian medical universities, it is imperative to cultivate effective self-directed learning habits in order to develop competent and self-reliant healthcare professionals. This research aims to investigate and propose strategies to improve independent study skills among students in Ukrainian medical universities.

The main objectives of this study are:

to identify the factors that influence the independent study skills of medical university students in Ukraine;

to evaluate the effectiveness of different interventions designed to improve self-directed learning behaviours; to offer recommendations for educational institutions and educators to encourage independent study skills in the field of medical education in Ukraine [1;4].

Self-directed learning is widely acknowledged as a fundamental aspect of medical education which bestows upon students the important responsibility of overseeing their own career advancement and education. It also imparts necessary skills and knowledge to them which enable proactive response to changes in the practices of healthcare and advancements in medical science.

The components critical to successful independent study skills include motivation, time management, learning resources, and the learning environment. It is imperative to comprehend these elements in formulating precise interventions. For medical students to stay in line with medical knowledge advancements and practices, the skill to engage in self-directed learning is fundamental. This section will examine the importance of independent study skills in preparing students for a rapidly changing healthcare environment [2].

The critical determinants of effective independent study skills are motivation, time management, access to resources, and the learning environment. This section will explore these factors and their influence on student learning.

Integrating digital tools and resources into education can offer pupils chances to engage in interactive learning, obtain current information, and participate in collaborative study groups, which are all valuable experiences.

Regular and constructive feedback, adapted to individuals' learning styles and requirements, can facilitate independent study efforts, enabling students to recognize areas for improvement and hone their study strategies.

Developing physical and virtual domains that promote self-directed learning can enhance a welcoming and productive study environment, enabling students to concentrate and participate effectively [3]. Faculty members have a crucial role in guiding and mentoring students pursuing independent study. This section will examine the best practices for engaging and supporting faculty.

By adopting the strategies detailed in this article, medical educators can empower students to become self-reliant learners, preparing them for success in their medical education and future professional endeavours. The development of autonomous study skills is crucial not only for academic success but also for continuous learning and career advancement in the rapidly changing healthcare sector.

Encouraging students' self-motivation for independent work is aided by a well-structured and coordinated process, effective collaboration between students and teachers, as well as among peers, and students' capacity for self-evaluation [2; 3]. The level of a student's professional skills determines their ability to independently establish the purpose of their activity, analyze it, and relate it to their personal needs, as well as make decisions about its execution. Key positive motivators for developing professional skills include interest in the future career and the aspiration to meet society's high standards for modern-day professionals [2]. Therefore, the primary driver for arranging self-directed work ought to focus on utilising professionally-oriented and practically-focused resources.

Independent study skills are crucial for medical students to excel in the demanding and constantly evolving realm of healthcare education. This report delves into approaches and interventions that seek to foster and augment the independent study skills of medical students. By conducting an exhaustive analysis of literature, practical teaching methodologies and case studies, this document offers valuable insights into effective strategies for empowering students to take charge of their own learning process. The use of technology, tailored feedback, and creation of appropriate learning environments are pivotal factors in fostering self-directed learning habits. Additionally, this study discusses the role of faculty mentorship and institutional support in sustaining and maximizing the advantages of independent study skills. By implementing these strategies, medical educators can equip students with the tools necessary for lifelong learning and success in their medical careers.

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