

ISSUES OF USING COACHING TO INCREASE THE ACTIVITY OF ELEMENTARY SCHOOL STUDENTS

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ABSTRACT

This article provides information on the classification of the essence of coaching culture coaching. Also, the use of coaching in educational activities speaks about its importance and effectiveness in the activities of teachers and students.

Keys words: coaching, motivation, educational process, interest, success, cognitive demands, goals, quality.

INTRODUCTION

What do we mean by a culture of mentoring and how does it matter in our elementary classrooms? Most elementary school teachers want the best for their students, not only to see them achieve well, but also to ensure that each child has the opportunity to discover and develop his or her own personal strengths in a timely manner. They want to educate students and bring them to adulthood. Such results are often found in the work of selfless coaches. Today, coaching culture and experiences are widely used in order to increase high efficiency, motivation and activity.

LITERATURE ANALYSIS AND METHODOLOGY

The topic of coaching is mostly found in the analysis of foreign scientists. In particular, A. Krupnov, E. Polyanskaya, N. Tuchak, M. Djey and others expressed their opinion about the tasks of mentoring in their articles and analyzes regarding the scientific definition of social activity.

DISCUSSION AND RESULTS

Coaching is a great way to get great results. The main thing for coaching is philosophy. It is a leadership style in which teachers and children feel empowered first to be independent and then to be interdependent or collaborative, with an emphasis on asking rather than telling and engaging. It is based on values such as trust and honesty, and in this process the teacher or coach helps to unlock the potential of the student. Coaching is not just a special tool for performance management, but an everyday method that helps solve problems and help teachers and children achieve success. The new social requirements reflected in the text of the state educational standard of primary education define educational goals as general cultural, personal and cognitive requirements of students, provide the main competence of education such as "teaching to learn".

The boy came to school. What awaits him? Is he interested in education? In order to form active educational motivation and a successful demand position and not to lose children's interest in school, parents and teachers begin to determine the teacher's attitude towards children from the day the child arrives at school. The new system of relations between the child and the teacher becomes the center of the child's life, favorable conditions for life largely depend on it. The skill of the teacher depends to a large extent on the ability to target and activate the students' cognitive activity. Such management can be implemented on the basis of coaching technology. Coaching is an innovative technology that allows you to find a common understanding with each student, supports learning and individual personal development of students. Activation of the cognitive activity of students is a two-way process: conditions that activate the cognitive process are created by the teacher, and

the student can demonstrate real cognitive activity. Activation of cognitive activity in the educational process is one of the main directions of improving the educational process at school. Motivation is very important for student activity. Daily discoveries, the feeling of being able to be demanding in society and communication help the development of social motivation. Motivation includes social and cognitive forces that initiate, control and maintain goal-directed behavior and activate behavior. For this reason, daily motivational thoughts and invitations are important in the educational process. The effectiveness of coaching activities is determined by how well they can direct, encourage and motivate students. In this place, the coach can achieve the desired results not with strictness, but with benevolence, sincerity and kindness. Strict teachers are not inclined to simply have a sincere conversation with the student and conduct dialogues based on strict questions and answers, demanding from students unconditional obedience and clear knowledge of the material presented in the textbook. The student's inability to control himself freely, the need to memorize the rules in the textbook, not his own understanding of the subjects, causes a number of difficulties, makes him hate school and does not want to go there. Irina Lokazyuk, a professional child psychologist and art therapist, expressed very good ideas about why modern children do not want to learn. The modern world gives us endless new ideas, each of which raises new questions. A world that constantly asks questions requires people not only to answer them, but to tell them before they even arise. Modern school education is inevitably influenced by coaching technologies, and besides, what is the purpose of teachers? is based on the approach. Teaching a child to think independently, to understand and not to learn, to form a general attraction to the subject, to stimulate the class, develops responsibility for their own results in children. As our Honorable President Sh. Mirziyoyev said: "Children who come to school become individuals and form a team. At the same time, they should not be separated from the environment in which they have learned. This can have a negative impact on the morale, attendance, and ultimately education of young people. Therefore, it is necessary to ensure the continuity of the educational process, to improve the educational programs" are improving the work of further development of education. In order for education to be successful, the teacher-trainer must change the traditional approach to children. The teaching process should be conducted taking into account the interests and needs of the educated student. Children should receive knowledge in such a way that it becomes a personal need for them. Today, many teachers in schools are successfully implementing mentoring approaches to teaching science, for example:

- Spending more time on independent work;
- Giving students creative assignments;
- Conducting a unique brainstorming session with open questions for discussion;
- Organization of a self-checking system.

Teachers can acquire coaching qualities only if he can always implement the idea of introducing new educational technologies into the educational process. Only then it is possible to maintain students' activity, improve their level of knowledge, focus their attention, and improve the quality of mastering the lesson. It is the coaching technologies that include a sincere and friendly relationship between the student and the teacher that help to increase the effectiveness of the lesson in the classroom.

CONCLUSION

President of the Republic of Uzbekistan Sh. Mirziyoyev's opinion that "We consider it our first duty to improve the activities of all links of the education system based on the requirements of today's time" is a direct deeper look at the teaching activity, understanding the true essence of this task, strict It requires us to act on the understanding that a friendly relationship, not a tyranny, increases the effectiveness of education.

Today, the need for the teacher to act as a coach in the broad sense of the general secondary education system for the education system is increasing more and more. The coaching approach is ideal for the modern concept of education focused on the child's personality, his inner self. Coaching works at the level of consciousness and serves to expand the boundaries of the consciousness of reality in the analysis of the task. The solution for the student collects all the necessary information and analyzes it independently with the help of a trainer. Special techniques are used for this, the most important of which is the technique of coaching questions. In the process of coaching, two principles combine in harmony: the principle of awareness and the principle of responsibility. When a person acts according to the principles of coaching, he is free. Freedom is when a person fully understands his desires and aspirations, when he understands where the path to the chosen goal is, when he determines the ways to achieve this goal, when he chooses his only path from among various paths and follows it. It comes when you try. It is coaching that helps to form the goals and conscious life positions of our young, highly intelligent generation.

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