

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ  
ОДЕСЬКИЙ НАЦІОНАЛЬНИЙ ТЕХНОЛОГІЧНИЙ УНІВЕРСИТЕТ**

## **ЗБІРНИК МАТЕРІАЛІВ**

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з міжнародною участю**

**до 120-річчя Одеського національного  
технологічного університету**

**«Проблеми формування  
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## **APPROACHES TO PROVIDING HEALTH STUDENT LIFESTYLE DURING THE DISTANCE EDUCATION PERIOD**

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One of the types of innovations in the organization of higher education is the introduction of distance learning. The idea of distance education is that the educational interaction of the teacher with students takes place in the virtual space, which gives students the opportunity to receive education while being at any distance from the institution of higher education.

Student self-government has a very important role in the organization of the educational and extracurricular process. Student self-government is one of the vivid examples of how to start realizing your future and the future of your country from a young age.

After entering a higher education institution, a student receives an offer to join student self-government and contribute to the development of the educational institution, the city, and the country. This is a really important step, because in addition to opportunities, student self-government involves the performance of certain duties.

Young people studying at our university are active and talented. For self-realization, the ability to solve problems independently, we have student self-government. It is the student activity that protects and defends the interests of students, offers new ideas regarding the development of the native Alma mater, the organization of the educational and educational process in it, scientific activities and helps to implement these ideas into life.

All conditions have been created for acquiring knowledge and choosing a successful job at the university - priceless libraries with useful information, advanced laboratories and experienced teaching staff, which provide such knowledge that everyone becomes a highly qualified specialist.

In conditions of distance learning, the student council of the university tries to create an atmosphere of interesting and rich life.

The student council is, to a certain extent, a connecting thread between students and the administration of a higher education institution, which is a specific educational mechanism based on freedom of expression of will and the conscious desire of a person to work on self-improvement.

Working in an organized student team, a young person learns to be independent and make decisions.

This is a big plus, students acquire organizational and management skills and in the future they will be able to develop these skills in management positions. After all, the task of the head of the student council of the academy, who is the youth rector, is to organize the effective work of the student council, to create a friendly atmosphere among students, to instill respect for elders and patriotism.

The student council, including, pays attention, tries to help each student solve specific small matters. With the help of the student council, talented students often discover new abilities while working in management positions at their level. Students who entered the academy for the first year are treated with special care. Many opportunities open up to first-year students, they are open to perception, come with a charge of energy, are ready to perceive information and are ready not only to acquire theoretical knowledge in the chosen specialty, but also the ability to correctly conduct a conversation with people, responsibility, diligence, perseverance, the ability to listen and correctly understand the essence of the question, etiquette, purposefulness and build yourself as a person in the team, that is, learn management skills.

But we should not forget that the student council is not only a meeting where students' issues are discussed and help in conducting various events - it is an introduction to knowledge and human qualities. This practice of activity creates conditions for students' successful entry into adult life.

To teach, that is, to give advice, to communicate, to discuss issues, to solve certain problems is also possible remotely today. The main thing is not to stop! Be in touch! To be together

Such a comprehensive approach to leading a healthy lifestyle and forming the student's personality as a highly qualified specialist provides an opportunity to simultaneously acquire the necessary knowledge and cultivate human qualities that are indispensable and in high demand in independent life.

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