

Goal setting psychotechnology

On December 2, the institute's psychologist M.K.Mukhamedova met with the first-year students of the 1st SD of the Faculty of Land Management., held an event on "Purpose and its features." At the same time, the participants were instructed to give each letter of their name one of the qualities they have. The training was designed to help all participants learn more about each other's names and attributes. The next session is called "My mood" and is aimed at developing skills such as overcoming stress, "hearing" the inner state of mind. At the event, the institute's psychologist M.K. Mukhamedova informed the participant about the goal and its features, how to set a goal correctly and clearly and how to achieve it, the difference between a dream and a goal, ways to turn a dream into a goal. The data were reinforced with practical exercises. Institute of Psychology M.K. Mukhamedova and educators A. Hayitova, N. Khalikova and the deputy dean for work with youth H. Eshova gave examples of their life experiences and gave students a detailed understanding of the ways to motivate students to achieve their goals. 'he said. At the event, psychological puzzles were solved and a quiz was held. The event came to an end in earnest.



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