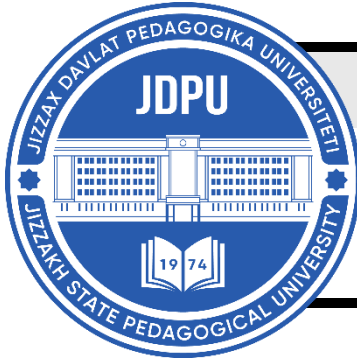


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**PSYCHOLOGICAL CHARACTERISTICS OF PREPARING
STUDENTS FOR SCIENCE OLYMPIADS****Bozormurod Abduvahitov**

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ABOUT ARTICLE

Key words: talent, gifted student, Science Olympiad, motivation, development, stress**Received:** 28.04.23**Accepted:** 30.04.23**Published:** 02.05.23**Abstract:** This article describes the problems encountered in the process of preparing schoolchildren for Science Olympiads and their solutions. The psychological features of formation and development of students' motivation are reflected in the preparatory processes. Ways to eliminate some negative factors that often occur in the process of preparation for the Olympics and cause a decrease in motivation are presented.

INTRODUCTION

The need to work with talented students and young people in the world has become stronger. Ways of working with gifted students, directions of talent, place of talent and practical problems, opportunities, instilling confidence in the student in his own strength for the success of the educational process and help in necessary cases it is important to carry out scientific research on creating opportunities and conditions for students to express their identity.

Unleashing the talents of every child means that it is necessary not only for an individual, but for society and its development. One of the main requirements for pedagogues is to identify talented students, to take a creative approach to developing talent in the right direction and to create the necessary conditions for its manifestation, to be able to understand the psyche of students and to provide competent assistance. Talent is a quality of the human psyche that develops systematically throughout life and is determined by the fact that a person has the ability to achieve higher results in one or more areas compared to other people. Gifted children are also distinguished by their determination to achieve results in an area that is interesting to them. However, many of them have a variety of interests that sometimes lead to them starting several jobs at the same time.

To train and help young people with intellectual potential who develop the scientific and creative potential of the republic, to show and develop their natural abilities in the relevant fields of knowledge and specific directions of science, and to realize their unique talent. creating opportunities is of particular importance. Important tasks such as "creating a system for the implementation of specific goal-oriented work with talented children and talented youth" were defined. To ensure transparency in identifying the most capable and knowledgeable students, to expand the network of specialized general education institutions where important and highly demanded subjects such as foreign languages, mathematics, physics, chemistry, biology are taught in depth, higher education It is important to involve the pedagogical team of educational institutions with scientific potential to work with gifted children in general education schools and to evaluate the quality of education.

MATERIALS AND METHODS

In school practice, when working with gifted children, problems such as school problems specific to gifted children, knowledge and personal characteristics of gifted students, and personal characteristics of gifted high school students who fail in teaching are encountered. When working with gifted children, psychologists consider a high level of general intellectual or mental abilities, which determine the structure of talent, the dominance of the motive of knowledge - superiority over other types of motives, and the manifestation of creative activity when encountering new subjects, tasks, events, setting a problem and finding a solution.

One of the best ways to improve the theoretical and practical knowledge and skills of talented students is to organize educational processes for preparing them for science Olympiads.

Science olympiads are a set of processes consisting of scientific theoretical and practical competitions organized among talented, high intellectual potential and high IQ students. Science Olympiads embody the highest levels of focused education. Selection of science Olympiad students and organization of their preparation consists of a series of complex processes. During such a long and difficult journey, not only students, but also teachers enrich their knowledge with many scientific theoretical and practical skills. That is why Science Olympiads represent the highest point of education and require serious research in this regard.

In our country, on May 3, 2019, the President's decision "On measures to identify talented young people and establish a continuous system of highly qualified personnel training" was adopted, and in this regard, the Department of "Working with Science Olympiads" was established under the Ministry of Public Education. done. It is clear from this that the organization of science Olympiads and the participation of talented students of our country in international science Olympiads are paid attention at the level of state policy.

A number of problems arise in front of teachers-coaches and their students in the process of organizing and conducting educational processes for students participating in the Olympiads. We will get to know them in detail below.

What(s) do science olympiads give us? In the educational process and around us, there are many talented students with strong knowledge and potential. However, not all of them prepare for Science Olympiads or some social factors do not allow it. One of the biggest obstacles is "why should I choose science Olympiads for students?" is that they cannot find an answer to the question.

The main goal of the Science Olympiad, which is regularly held in the public education system, is to support and encourage excellent and talented students. A student who studies well and is diligent will be the winner of the Science Olympiad. The opportunity given to the winners increases the interest of other students to learn.

In the decision of the President of the Republic of Uzbekistan PQ 4306, the criteria for appropriately awarding the winners of the Olympiad are mentioned:

There are international Olympiads, the winners of which are admitted to state higher education institutions without tests and additional exams.

➤ Such a procedure has been established, according to which, starting from the 2019/2020 academic year:

➤ participants who took 1st - 3rd places in the republican stage of the main Olympiads are presented with a certificate valid for a period of three years, giving the right to receive the maximum score in the entrance exams to state higher education institutions in the field of specialization;

➤ Qualified students who have achieved high results in the relevant field on the basis of the "mentor-apprentice" system to the winners of the Olympiad accepted to the higher education institution by the Ministry of Higher and Secondary Special Education of the Republic of Uzbekistan together with the Academy of Sciences, other interested ministries and agencies experts are attached.

➤ a) winners of international Olympiads and their teachers are awarded with one-time cash prizes in the following amounts of the base calculation amount:

➤ 500 for the 1st place (gold medal), 450 for the teacher;

➤

➤ 300 for the 2nd place (silver medal), 250 for the teacher;

➤ 200 for the 3rd place (bronze medal), 150 for the teacher;

➤ b) teachers of the winners of the republican stage of the main Olympiads are awarded with one-time cash prizes in the following amounts of the base calculation amount:

➤ 50 times for 1st place;

➤ 35 times for 2nd place;

➤ 30 times for 3rd place;

➤ v) teachers and directors of educational institutions who trained winners of international Olympiads will be paid an additional 200, 175 and 150 percent bonus for gold, silver and bronze medals from the director's fund for the next academic year;

➤ g) working as a teacher in educational institutions:

➤ 150 percent of the salary of international Olympiad winners every month;

➤ 100% salary bonus is paid monthly to the winners of the republican stage of the main Olympiads;

➤ d) The winners of the Olympiad who graduated from a higher educational institution will be included in the reserve of promising specialists formed by the "El-Yurt Umid" Foundation for the training of specialists abroad and communication with compatriots.

In addition, regional and regional Science Olympiad winners are awarded with cash prizes and gifts of various levels.

RESULTS AND DISCUSSIONS

Olympiads have their own characteristics, which include not only checking the level of knowledge acquisition of students, but also the opportunity to independently develop tasks and perform them in a non-standard way. In Olympiads, it is important for students not to be able to solve problems using sample algorithms, but to think flexibly and make quick decisions. Therefore, it is important to properly organize the process of preparing schoolchildren for science Olympiads, taking into account their psychological and pedagogical characteristics. That is why preparing students for the Olympiad is a stressful situation.

During our successes and failures in the Biology Olympiad, we get more information about ourselves and the world around us than when we did not study biology. Imagine, what is the most useful aspect of the Olympics?

No, these medals are not certificates or honors that ensure admission to the best universities. For us, this Olympiad is a project aimed at cooperation and exchange of knowledge. The people from different cultural and academic backgrounds and the international mentors we meet provide us with a wonderful view beyond our school and country. These experiences make us citizens of the global community. Undoubtedly, this Olympiad will pave the way for me to develop my skills in medicine, research and teaching.

Motivation. If we aim to achieve success in biology or other olympiads, we need to motivate ourselves to study hard. Did you know that if we can get motivated, we can overcome all difficult situations and also inspire ourselves to push forward? When it comes to getting results, our strong will and inspiration help us do it.

Technically, we divide motivation into 2 groups, that is, internal (from ourselves) and external (from external sources) motivation. Usually, external motivation can be provided by our parents,

teachers and relatives. Since we are young, our life is inextricably linked with the lives of others (both financially and spiritually). That is why we cannot make our own decisions. The opinion and influence of others is so great that even when we reach the age of 14, we do not ask ourselves what we want and follow the opinions of others. In our heads, our parents have already created their perfect pace. Our only job is to do what they say...

However, this is not an easy task. Extrinsic motivations are more effective than intrinsic motivations. How hard is it to quit your favorite job just to get something your mom told you to buy from the market while you're playing your favorite video game... Believe it or not, what other people force you to do will never bring you happiness. If we really want to succeed, we need to motivate ourselves. So how can you motivate yourself?

Find your "why". Before we start preparing for the Olympiad, we need to find out what our goal is to participate in the Biology Olympiad. To please our parents by obeying their orders? Or to be the best in our school or class? To have something to brag to our friends about? Or maybe we want to get into a good university and get a high-paying job after graduation? Maybe it's because we really love biology and want to be the best experts in this field? Regardless of the reasons, we need to know what our goal is to begin with.

When you're searching for your "why," think about what your life would be like if you didn't achieve your goals. Is your life going well? If yes, how? But you should ask yourself why. So the first question for you is: is there anything you can do if it doesn't improve your academic knowledge? After all, life is survival of the fittest! Keep in mind that in addition to your goal of winning a medal at the Olympics, there should also be motivation! Studying biology at the Olympiad level, and then at university, should be a foundation for further study of the field and future contributions to the field.

Finally, you have found your "why". Now you need to turn it into a dream that will not leave your mind forever. Then turn your dream into something that can be felt, seen, heard and always remembered. Let's say that by winning the Biology Olympiad, it will be easier to get into Harvard in the US or Oxford in the UK. So, write down your "why" on paper and make a poster, and most importantly, it will remind you of your goal 24/7.

Enjoy what you are doing. Don't do something you don't like. At this time, you lack motivation, which means that no motivation equals any result. Enjoy every minute of your life and stop torturing yourself. It doesn't matter if you didn't get a ticket to the national stage of the Olympics or the IBO, or even if you didn't get into the best university. It's all about your experiences and friends. Listen to your heart, focus not on the destination, but on the pleasant journey.

Choose what you need to do. Mom/Dad/Grandma/Grandpa and others talk about what we should do. They say that we should do these things if we want to study in a prestigious university. Does this sound familiar to you? Most of you don't. Because everyone likes to follow orders. Can you

remember how you felt? Our advice is to change the word "must do" to "must choose". It makes you more responsible. Before doing something, definitely make a decision about it, it is better to forget the words "must do", "must do" and "must do".

Remind yourself of your positive feelings. Have you ever won an award? Let's say at a sporting event? Or in the audition? Have you ever been on stage? Have you ever been praised or congratulated and shook your hand by someone in authority for your achievement? How did you feel then? What were your feelings at that time? Our advice is that if you remind yourself of the positive feelings you received in the past, it will instantly increase your motivation.

Track your progress. Another way to motivate yourself is to track your success. At the same time, write about who you are, how much you know, or about yourself, such as your likes and dislikes. At the end of the table, write down your final goal. You must remember that there is one more thing to do. Write a short comment about why you want to achieve this goal. Your motivation is not "what you want to achieve" but "why you want to achieve it". Let's imagine you just wrote "I want to be a doctor". Does it motivate you to work harder towards your goal? What you really need to do is explain why you want to be a doctor. For example, it will relieve the pain of your parents or loved ones. Do you see the difference between them? The thing is, it greatly increases your ability to motivate yourself, because you not only have a goal, but also an inspiring motive to ensure that you achieve that goal!

Hang a chart with your plan in a visible part of your room to remind you of your goal every day. Keep track of your progress so far and update your schedule as often as every 6 months. The best thing about this method is that this chart tells you where you are now, how you're progressing, and what steps you need to take to reach your goals. It is enough to look at the schedule once when you are thinking about refusing to study or procrastinating and making various excuses. It will show you what you have achieved so far, and you will be happy and proud of yourself.

CONCLUSION

The bottom line is that a lack of motivation can turn you into a procrastinator. The truth is that motivation makes it possible for you to get your work done on time and efficiently. We are all human and we often get caught up in procrastination. Seriously, motivation keeps you focused on your goals and helps you avoid making excuses.

So, in order to prepare schoolchildren to participate in science olympiads, the teacher should organize various forms and forms of work with talented students, cooperate effectively with the school administration and parents, only after that his activities will be carried out leads to high efficiency and successful results in Science Olympiads.

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