

## the expressions of training and the students

On 5 February, the psychologist of the Institute, M.K. Mukhamedova, held the event. At the beginning of the event, all participants were interviewed to determine the relevance of the problem of harassment. The next step was followed by an introductory training. This training was an exercise aimed at exploring the knowledge and vocabulary of girls, with the instruction that each participant should quote several adjectives, starting with their partner's name and the first letter of that name on the hand of the clock. All participants tried to give more quality to the names of their partners. The next activity was called "I analyse myself" and participants were given sheets of paper with pictures of the sun, clouds and raindrops. Everyone has positive and negative qualities. Positive qualities help us to live, achieve our goals and develop, while negative qualities often serve as obstacles in life. Let's write down your positive qualities on the sunshine. If you wish, you can also draw your self-portrait in the middle of the sun. And in the two clouds, write down the two negative qualities that are a great obstacle for you, an obstacle to your success, to your goal. Raindrops have been instructed to write down the negative qualities of your daily life that you do not like and that you consider to be shortcomings. The aim of this course was to change students' negative emotions into positive ones and to identify and eliminate destructive and negative factors that influence personality formation. At the end of the class all the negative qualities of the participants were discussed. D. Shukurullaeva, teacher of the second dormitory, also took an active part in the training and shared her life experience. Psychologist M.K. Mukhamedova gave examples from many folk proverbs and legends to dispel the negative qualities that most students are proud of. In terms of each problem - "There is wisdom in that" - we were made aware that we have to change the bad into good.

