

## TALABALARNING SHAXSIY QOBILIYATLARINI RIVOJLANTIRISH METODIKASI

**Haydarov Latifjon Rustamovich**

Bukhara Technological-Engineering Institute freelance researcher

**Annotation:** This article is dedicated to the methodology for developing the personal skills of students. The article analyzes the methods for enhancing students' personal development, which include skills such as creative thinking, effective time management, stress management, communication skills, and problem-solving. Developing personal skills is not only crucial for students' academic success but also for their future professional careers. This article outlines the ways in which students can enhance their personal skills, helping them become successful professionals in their respective fields.

**Keywords:** students, personal skills, development methodology, creative thinking, time management, stress management, communication skills, problem-solving.

**Аннотация:** Эта статья посвящена методологии развития личных навыков студентов. В статье анализируются методы улучшения личностного развития студентов, включая такие навыки, как креативное мышление, эффективное управление временем, управление стрессом, коммуникативные навыки и решение проблем. Развитие личных навыков имеет важное значение не только для академического успеха студентов, но и для их будущей профессиональной карьеры. В статье описаны способы, с помощью которых студенты могут развивать свои личные навыки, что поможет им стать успешными профессионалами в своей области.

**Ключевые слова:** студенты, личные навыки, методология развития, креативное мышление, управление временем, управление стрессом, коммуникативные навыки, решение проблем.

### INTRODUCTION

The modern education system aims to provide students with not only knowledge but also the development of various personal skills. Personal skills include self-management, problem-solving, creative thinking, effective communication, and the ability to work collaboratively[1]. This article examines the methodology for developing students' personal skills and the significance of these skills in the educational process. Personal skills help students develop their ability to manage themselves, solve problems, and work effectively with others. Each student should not limit their growth to acquiring academic knowledge but should also develop skills like creative thinking, stress management, time management, and effective communication[2]. These skills will not only enhance their academic performance but also improve their personal lives. **Developing creative thinking:** Creative thinking is the ability to generate new ideas and approach existing problems from a different perspective. To develop this skill, students can work in groups, study different critical perspectives, and use brainstorming techniques. By studying various subjects, students create new ways of thinking and are capable of implementing innovations in their field. **Effective time management:** Time management plays a crucial role in ensuring student success. To develop time management skills, students need to set clear goals and priorities for their daily tasks. By allocating the necessary time for each task and establishing priorities, students can work efficiently and achieve their objectives. **Stress management:** During their academic journey, students often face stressful situations[3]. Managing stress is an essential skill for academic success. To develop this skill, students should learn psychological techniques such as meditation and engage in physical

activities like sports. Additionally, students must learn to respond appropriately to stressful situations. **Developing communication skills**, Students need to be able to express their thoughts clearly and concisely. Effective communication skills are crucial in both team settings and academic environments. Students should work on discussing ideas with others, listening actively, and maintaining a positive attitude in interactions. By doing so, they learn how to establish effective communication and make correct decisions in various situations. **Problem-solving skills**, Every student should have the ability to solve problems effectively, both in practice and life. Developing the ability to systematically analyze problems, find solutions, and think critically is essential[4]. Students can succeed in problem-solving by using innovative approaches, experimenting with different methods, and actively seeking solutions. **The importance of personal skills in the future**, the development of personal skills is crucial for students' success in their professional careers as well as in their personal lives[9, 10]. Adapting to new technologies and global changes helps students succeed in an ever-changing world. In the future, students will become experts in their fields and high-ranking professionals by utilizing both their personal skills and technical knowledge[5]. **Methodologies for developing personal skills, teamwork and communication skills in the workplace** in the personal development of engineers and technologists, teamwork and communication skills play a significant role. These skills are beneficial not only in professional activities but also in personal life. Engineers need to be capable of working in teams, exchanging ideas with others, and expressing their thoughts clearly[7]. **Problem-solving and decision-making** Engineers often face complex problems and need to make quick, accurate decisions. For this, it is necessary to develop critical thinking and skills in systematically analyzing problems. Each decision should be made by considering multiple options and choosing the most optimal one[8]. **Self-management and stress relief** Self-management is crucial for engineers. They need to be physically and mentally resilient, capable of managing stress effectively. To develop this skill, various psychological methods and stress management techniques should be learned[6].

**Conclusion:** In conclusion, the methodology for developing students' personal skills is an essential part of the modern education system. Creative thinking, time management, stress management, effective communication, and problem-solving are key skills that help students become highly qualified professionals in their fields. These methodologies contribute to not only academic success but also to overall personal development, preparing students for successful careers and lives.

#### LITERATEURE

1. Хўжжиев, М. Я. (2020). Возможности повышения эффективности мультимедиа в процессе урока. *Universum: психология и образование*, (1 (67)), 10-13.
2. Maxmudovich, X. M., Kuchkorovich, J. A., & Xo'Jjiyev, M. (2021). Technology of using E-learning modeling programs in teaching special subjects in professional education. *Psychology and Education Journal*, 58(1), 5403-5411.
3. Таиров, Б. Б., Хўжжиев, М. Я., & Ўғли, Қ. З. А. (2023). ПРОГРАММНО-МЕТОДИЧЕСКИЕ ВОЗМОЖНОСТИ ОБУЧЕНИЯ НА ОСНОВЕ КОГНИТИВНО-ИЗОБРАЗИТЕЛЬНОГО ПОДХОДА В ПОДГОТОВКЕ ИНЖЕНЕРОВ-ТЕХНИКОВ. *Universum: технические науки*, (5-2 (110)), 29-36.
4. TAMOYILLARI, B. A. O. D. MASOFAVIY TA'LIM ORQALI UMUMKASBIY VA IXTISOSLIK FANLARINI KOGNITIV-VIZUAL YONDASHISH ORQALI, TALABALAR.
5. Khojjiyev, M., & Karshiyev, Z. (2024). METHODOLOGY OF INSPECTION OF GAS METERS. *Multidisciplinary Journal of Science and Technology*, 4(11), 20-23.

6. Abdurasulovich, K. J., Anvarovich, A. A., Mamatkulovich, Y. U., Yangiboevich, K., & Sobirovna, M. M. (2020). The advantages of the methodology of preparing students for innovative activity on the basis of visual teaching of special disciplines. *Journal of Critical Reviews*, 7(14), 1244-1251.
7. **Abdullayev, T.** *Muhandis-texnologlarning kasbiy malakalarini oshirish usullari.* Toshkent: (2020). "Fan va ta'lim" nashriyoti. - 150 bet
8. **G'ulomov, M.** *Shaxsiy rivojlanish va kasbiy o'sish.* Toshkent: (2019). "O'qituvchi" nashriyoti. - 180 bet
9. **Kuzmin, A.** *Innovatsion texnologiyalar va muhandislarning yangi qobiliyatlari.* Moskva: (2021). "Yosh muhandis" nashriyoti. - 210 bet
10. **Davronov, U.** *Muhandis-texnologlar uchun amaliy ko'nikmalarni rivojlantirish.* Samarqand: (2018). "Ta'lim" nashriyoti. - 170 bet