МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
Рада директорів закладів фахової передвищої освіти
Херсонської області
Відокремлений структурний підрозділ
«Херсонський політехнічний фаховий коледж
Державного університету «Одеська політехніка»
(базовий заклад освіти Херсонської області)

МАТЕРІАЛИ

III ОБЛАСНОЇ СТУДЕНТСЬКОЇ НАУКОВО-ПРАКТИЧНОЇ
АНГЛОМОВНОЇ КОНФЕРЕНЦІЇ

«ONLINE LEARNING / DISTANCE LEARNING REVEALING
THE BENEFITS AND CHALLENGES»

м. Херсон

УДК 378.018.43

Наведені матеріали подані для обговорення на II обласній студентській науково - практичній англомовній конференції для закладів фахової передвищої освіти «Online learning / Distance learning revealing the benefits and challenges». В матеріалах висвітлено результати досліджень щодо проблем дистанційного навчання в умовах карантину, переваг та недоліків змішаної форми навчання, застосування ефективних способів здобуття знань.

ОРГАНІЗАЦІЙНИЙ КОМІТЕТ КОНФЕРЕНЦІЇ

Яковенко О. Є., к.т.н., доцент, директор Відокремленого структурного підрозділу «Херсонський політехнічний фаховий коледж Державного університету «Одеська політехніка», голова оргкомітету.

Гусєв В.М., начальник Морського фахового коледжу Херсонської державної морської академії.

Ротань Н.В. к.е.н., заступник директора з навчальної роботи Відокремленого структурного підрозділу «Херсонський політехнічний фаховий коледж Державного університету «Одеська політехніка».

Буханіста М.В., заступник начальника Морського фахового коледжу Херсонської державної морської академії з навчально-методичної роботи.

Сіліщенко О.П., голова ЦК «Іноземна мова» Відокремленого структурного підрозділу «Херсонський політехнічний фаховий коледж Державного університету «Одеська політехніка».

Костюченко О.В., голова обласного методичного об'єднання викладачів іноземної мови закладів фахової передвищої освіти Херсонської області, методист Морського фахового коледжу Херсонської державної морської академії.

РЕДАКЦІЙНА КОЛЕГІЯ:

Сіліщенко О. П., голова ЦК «Іноземна мова» Відокремленого структурного підрозділу «Херсонський політехнічний фаховий коледж Державного університету «Одеська політехніка».

Павліченко О.В., викладач іноземної мови за професійним спрямуванням Відокремленого структурного підрозділу «Херсонський політехнічний фаховий коледж Державного університету «Одеська політехніка», кваліфікаційна категорія «спеціаліст вищої категорії».

ЗМІСT

SECTION 2.
THE PROBLEMS OF SOCIAL ISOLATION IN DISTANCE LEARNING AND PSYCHOLOGICAL CONSEQUENCES ON YOUTH

SECTION 3.

SECTION 1
THE CHALLENGES OF DISTANCE LEARNING / ONLINE LEARNING FOR STUDENTS, DIFFERENT WORK & STRESS"

Zamyatin A.,
Academic adviser Yakubets E.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

EFFECTIVE STRATEGIES FOR AVOIDING DIFFICULTIES AND IMPROVING OF UNINTERRUPTED DISTANCE LEARNING

Due to the accident pandemic of COVID 19 distance learning has come on the front positions and has critically changed the studying environments and has influenced students achieved results. This study was implemented to analyze the benefits and drawbacks of distance learning and to determine whether there are any strategies to cope with challenges. This study is based on collecting data from open resources and analyzing experience of students currently being deepen in distance learning environment.

Online learning environments can be categorized into 3 main groups: *web based*, *blended (mixed), using web based supplement*. Students of Maritime professional college KSMA have periodically been involved into different types of distance learning environments but that is critical to realize that all web based environments are as diverse as complex as traditional class room sessions and as any other type of interaction have their benefits and challenges to cope with.

To prove that such a problem really exists, I want to remind you that it's not uncommon that some students even during studies on the regular basis are tend to do not do almost anything, nothing to say about studying remotely. I also ask you to remember that most students do not have access to the technological (e.g., devices, internet) intrinsic (self-regulation, autonomy) or social (e.g., a safe, quite place to study or parental support) prerequisites for remote learning.

Studying different sources and statistics it was realized that obviously online studying has been found very effective for students who are self-regulated. Self-regulation is an ability of students to plan, monitor and evaluate their progress. Such learners have a tendency to use various "cognitive and metacognitive strategies to accomplish their learning goals". Therefore, non self –motivated students demonstrate academic procrastination as well as increased disorganization and use less cognitive and metacognitive strategies[1].

Such students are regularly slowed by misunderstanding which may occur as students are isolated from so supporting classroom environment and are staying face to face with personal abilities, knowledge and experience. Lack of peer and group interaction tends to decrease practical trainings and direct students to theoretical paths causing lower rates and motivation reduction. Taking into account that Self-Regulation and motivation are two critical factors influencing success while studying it is obvious that the strategies to activate such abilities should be found.

This study was performed to set the benefits and challenges which students face while online studying and to propose effective strategies to cope with challenges and to rise student's self-regulation and motivation to make students more successful in online environment. Data presented in the study was obtained through the anonymous questionaries' distributed to cadets through online platform MOODLE they were proposed to choose the variants to answer the questions pertained to online studying environment organization, management and effect in terms to set the benefits and drawbacks and find the strategies to improve the process and student's attitude to it. Some questions asked required to make a choice, some to give written answers, all collected data analysis was conducted by researcher. As the result of the conducted study it was set (Figure 1) that students prefer class-based studying as on-line studying is accompanied with challenges and makes them disorganized but while on-line sessions they feel less stress. It was proved that the following strategies may help students to cope with the challenges they meet while online studying:

- To cope with **disorganization** courses should be properly organized and provide students with clear and strict instructions, tasks should be measurable, informative and aimed on the reaching the goals achieved.

- To avoid or minimize **misunderstanding** a very detailed syllabus, useful links, sorting and evaluating of information presented in achievable measurable portions should be implemented.

- To accomplish **lack of** peer and group **interaction** different web options to collaborate with teacher and other students such as reflective entries, debates, peer review, discussion boards, video conferencing should be used.

In fact, a great responsibility falls on the students themselves because the maximum that a teacher can do is to give interesting and unusual interactive tasks in order to facilitate the assimilation of the material. But if the student himself does not make any effort, then there will not be any result. To cope with challenges caused by online learning environment teachers may determine how to conduct distance learning (real-time meetings or interactive teaching materials). take a time span, such as a week, and plan the students' work according to the subject. To organize the work in a holistic manner, start from learning outcomes to be achieved by students, decide how to interact with them. Students must have an entry point through which they can access their curriculum [2]. They should not waste time using the media for other reasons then studying. Educational process should be combined with physical activities (warming up) and taking relaxing breaks. Working place should be clean, organized and free of objects attracting student`s attention as he should be concentrated on performing tasks. Studying process should be comfortable with the desk located near the window to provide adequate lightning, as natural light is good for the eyes. Keeping your back straight and eyes at arm's length from the computer will guarantee good physical condition and no stress.

References

1.Advantages and disadvantages of distance learning. URL https://www.indiaeducation.net/online-education/articles/advantages-and-disadvantages-of-distancelearning.

2.COVID19 response, remote-learning strategy. URLhttps://en.unesco.org/sites/default/files/unesco-covid-19-response-toolkit-remote

Dubina V.
Academic adviser: Soloviova N.
Maritime Applied College of Kherson State Maritime Academy ,
Kherson

THE MAIN PROBLEM OF ONLINE EDUCATION SYSTEM

On March 11, 2020, the World Health organization declared COVID-19 a global pandemic. It has influenced the routine life in Ukraine, like in many countries in the world. Digitalization covered almost all spheres of life, especially education. Actually, sudden appearance of changes shows that not everybody is ready to alteration. As a result, the organization of remote learning led to the challenges for teachers, pupils, students and their parents. The remote learning was implemented by such aids as e-platforms (Moodle), videoconferences (Google class, Zoom), etc. Different messengers were used for the teacher-students interaction.

The major problems are:
- Difficult adaptation from a traditional learning
- Lack of motivation
- No contact with teachers
- Lack of real-life communication
- Technical problems
- Difficulties in time management organization
- Inability to develop oral communicative skills

Nevertheless, due to the long duration of pandemic, the population of Ukraine has started to adapt to the online life. There are ways out from the challenges mentioned above, at least we recommend to follow some of them to get rid of the negative factors.

Speaking about time management, try to avoid distractions, make sure that you set time for breaks and focus on learning as scheduled to avoid missing live classes or sessions. To manage time during online learning seek help from your parents or friends. Avoid multitasking - do not try to take up multiple tasks at the same time.

You should show up for all the activities and learning during the sessions. Connect with your friends and teachers for asking and sharing information. To overcome the feeling of isolation you need to keep in touch with your teachers and classmates.

Make sure that you are positive towards online learning. Make use of the time in the best way and gain knowledge for better learning outcomes. Only a positive attitude will help you overcome the feeling of isolation.

In addition, online learning has many advantages with respect to tools and interesting platforms to engage students in learning. Try to include those tools and multiple types of learning approaches such as podcasts, videos (teaching channel, own videos, live classes), discussions, various forms of text through articles and blogs, different assessment methods (tests, quizzes, assignments and projects) learning activities and collaboration for better learning outcomes [1].

It should be mentioned that a survey was conducted among the pupils of Kherson colleges, and schools. The questions were as follows
    1. What type of educational institution do you study at?
    2. How do you assess the quality of distance learning?

3. Select from the list what you used during remote learning?
According to the survey, average mark in general is on the middle level(5.9/10)
School: (5.8/10), Lyceum (5.9/10), college(5.6/10) [2].

What type of educational institution do you study at?

- Type of education institue
- Lyceum
- School
- College
- University/Academy

Select from the list what you used during remote learning?

- videoconferences(zoom, skype)
- Youtube
- Online-tests
- PDF with lessons
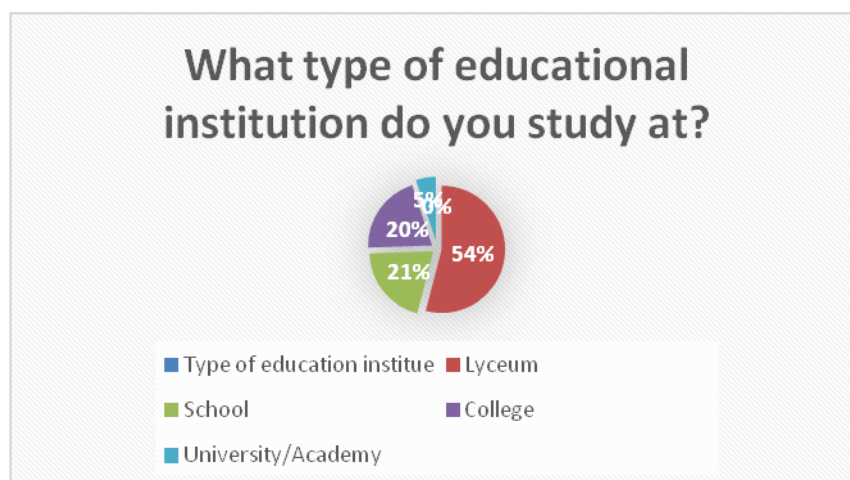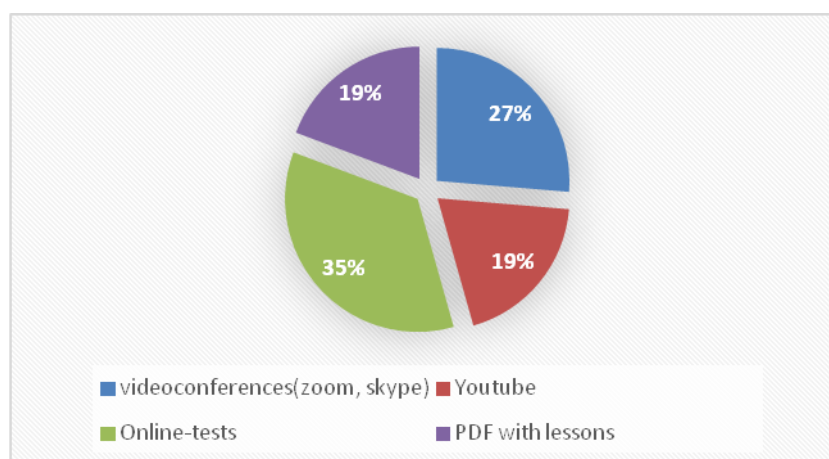
As a result, according to statistic it should be marked that in general teachers try to use all available method which were mentioned earlier such as: videoconferences, lessons on YouTube, online tests, etc. Moreover average rate of online studying is increasing via local educational reforms. Online education continues to develop and modern people are ready to cope with challenges.

References
1. Features of Distance Education in Ukraine during the Covid-19 Pandemic: Problems and Prospects [Electronic reference]-Access form:
https://www.hrpub.org/download/20201030/UJER53-19517536.pdf
2. The survey: The Benefits and Challenges [Electronic reference]-Access form:
https://forms.gle/ZQ82JLUrZKHughdz6

Sklyar D.
Academic adviser Smilichenko I.
Admiral Makarov National University of Shipbuilding Kherson Branch,
Kherson

THE CHALLENGES OF DISTANCE LEARNING

Distance learning is a learning process in which the teacher and student are not physically in the same place. That is, training is carried out remotely via the Internet through video calls, online courses or mobile applications.

The need and benefits of distance learning are undeniable. However, in practice, both students and teachers face serious difficulties that prevent successful learning. We will now look at the most common problems.

Low computer literacy. [1] Lack of computer literacy is a serious problem in the modern world, which has affected both students and teachers. Many people still do not know how to work with a personal computer (PC) and standard office applications such as MS Word and PowerPoint. Even among experienced teachers and students, there may be a misunderstanding of distance learning tools, such as online educational platforms, video conferencing systems, various applications related to communication and viewing of educational materials.

Technical difficulites. [1] Technical issues are often a stumbling block in online learning. There may be problems with the compatibility of educational platforms with operating systems, browsers or smartphones, and low speed of the Internet connection can lead to skipping online classes or difficulties downloading lessons in video format. All of this increases student frustration and decreases engagement in the learning process.

Ignorance of the basics of time management. [1] The freedom that the online learning format offers often lulls one's vigilance and creates a false sense of the infinity of time. Distance education places higher demands on discipline and self-organization than its offline counterpart, although this understanding has not yet emerged. Mismanagement of time can lead to serious delays in the curriculum and create a lot of stress.

Weak self-motivation. [1] Lack of motivation is a common problem for all types of learners. The online format requires a lot of discipline and dedication to complete assignments on your own, stay motivated, and make progress. When students are not surrounded by classmates and there is no physical control from the teacher, it is tempting to postpone studies until later.

Lack of social interaction. [1] While in the classroom, students have the opportunity to communicate directly with each other and the teacher: instantly react, share experiences, joke and establish non-verbal contact, strengthening social skills. For many, communication with like-minded people is an important ritual that they are deprived of when they switch to distance learning. Without friends, classroom noise, and personal contact with the teacher, remote learners can feel isolated. This psychological factor negatively affects motivation and academic performance.

References

1. Проблемы дистанционного обучения и способы их решения URL:https://4brain.ru/ blog /problemy-distancionnogo-obuchenija-i-sposoby-ih-reshenija/ (in Rus.) (date of referring 28.04.2021)

Istomina J.
Academic adviser Tikhiy V.
Nova Kakhovka Polytechnic Professional College of
State University "Odesa Polytechnic",

CHALLENGES AND OPPORTUNITIES OF DISTANCE LEARNING

Now the issue of distance learning is relevant. This is a special type of knowledge acquisition, as the cooperation of student and teacher is carried out through information and communication technologies. I never thought I would ever encounter distance learning. Having tried this in my life, I realized that this form of learning is not very convenient. Distance learning, as everywhere, has its pros and cons.

During online classes with different teachers, I realized that each of them has its own individual approach to teaching the material. I like it when teachers use different services of the Zoom platform. This service allows not only to listen, but also to take an active part in on-line meetings. Thanks to the ability to share the broadcast on the screen, any participant can provide their information on the screen, which allows for feedback. Thanks to the many features provided by the platform, it is very easy to submit new material, including presentations, and check how students have mastered it. You can record all or part of a communication session by clicking the "Record" button. If you have any questions about the work, it is possible to write a comment. That is, the dialogue between teacher and students is preserved.

I want to note that teachers always communicate with their students about the pain: quarantine, health, free time, self-improvement, helping parents. Not all students have access to quality internet connection, most students come from rural areas. And spring is a time to help parents to survive, because quarantine has hit hard not only the townspeople, but also the villagers. Classroom classes are indispensable, but the development of the digital sphere creates excellent alternative opportunities for learning and development of modern students and future professionals [1].

Here are some interesting results of my research.

1. When using online classes, it is convenient to use background information related to laws, statistics, natural phenomena, etc. - this is a good motivation for a more detailed study of the material.

2. The problem of shortage or absence of textbooks or manuals disappears. Google search engine allows you to use the latest online textbooks, which are not torn pages and not drawn drawings. But when doing homework, there is a temptation to just download the finished answer, rather than doing the task yourself.

3. On the Internet there is an opportunity to get acquainted with the practical application of a foreign language by our compatriots who work abroad.

4. Using the Zoom platform, you can communicate with native English speakers by creating online conferences.

5. Teachers in their work conduct active learning communication in Viber and Telegram, Skype, WhatsApp, e-mail and even regular mobile communication, as they try to find a convenient type of feedback for each student [1].

6. You need quality Internet, a modern computer, a laptop or a smartphone to study online.

7. The teacher cannot control the actions of students who do not turn on the sound or, when they need to answer, just leave the conference.

8. The vast majority of time for students is devoted to independent study of the material.

9. Distance learning to a greater extent than traditional, requires from the student self-discipline, self-control, responsibility, cohesion, and ultimately, willpower.

10. The student can combine training with any other type of activity: work, study in another traditional educational institution, household chores, etc.

11. Opportunity to learn at your own pace. It is not necessary to study at the same pace as other students. The student can always return to the study of more complex issues, watch video lectures several times, reread correspondence with the teacher, and already known topics can be missed. The main thing is to successfully pass the intermediate and final certifications [2].

Yes, distance education is not an easy thing. And, perhaps, the most important thing is to understand that distance learning is only for self-disciplined, motivated, honest, first of all, with themselves and their conscience students who would like to study without tricks.

References
1. Advantages and disadvantages of distance learning. Department of Management, Lviv University of Trade and Economics https://kerivnyk.info (26.04.21)
2. Open and distance learning http://unesdoc.unesco.org/images/0012/001284/128463e.pdf (26.04.21)

Kermach R.
Academic adviser Uvarkina S.
Kherson Maritime Specialized College of Fisheries,
Kherson

ADVANTAGES AND DISADVANTAGES OF DISTANCE LEARNING

Distance learning and its relationship to emerging computer technologies have together offered many promises to the field of education. However, in practice the combination often falls short of what it attempts to accomplish. Some of the disadvantages are due to problems with the technology; others have more to do with administration, instructional methods, or students. Despite the problems, many users like technologies such as compressed video and see the continued growth in this area [1]. Like all the learning models, the distance learning does have some inherent problems, especially in the areas of isolation, support, technology and discipline.

Efficiency of distance learning

The effectiveness of distance learning is determined by a combination of five key factors that allow learners to retain more information in memory, increase their awareness, achieve better work results.

These factors include:
- interactivity,
- memorability,
- flexibility in use,

- providing assistance,
- availability.

Interactivity

The introduction of interactivity into the learning process makes the student's participation more active, makes him try to achieve the maximum result. Interactivity also helps teachers to incorporate more complex materials into the course.

Memorability

To memorize better, learners must feel the importance of the material being studied. This is also helped by structuring the titles of the topics being studied, which ensures that the necessary information is retained in memory. And this, in turn, makes it more likely that they will use their knowledge in future real projects. In addition, organizing headlines helps to avoid duplication, which often hinders the effectiveness of distance learning.

Flexibility to use

The system should provide for the possibility of teaching students with different levels of training and different capabilities. It is necessary that the trainees can easily move along the training course, monitor their movement, and also be able to return to the position where they were during the previous session of accessing the training course.

Providing assistance

Since distance learning does not usually take place in a group, it is important that the learning system provides assistance to learners. Students will need course instructions, navigation aids, assignment guides, links for definitions, technical support, and more. The help button should be accessible from any slide in the course.

Availability

The workload often makes it difficult for students to choose the time for studying. To solve this problem, it is necessary to use various methods of delivering educational content. If training material is available over the Internet, students should be encouraged to use the material outside of work. It can be a CD-ROM or Flash Drive [2].

Problems of Distance Learning

1. Lack of support.

The physical absence of the teacher during asynchronous learning (independent learning) means that they may not be available to guide or support the students when they need it most. This means the student may need to wait for the next synchronous learning (live instruction/class time) period to get support or will have to reach out to the teacher via email or other communication channels.

2. Academic discipline.

In a common learning environment, there is a certain amount of social pressure and regulation. Students have to show up on time, with homework done, and they are guided through their learning like in person classroom. This means students are accountable to their teacher and peers to be a productive member of the class.

On the other hand, distance learning doesn't provide the same sense of accountability, as students are working through the class material and learning independently. Some students are self-disciplined and have no problem with the independence of distance learning, while others may feel a little lost [3].

3. Technical difficulties.

Technical issues are often a stumbling block in online learning. There may be problems with the compatibility of educational platforms with operating systems, browsers

or smartphones, and low speed of the Internet connection can lead to skipping online classes or difficulties with downloading lessons in video format. All of this increases students' frustration and decreases their engagement in the learning process.

4. Ignorance of the time management basics.

The freedom that the online learning format offers often lulls one's vigilance and creates a false sense of the infinity of time. Distance education places higher demands on discipline and self-organization than its offline counterpart, although this understanding has not emerged yet. Mismanagement of time can lead to serious delays in the curriculum and cause severe stress [4].

5. Poor self-motivation.

Lack of motivation is a common problem for all types of learners. The online format requires a lot of discipline and dedication to complete assignments on your own, stay motivated, and make progress. When students aren't surrounded by classmates and there is no physical control from the teacher, it is tempting to postpone studies until later.

6. Lack of social interaction.

While in the classroom, students have the opportunity to communicate directly with each other and the teacher. The communication with like-minded people is an important ritual that they are deprived when they are on distance learning. Learners can feel isolated without friends, classroom noise, and personal contact with a teacher. This psychological factor negatively affects motivation and progress [5].

Consequently, the distance learning system has a lot of disadvantages, but it has enough advantages, such as the ability to study without leaving home, saving money and time for traveling by public transport, and a lot of free time. This system is not perfect yet, but this is only the beginning of its active development, and in a few years it will take its final form and become on a par with the usual form of education.

References

1. Dough Valentine. Distance Learning: Promises, Problems, and Possibilities. URL: https://www.westga.edu/~distance/ojdla/fall53/valentine53.html#:~:text=Problems%20of%20Distance%20Learning&text=These%20problems%20include%20the%20quality,distance%20learning%20as%20a%20product

2. Пять факторов, определяющих эффективность дистанционного обучения. URL: http://webcache.googleusercontent.com/search?q=cache:K7YyExJ4CmkJ:www.distance-learning.ru/db/el/35ADACFAB7E21503C3256DC200264C52/doc.html+&cd=2&hl=ru&ct=clnk&gl=us

3. Problems and Solutions for Distance Learning. URL: https://www.tutordoctor.com/blog/2015/may/problems-and-solutions-for-distance-learning/

4. Anna Klawitter. 5 Challenges Students Face with Online Learning and How to Overcome Them. URL: https://www.meratas.com/blog/5-challenges-students-face-with-remote-learning

5. Наталья Троцевич. Проблемы дистанционного обучения и способы их решения. URL: https://4brain.ru/blog/problemy-distancionnogo-obuchenija-i-sposoby-ih-reshenija/

Osinia P.
Academic adviser Zaporozhets O.
Beryslav medical professional college,
Beryslav

HOW TO AVOID STRESS DURING DISTANCE LEARNING

The pandemic disrupted normal routines and changed our lives. It forced educational institutions suddenly turn to distance learning. It has taken a toll on many students, affected their ability to communicate with their friends and teachers freely, reduced their productivity and made their workload more challenging. It's also isolated them from the traditional collaborative educational environment. With all these difficulties, it's clear why so many students have anxiety due to the COVID-19 pandemic. According to researches of Lucerne University of Applied Sciences and Arts–Social Work 76 % students feel stress during distance learning.[1]

Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new, unexpected or that threatens our sense of self, or when we feel we have little control over situation. We all deal with stress differently. These reactions were developed to protect us; for instance, the rush of adrenaline we feel when confronted with an unfamiliar or unexpected circumstance is meant to help us run away quickly when faced with a bad situation. Though this feature was probably very helpful back in the old days when people were out hunting and ran into a hungry lion, it's not of much use when we're sitting in a classroom, out with friends,; then it's just uncomfortable.

Stress is long-term physiological and performance complications. It has many effects, and none of them is pleasant. It can cause: headaches, chest pain, fatigue, overeating or undereating, muscle tension or pain, a feeling of overwhelm, both mentally and physically, social withdrawal, less exercise, irritability, anger, sadness , depression, upset stomach , problems with sleep, insomnia, a weakened immune system, trouble breathing, high blood pressure, high blood sugar, increased risk of a heart attack. Stress affects many areas of our body, including our hormonal, respiratory, cardiovascular and nervous systems. The rapid changes in each of these areas can be uncomfortable, painful and downright debilitating.

For teenagers, that can be a dangerous combination. Here are some reasons why online learning leads students to stress:

- **Elevated stress**. Students suddenly had to re-learn how they learn, adapting to distance learning, they have reported being much more stressed working from home than having to go to college.

- **Increased workload**. Online learning comes with the expectation that a student will understand and properly navigate new technologies such as Zoom, Skype or Google Hangouts.

- **Loneliness and isolation**. Online learning separates students from group mates. They are feeling the loss of their community. They actually report missing college and wishing they could go back . Loneliness can quickly lead to higher suicides rates and is more common in adolescents.

- **Difficulty concentrating**. Without the structure and face-to-face interaction with teachers, some students feel that it is difficult to focus on their studies. At home, there are distractions such as younger siblings or chores that need to be done, and it can be difficult to create a quiet and calm workspace for students to learn.

- **Physical strains.** Staring at a screen all day, squinting through glare — these can take a physical toll.

- **Fears of domestic violence.** Sometimes the only safe place for a student is the college. Victims of domestic violence are usually abused through having a loss of control and power. The mandatory lockdowns suddenly forced the victim to stay with the abuser, meaning they're even more under their power. Due to the pandemic taking over medical facilities, victims may face difficulty finding help. Students are at a higher risk of abuse, and may not be able to find shelter with grandparents due to the fear of the virus.

Online learning may be seen by some as an easier alternative to learning within the classroom. There's no need to commute from your apartment or dorm to the classroom, and you have more free time given this lack of commute. However, many suggest that online learning is even more difficult – harder to focus and stay motivated, and lack of in-person interaction – than the traditional setting.

There's no doubt that distance learning affects mental health, but there are ways to reduce students' stress and anxiety in these trying times.

The most crucial step to reducing stress and managing students' mental health is prevention.

The first step in stress prevention is practicing self-care. Self-care is a personal endeavour, tailored to each individual's needs, but the baseline is the same. Here are some self-care tips to improve your daily life and reduce stress while studying:

- **Manage your time and avoid procrastination**. "Time management" is a huge theme within the remote learning landscape. As you are studying on your own it is very important to learn how to devote your time as necessary. It is a key to succeeding. If you've managed to complete all your urgent assignments and you have the ability to get a jump start on another less-pressing assignment, consider this as well. A big project can sometimes be much easier to tackle by completing a bit each day, rather than all at once!

- **Break your study material up into small, manageable sections.** Breaking your study material up into smaller sections is more effective than studying all night long. You will find that if you study for shorter periods, and take regular breaks, you will be able to concentrate better on your work, and remember more of what you study.

- **Take a study break**. Sometimes, our brains become so overloaded with information that we actually stop taking in new information since we're so overstimulated. It is important to give yourself a bit of a break so you can have a few minutes to recharge and then come back to your studying. Of course, a study break can become legitimate procrastination if you're not careful, so make sure you're disciplined with your study breaks.

- **Ask for help.** While it may seem a bit obvious, your teachers are there not only to teach you, but provide additional assistance to students who need it. Many teachers allowing students one-on-one time to ask questions and get help on assignments and prepping for classes and exams. Don't be afraid to connect with them.

- **Remember "self care".** When it comes to managing stress, remember how important it is to engage in "self care". This is the concept of taking active steps to take care of your mind, body, and spirit. Examples of self care can be eating healthy, getting plenty of sleep,

exercising, meditation, and so on. Self care is incredibly important in maintaining overall wellness, which is something that can be overlooked by students.

- **Get creative with social time.** Online education isn't the end of your social life. Online platforms like Zoom, Skype or Google Hangouts allow for video chatting.

- **Stay positive and have fun**. Maintaining a balance lifestyle is a good way to keep your mind and body healthy. Instead of spending all your time on your tasks, take time off to do something fun and enjoyable.[2]

The disruption caused by Covid-19 in the educational sector may last longer than expected if a reliable solution for the virus is not found quickly and its spread continues. And it poses enormous challenges for us. But it is only up to us and our attitude to the situation depends how well we can cope with the new learning environment and succeed in studying.

References

1.Remote learning and students' mental health during the Covid-19 pandemic. URL: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7784617/

2.12 Ways to Stay Healthy for Online Students URL: https://ljlearningworks.com/12-ways-to-stay-healthy-for-online-students/

Potanin H.
Academic adviser Nikitin O.
Maritime College at Kherson State Maritime Academy,
Kherson

THE ROLE OF SELF-DISCIPLINE DURING ONLINE LEARNING

On account of the pandemic SARS-CoV-2 (COVID-19), learning process was strongly affected and educational establishments were shut down. The education shifted from traditional face-to-face learning to online learning in all educational institutions, including the college where I study at.

There are a lot of difficulties faced by students during online learning: unstable Internet connectivity (loss of connection during classes due to poor or unstable network availability and disruptions) [1]. Moreover most of my groupmates were less engaged in online learning, had worsened academic success and they admitted online learning to be time-consuming.

In many online courses, students can choose to access learning materials and complete assignments on a schedule that is convenient for them, rather than attending class in a particular location or at a specific time. Although this flexibility can lead to increased rates of course withdrawal or failure for students who realize too late that they cannot manage their time effectively [2]. Most teachers and students from my college actively used ZOOM and LMS MOODLE. It is stated that using Zoom lacks of peer-support and interaction, focus, engagement, and clear guideline from instructors. Students also indicated difficulties with time management and Zoom fatigue [3]. Therefore self-discipline plays the key role of academic success.

Besides objective conditions, the focus of responsibility shifts from the teacher to the student and distant learners might hardly motivate themselves for distance learning [4]

Therefore, distance education might be difficult for students. Especially for the one who didn't use to study online.

It is clear that self-discipline of a person is acquired and conditioned by the environment and education. People acquire self-discipline in the process of growing up. They learn it from the ways they are treated by the important people in their lives. That of course should include their experience in public schools and colleges.

Stark et al. found that motivation to study and self-discipline – which are interconnected – predict higher course grades for upper level college students in an online course. [5] There are some principles of self-discipline:
- Self-discipline is determined by people's perceptions (feelings, beliefs, attitudes);
- Self-disciplined people see themselves in positive ways;
- Success experiences contribute to positive views and self-discipline;
- Feeling of belonging or oneness with the others is requisite for self-discipline [6].

The teachers should encourage group discussion among students, making themselves available to contact (for example, via a messenger, an online learning platform, ZOOM, Skype etc.). Community interactions have been recognized as a significant factor for successful learning in online platforms [7]. Active social interactions and the development of a sense of community can also be fostered by appropriate training atmosphere. LMS MOODLE affords to create online courses and take active part in developing online courses. The courses should be well structured (i.e. divided into lectures, tests for assessment, includes questions for examination etc.) and therefore to make the students' self-discipline better.

Referring to students, as they spend most of their time at leisure activities, attention needs to be paid to what they do during those hours. This free time should be occupied by extracurricular activities, which are beneficial for increasing social skills, self-concept and responsibility, decreasing negative behaviours and developing healthy habits in adolescents [8]. It is better to spend the leisure time out of any gadgets, especially during online learning period. Also proper organized schedule for online learning should be planned by a student, and the student should meet the deadlines with his or her projects.

As we see, self-discipline plays crucial role during online learning. It contributes to positive thinking and academic success of the students.

Self-discipline can be achieved and developed. The quality of self-discipline during online learning depends on training atmosphere and promotes academic success. Social interactions, appropriate training atmosphere and the development of the sense of community can be and should be fostered by the teacher and therefore to make the students' self-discipline better. The students should pay attention to social extracurricular activities and manage their time to meet the deadlines.

References

1. Rotas E., Cahapay M. Difficulties in Remote Learning: Voices of Philippine University Students in the Wake of COVID-19 Crisis. Asian Journal of Distance Education. 2020. Vol. 15, No 1. P. 47-58.

2. Parker A. A study of variables that predict dropout from distance education. International Journal of Educational Technology. 1999. Vol. 1, No 2. P. 1-10.

3. Williams S.N., Thakore B.K., McGee R. Providing social support for underrepresented racial and ethnic minority PhD students in the biomedical sciences: a career coaching model. CBE—Life Sciences Education. 2017. Vol. 16, No 4. Article № 64.

4. Rashid M., Elahi U. Use of educational technology in promoting distance education. Turk Online Journal of Distance Education. 2012. Vol. 13, No 1. P. 79-86.

5. Stark E., Lassiter A., Kuemper A. A brief examination of predictors of e-learning success for novice and expert learners. Knowledge Management & E-Learning. 2013. Vol. 5, No 3. P. 269–277.

6. Arthur W. Combs. Achieving Self-Discipline: Some Basic Principles. Theory Into Practice. 1985. Vol. 24, No 4. P. 260-263.

7. Reese S. Online learning environments in higher education: Connectivism vs. dissociation. Education and Information Technologies. 2015. Vol. 20, No 3. P. 579–588.

8. Pechmann C., Catlin J.R. Zheng Y. Facilitating Adolescent Well-Being: A Review of the Challenges and Opportunities and the Beneficial Roles of Parents, Schools, Neighborhoods and Policymakers. J. Consum. Psychol. 2020.Vol. 30, No 1 P. 149–177.

Pianik M.
Academic adviserPetrushenko O.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

SOME PROBLEMS WITH THE ASSESMENT OF RESULTS IN DISTANCE LEARNING

"Education is the most powerful weapon which you can use to change the world."
Nelson Mandela

Distance learning is one of the popular forms of education today. Historically, this was the name given to correspondence courses in which students interacted with institutions or teachers by handwritten letters. It was used to study uncommon students, for example, full-time workers, or people who live in far regions cannot attend lectures. But more recently, distance education has moved online, and a wide range of different educational methods and systems can now be accessed from virtually any device connected to a network. And now, after the COVID-19 pandemic, online distance learning has become worldwide known because all of the universities, schools colleges, lyceums were closed for a long period because of quarantine, so students use definite technologies to receive knowledge. Our country Ukraine is not an exception.

On March 12, 2020, all educational institutions stopped working, so students continued study at home till June. And soon we listened to lectures using ZOOM and Moodle. Throughout the learning process, we encountered many problems, such as power outages, loss of Internet, and crashes of the Moodle platform. But I think the worst thing we encountered was the weird grading of the semester results. After talking with friends and analyzing foreign forums, we concluded that the average score could be reduced by 2-3 points compared to the first semester. It meant that we were not the only ones facing this problem.

Distance education differs from traditional way of getting education by the location of the student or teacher in another place. But what does this exactly mean? In most cases, it

implies more freedom for both students and teachers, but it also requires a higher level of discipline and planning to successfully complete the course.

Many students wonder why they got a lower grade than they could. There are some reasons, like: lack of motivation. It is a common problem for all types of students. The online format requires strong discipline and determination to complete assignments independently, stay interested, and make progress. When students are not surrounded by classmates and there is no physical supervision by a trainer, there is a temptation to put off learning for later. The freedom offered by the format of online learning often makes you get into the feeling of a false sense of time limitlessness. Distance education places higher demands on discipline and self-organization than its offline counterpart, although there is no understanding of this yet. Failure to manage time can lead to serious delays in the curriculum and cause severe stress. [1]

Secondly, low computer literacy: lack of computer literacy is a serious problem in today's world that has affected students and teachers alike. Some still do not know how to use a personal computer and standard office applications like MS Word and PowerPoint. Even among experienced teachers and students, there can be a lack of understanding of distance learning tools such as online educational platforms, video conferencing systems, and various applications related to communicating and viewing learning materials. Nevertheless, technological skills are a must for successful distance learning.

Conscientious teachers, who really tried to maintain the quality of the educational process during the quarantine, took much longer to prepare for online classes than before. At the same time, there were those who transforming communication with students into a written format - giving them many written assignments and actually refusing to conduct classes. And there were those who could barely communicate with students at all. At the same time, the degree of involvement of teachers in distance learning does not affect their salaries.

Unfortunately, in many universities, teachers still force students to write essays by hand or rewrite textbook material and then evaluate it. Such "writing" is practiced both during face-to-face classes and during quarantine. But are such teaching approaches effective? [2]

Here we propose some ways how to prevent problems with learning process and low results of it. There are two sides – teacher and student, so if the two sides are at odds, some tips for each side are available. At first, let's talk about what students should do.

1. If you want to be motivated and successful in distance learning, reward yourself for the work you do. Celebrate anything that makes you feel like a winner. Rewards keep you motivated.
2. Write down your short- and long-term goals, and be sure to make notes about their fulfillment. Tell a loved one about your motivation problems; ask for support, for example, in the form of regular reminders of your responsibilities.
3. Talk to teachers and other students and ask for help if you need it.
4. Set specific hours for classes. Instead of trying to tailor online learning to your life, do the opposite: organize daily activities around classes. Create a fixed schedule with time slots that are strictly for attending classes and viewing online tutorials.
5. Avoid distractions. If you tend to spend a lot of time on social networks, block them for a certain amount of time with special apps.
6. Give up multitasking. It reduces work efficiency and overall productivity. Focus on completing one task at a time, and be sure to start with the most difficult one.

7. Basic computer literacy courses are always a good idea. Having a fundamental knowledge of how PCs and applications work will enable you to participate in online classes without the stress and loss of time. [3]

Also there are some tips for teachers below:

1. Sometimes even the most motivated and inspired students lose interest if they don't see the teacher's enthusiasm, so your main task is to demonstrate your passion for the subject. Inspire your students by giving interesting lectures, having emotional and engaging discussions, and linking class material to real life.

2. Keep in touch with the parents: remind them what work their child has to do and in what time frame, let them know if they need their help.

3. Set specific and achievable goals for your students so they don't feel lost. Use praise and rewards as motivation.

4. Create a chat room, forum, social media group, or web page with simple information and a frequently asked questions section where students can go if they don't understand.

5. Publish assignments and conduct online lessons on educational platforms that can be accessed from different devices. If online learning tools are too complicated, no one will want to use them, so choose powerful but easy-to-use educational platforms that users of all backgrounds can understand. Here are some popular platforms to help teachers communicate with students - to check their assignments and to produce their own.

- ClassDojo - each student has a portfolio in which his or her work is accumulated. The teacher can upload an assignment, comment on how to do it, and even indicate in what form the answer should be sent: a photo of a notebook page, a picture, a video (telling a poem, retelling a text or expressing an opinion on an issue), and also give a grade.

- Google Classroom allows you not only to communicate with students, but also to create your own tasks, attach multimedia content, and work together on documents.

- Classtime - just like Google Classroom, here you can create assignments (including interactive ones) and tests. [3]

If all participants adhere to the above tips, they can prevent misunderstanding and a low assessment of their knowledge.

Distance education is certainly not a magic wand, and learning in the classroom will never lose its relevance. At the same time, this type of learning still has a huge pitfall, such as strange assessment. To prevent problems with the assessment of results in distance learning, students need to motivate themselves to be successful in their assignments, organize themselves, and try to find a way out of any situation. Teachers also need to be more organized for emergencies if their students need additional explanations or cannot use technologies. This is especially true when teachers are not conducting online consultations or are unable to properly assess the situation.

References

1. What is distance learning and why is it so important? URL: https://www.viewsonic.com/library/ru/образование/what-is-distance-learning-and-why-is-it-so-important/ (in Rus.) (2020)

2. Six problems of Ukrainian higher education that were revealed by the

3.   quarantine. URL: https://osvita.ua/vnz/74767/ (in Ukr.) (2020)

4.   Problems of distance learning and ways to solve them. URL: https://4brain.ru/blog/problemy-distancionnogo-obuchenija-i-sposoby-ih-reshenija/   (in Rus.) (2020)

Stadnyk S.
Scientific adviser Keda S.
Kherson Base Medical Professional College,
Kherson

THE CHALLENGES OF ONLINE TEACHING DURING
THE COVID-19 PANDEMIC

Distance learning is a form of education when the student is geographically remote from the teacher and educational resources. Learning is carried out with the help of telecommunications, computer technology.

Online learning can be conducted in an online form to be synchronous (lecturer and students interact in current time) and asynchronous (student and teacher interaction with an interval in time). Assignments from the speaker to the student in this point can be transferred in different ways, for example, through: e-mail, services like Google Class, messengers, social networks, a teacher's blog, a special course blog, or, as they often say, a class blog (the former is a blog where the teacher posts only his or her own materials, the latter is a shared space for the teacher and the student).

A lot of colleges and universities have been making a transition from traditional face-to-face teaching techniques to online teaching or a combination of online and traditional teaching. The mixed methods of teaching involve replacing part of the face-to-face interaction with online learning. As online education lasts, a study in our country has reported that many educators are just beginning to transform their face-to-face teaching to an online teaching [1].

Nowadays, the world is reacting to a pandemic of contagious respiratory disease caused by a coronavirus, named COVID-19. On March 11, 2020, the World Health Organization declared the coronavirus outbreak a pandemic, the worldwide spread of a new disease [2]. The latest implementation of social distancing during the COVID-19 pandemic forced colleges and universities to empty classrooms and keep students away from the institution. A big minus of the introduction of distance learning in 2020 is the lack of readiness of teachers to organize proper control. This is really a problem. Anyway, there has been a general change from traditional face-to-face instruction to online teaching. Most institutions have gone to distance learning in the simplest and most convenient ways, including conferencing platforms, email, and phone.

The difficulty of distance learning 2020 is that distance learning has fallen on most educational institutions like a snowball's head. It is one thing when an educational institution was initially focused on the development of distance learning as a direction, and another thing when only external circumstances the coronavirus pandemic pushed to distance   learning.

There have been two main reported suggestions about the potential impact of COVID-19 pandemic on online education. Some analysts have predicted that the COVID-19 pandemic would adversely impact online education for several causes. Firstly, they felt that the transition to online education can be challenging, even when the transitioning process is given enough time [3]. Besides, during the COVID-19 pandemic, there is not a single part of the economy that has been compromised. As a result, college students have become financially vulnerable. Some of the students are afraid that they will no longer be able to afford college after the pandemic. Also, being confined at home, some of the faculty and students have been busy trying to manage their children, other elders, or siblings in the house who are also not at school. Meanwhile, those who were able to quickly find a way out of a difficult situation were those who did not simply connect platforms for communication, but introduced specialized educational platforms that already contain extensive teaching material on a particular subject.

Advantages of distance learning is savings (of time and money), possibility to study from anywhere in the world, accessibility, variability, comfort in learning materials, adaptability to an inclusive environment.

Problems with online education reported so far in the literature include issues related to time management, use of technology tools, student assessment, communication, and lack of face-to-face interaction. In addition, online education can be unfair in terms of access and quality of instruction. Some students do not have access to laptops or high-speed Internet at home. In addition, older Internet users benefit the least from online education for reasons such as technophobia. Many teachers themselves are technophobic, concerned or insufficiently confident about how to handle the computer hardware and software in their classrooms.

Distance learning is poorly suited to the development of 'live' communication skills. Even if it is online learning, where everyone in the virtual classroom can see and hear each other. Technical aids are a definite wall.

Some distance learners get very tired, they lack normal live communication, the energy boost of a "live team". Many miss "normal communication with their peers and teachers. Some learners have difficulty concentrating, and the material is not absorbed in the way they would like it to be absorbed.

Distance-learning technology helps:

"erase" territorial boundaries,

ensure a comfortable rhythm of learning for each student,

automate routine educational processes,

to make education more accessible (although there are some controversial points here: such education is accessible from anywhere in the world, it is cheaper than classroom-based education, but distance education necessarily requires certain technical means, it cannot be organized "on the fingers").

However, the students' comments varied. Some students praised blended education since it removed some of the traditional teaching barriers that do not work for all students. Schools can find the learning experience for each student with access to current technologies and the availability of resources. Students also believed that the quality of instruction has not suffered in the educational model changes. Others reported that the first few online sessions were problematic. Faculty and students had to adjust to the online environment. Other students were unhappy with the online learning experience. They wanted to return to conventional face- to -face education right after the pandemic.

Challenges brought about the pandemic included those related to communication, student assessment, use of technology tools, online experience, pandemic-related anxiety or stress, time management, and technophobia. Despite these challenges, the experience during the first few weeks of the pandemic has increased their confidence in the effectiveness of online education. Since the pandemic passed nearly one year ago, teachers never stopped working. They are working online, in empty classrooms. They are adapting, googling, zooming, calling, texting , planning, assessing, writing, researching, counseling and accommodating the students.

One can reflect on the many changes that will take place in learning, such as the fact that in traditional forms of learning, the most important questions were "how to teach?" and "how to control?", whereas in the future the questions "how to interest?" and "how to motivate?"

<div align="center">References</div>

1.Orleans M. Hershey, PA: IGI Global; [Mar;2020]. 2014. Cases on Critical And Qualitative Perspectives in Online Higher Education. [Google Scholar]

2.Challenges to Online Medical Education During the COVID – 19 Pandemic https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7398724/

3.Moving from face-to-face to online teaching Esani M.Clin Lab Sci.2010:23:187 – 190.[PubMed] [Google Scolar]

Sarazhan D.
Academic adviser Yaresko N.
Applied College of Kherson State Maritime Academy,
Kherson

SHORT-TERM AND LONG-TERM EFFECTS OF DISTANCE LEARNING ON TEENAGERS

Education is one of the basic human rights guaranteed by Article 26 of Human Rights Declaration, the Constitution of Ukraine and a set of sectoral laws. The fourth aim of sustainable development of the UNO till 2030 being conducted by a number of countries including Ukraine stipulates for "provision of integral and valid high quality education and encouragement of lifetime training available for everyone"[1].

The level of education directly affects the income and employment of the population - better educated people find jobs easier, have better working conditions and earn more. In addition, it is positively linked to life expectancy, health and social integration. Better educated people are more involved in public and political life, they are more actively involved in the development of a truly democratic society.

Article 53 of the Constitution of Ukraine and the Law of Ukraine "On Education" guarantee universal access to education regardless of the child's place of residence, social origin, state of health, language of communication and other factors. The right to education in Ukraine is exercised mainly through public (state and municipal) educational institutions.

But the pandemic of Covid-19 put all these guaranteed rights under threat. UNESCO has observed that "Most governments around the world have temporarily closed

educational institutions in an attempt to contain the spread of the COVID-19 pandemic. These nationwide closures are impacting over 60% of the world's student population"[2].

This major challenge the mankind has been facing for over a year now has started to affect all social and age groups. Teenage students being one of the vulnerable age groups are not an exception. The pandemic and the resulting quarantine restrictions exposed and emphasized weaknesses of the existing traditional educational process:

- Digital gap. Some researches state that in a half of 21 participating countries students with lower social-economic status have twice less access to education than their more privileged equals in age;
- Violation of the right to housing. For students, quarantine is partly related to attempts to restrict their right to housing - attempts to evict them from dormitories. In the case of students living in dormitories, the fact that a dormitory may be the only available opportunity for these students to exercise their right to housing must be taken into account. Not all students have enough material resources to rent part or all of their private housing in the city where their educational institution is located. Moving to a dormitory can also be due to the inability to live at home due to domestic violence, poor living conditions, overcrowding. Because dormitory residents are a less privileged group than those who have the opportunity to live in their own or rented housing, their vulnerability may increase during a pandemic, in part through attempts by school administrations to evict them from dormitories;
- Considerable decline of educational results. According to researchers from France, Italy and Germany, the weekly deterioration in learning due to the transition to distance learning will range from 0.82% to 2.3% of the standard deviation. According to them, such a deterioration will be reflected in the test results due to a decrease in the amount of study time compared to the amount of time students spent on training before the introduction of quarantine restrictions and the transition to online formats;
- Mental health. The mental health of the learner may deteriorate due to the transition to distance learning during a pandemic. The results of a national survey of parents and children in the United States during the COVID-19 pandemic show that 27% of parents reported a deterioration in their mental health, and 14% reported a deterioration in the mental health of their children.

All these challenges have already had or can potentially have both short-term and long-term effects on teenagers. But not all of them are necessarily negative. Also it should be taken into consideration that duration of any influence or effect depends on personality and psychic lability. But approximate short-term effects can be described as follows:

- Violation of right for housing affects certain social groups of teenager only for the period of quarantine restrictions. And on the other hand it allows to reduce living expenses for non-resident students;
- Mental health issues like anxiety can be considered to be one of the short term effects as there's high probability that such issues will be resolved with the return to the regular mode of work;
- Stress caused by new educational demands of distance learning as a rule also has short period of effect as teenagers being extremely adaptive get used to the new mode of work;

As per long-term effects they are much more variable and controversial:

- Vulnerable social groups can face long-term effects of distance learning as the negative impact on educational results. Educational systems of many countries all over the world proved not to be ready to deal with the challenges of distance learning which in turn affected learning outcome. A considerable decline of finals results causes a lot of issues in terms of entering higher educational institutions, which in turn affects the whole life of a teenager;
- Distance learning enhances teenagers' self-discipline and self-motivation which in turn will be of great use in further life;
- Online asynchronous education gives students control over their learning experience and allows for flexibility of study schedules for non-traditional students; however, this places a greater responsibility on the student. In order to successfully participate in an online program, students must be well organized, self-motivated, and possess a high degree of time management skills in order to keep up with the pace of the course;
- In the online environment, learners have a certain measure of anonymity. Discriminating factors such as age, dress, physical appearance, disabilities, race, and gender are largely absent. Instead, the focus of attention is clearly on the content of the discussion and the individual's ability to respond and contribute thoughtfully and intelligently to the material at hand;
- Online learning changes the way that students of all types and ages interact with and access information. Its effect depends both on the student and the institution making the change. A well-developed online course, just like a well-developed traditional course, can open up new worlds of learning for students [3].

Today, employers are looking for graduates who can quickly adapt to the unstable conditions of society, aimed at solving problems, as well as those who can skillfully operate on the Internet. And distance learning despite all its issues and side effects can be considered really helpful as a practice of adaptability and effective performance in unfavourable coditions.

<p style="text-align:center">References</p>

1. The United Nations. Sustainable Development Goals. URL: https://www.un.org/sustainabledevelopment/education/
2. Canadian Commission for UNESCO. URL: https://en.ccunesco.ca/idealab/education-and-covid-19-challenges-and-opportunities
3. The Effects of Online Learning. URL: https://itstillworks.com/effect-computer-technology-education-1607.html

Bezruchenko S.
Academic adviser Losieva Y.
Kherson polytechnic professional college of the State University «Odeska Politechnika», Kherson

THE POSSIBLE SOLUTION OF DISTANCE LEARNING PROBLEMS

Distance learning can offer us ample opportunities for teaching. We can offer materials that we could not give in the usual classroom in a more understandable way to deepen

students' knowledge and the percentage of quality of that knowledge. Distance learning can also increase the literacy of the population if people cannot get to schools or cannot study on a regular schedule. Students can be adults who want to change their professional activities. At the same time, they do not have the opportunity to study in the usual way, so they can use distance education [1].

Distance education has some problems that can be critical for both the acquisition of knowledge and the psychological health of the student. It so happened that distance learning is very much in line with regular learning in communication between students and teachers. In the environment of analog learning there is a certain social pressure and regulation. Students must arrive on time, do their homework, and be guided in the learning process. This means that students are responsible to their teacher and peers to be productive members of the class [2].

On the other hand, distance learning does not provide the same sense of responsibility as students work on classroom material and learn independently. Some students are self-disciplined and do not experience problems with independence during distance learning, while others may feel a little confused and leave their studies for their own affairs. You can help by setting up a structure and routine for classroom assignments and learning. It is also helpful to teach the student management skills such as organization, prioritization and time management to help them stay up to date. Management functional skills are necessary for success in learning and life, but we are not born with them, these skills must be acquired yourself [1].

Some research does show that online learning can be helpful. According to a study by the University of Arizona, online learning contributes to a higher level of information retention. This, however, cannot be applied if students do not pay attention and learn due to inadequate environment and lack of motivation. In addition, while the online school offers students more control over their schedule, there are no rules or incentives to keep students motivated to perform well. In addition, greater control over your schedule often leads to irregular sleep and work habits, which reduces student productivity [1]. For some professions, distance learning is not effective. Distance education provides ample opportunities for education, but does not provide a survey of learning interaction between people and practical skills. If you study without classroom classes that will conduct practical classes and laboratory work, the material will be quickly forgotten by the student.

There is also the problem of correctly assessing student performance. Online testing may involve and use plagiarism, fraud, and the use of search engines instead of your own knowledge and skills. It is better to use the learning process on the basis of creative tasks, and set the task of acquiring skills, active participation in learning, so that the material was mastered by the student. The real challenge is to provide effective distance learning with meaningful activities so that students are focused on their learning goals. And it's a big work for teachers to interest a student in learning. How teachers approach online learning affects students. Since the student cannot be held for a long time in front of the screen for several hours. The fact that the student will quickly lose interest in the material and motivation to study, and will be distracted in the direction of the irritant. Therefore, the goal of the teacher during distance learning is to offer material in various forms so that the student does not have the opportunity to be distracted from the task and does not lose interest in learning.

References

1. Problems and Solutions for Distance Learning URL: https://www.tutordoctor.com/blog/2015/may/problems-and-solutions-for-distance-learning/ (in ENG.) (10.04.2021)

2. Challenges with Distance Learning URL: https://dlsdc.com/blog/challenges-with-distance-learning/# (in ENG.) (13.04.2021)

Vorobiov Ya.
Academic advisor Pletena O.
Maritime Applied College of Kherson State Maritime Academy ,
Kherson

"TEACHER – STUDENT" COLLABORATION IN CYBERSPACE

Cyberspace technologies bring new forms of group communication to learning. Intentional structuring of computer conferences – such as in the definition of individual, paired and small group tasks – facilitates and increases active student input, peer interaction, and intellectual work. At the same time, instructors and learners found it necessary to provide information management outside the operating environment [2].

Such collaboration can be considered at different levels:

1. "Student – course content": interaction with the content presented in online courses.

2. "Student – student": learning in cyberspace involves direct participation, providing answers, effective feedback, concise and focused messaging.

3. "Student – teacher": required mutual cooperation by electronic means, including chat, discussion and correspondence via email.

4. "Student – interface": (working with a computer, students' ideas about technologies and access to them) [1, p. 9].

According to V. K. Srivastava, the technologies for interactive distance learning are extremely valuable for strengthening cooperation between the teacher and the students. The educational value of it includes:

– immediate feedback;

– addressing social aspects (voices, faces, body language) in on-line communication

– add elements of accountability

– provides a "teacher cares for student" message [4, p. 701].

The practical implementation of active cooperation between a teacher and a student in cyberspace involves the availability of specific technologies and their continuous development.

Using standard multicasting protocols for local area networks and the extension of high-speed communication links allows to support a large number of sites used for such interaction. Students are constantly in the same network, so they get all the necessary information for further cooperation.

An important step is the development of the internet-based system, which constantly integrates continuous multimedia shared applications and a variety of multi-user collaborative utilities. A course provides multicast transmission of audio and video streams, the implementation of a reliable data exchanges protocol.

Multicast network not only provides students, faculty, and staff with greater distance learning and training opportunities, but it solves previous bandwidth limitation and scalability problems and provides for more efficient use of network servers, routers, and switches.

Another important step is the further introduction of desktop videoconferencing, ability to reach anybody, anywhere, at any time, and at reduced cost. This concept facilitates the interaction between a student and a teacher, opens the door to active learning. Group discussion allows you to get more thoughtful and structured answers than can be found in face-to-face learning [3, p. 34].

Thus, the evolition of cooperation in the field of "teacher – student" promotes the development of cognitive processes, emotional and volitional sphere, affects the formation of personality in general, and helps to provide appropriate conditions for active learning and implementation of their ideas.

<div align="center">References</div>

1. Гребенюк Т. В., Булан И. Г. Модель педагогического взаимодействия преподавателя и студентов в условиях дистанционного обучения. *Вестник БФУ им. И. Канта.* Калининград, 2015. Вып. 11. С. 7–14. (in Rus.)
2. Harasim L. Collaborating in Cyberspace: Using Computer Conferences as a Group Learning Environment. *Interactive Learning Environments*. Volume 3. Issue 2. 1993. P. 119–130. URL:
https://www.tandfonline.com/doi/ref/10.1080/1049482930030202?scroll=top (in Eng.) (date of referring 26.04.2021)
3. Knapp L. Opening the doors to online learning: special to The Seattle Times. *Business & Technology*. 2000. (in Eng.)
4. Santhi K. R., Srivastava V. K., Senthil Kumaran G., Lwakabamba S. Education in Cyberspace. *Indian Institute of technology.* Kharagpur, 2002. P. 701–706. (in Eng.)

Yakovenko B., Ottiev A.
Academic adviser Losieva Y.
Kherson polytechnic professional college of the State University «Odeska Politechnika», Kherson

IGNORANCE OF THE BASICS OF SELFMANAGEMENT AND LOW MEDIA AND COMPUTER LITERACY AS THE MAIN OBSTACLES IN PROCESS OF DISTANCE LEARNING

Considering the realities of the modern educational process, namely distance learning, one can note both the advantages, among which there is a more comfortable environment for learning and the possibility of a more efficient distribution of personal time, and the disadvantages, which include a greater level of responsibility required for the educational process.

During distance learning, many higher education institutions conducted surveys both among students and among teachers in order to find out their attitude towards distance learning. So, for example, according to the results of a similar survey of Tuva State

University, Russia, 27.2% of students have become less interested in learning in connection with the online format [1].

Finding out the reasons for this at home, such institutions as the University of Hawaii, USA [2] and National Tsing Hua University, Taiwan [3] highlight the problem of self-organization of the school day's schedule among the main problems of distance learning for students, in other words, the problem of time management. This problem is caused by the sense of freedom that the online learning format offers, which often lulls the vigilance and creates a false sense of infinity of time. However, distance education places higher demands on discipline and self-organization than its offline counterpart, although this understanding has not yet been formed. Inefficient use of time can lead to serious delays in the curriculum and create high stress.

By the way, about delays in the curriculum, not only the problem of time management can affect it, people feel like they are in a non-business environment, at home, where they are not controlled about the dress code and where and how they listen to the material, it is not uncommon to lose concentration, after all, in fact, there are so many things that during a relaxed state can distract us, for example: pets, good weather on the street, convicts, not to mention the fact that some enjoying the comfort generally ingest the material presented to them and go for a walk, to read, play, or just talk to a roommate, creating a view of your presence in the lesson by turning off the microphone.

To improve self-alignment, we advise you the following [4]:

• organize blocks of weekly times to work on lessons activities. This block of time may not be used every week, but it is important to block off this time in case it is needed. Finding a time is always harder than already having a time in your schedule;

• when you sit down to work, minimize distractions. A lot of distance learning is reflective and creative, which may be hindered if there are persistent, external distractions;

• guide yourself through lessons learning activities through question generation. Whenever you encounter something, problematize it; inquire about it. Ask yourself tough, but intriguing questions. Don't worry about answering the questions, just ask them to get your mind working. View the content from different perspectives. Don't be afraid to learn from the experience;

• sometimes, it helps to reimagine the outcome of your efforts in the program. Revisit your original reasons for enrolling in the program. Use these reasons as a platform to envision your completion of the program. In many cases, this thought may sufficiently revitalize your motivation to resume your course work.

It is also possible to note the importance of media-computer literacy during training, because, despite the widespread use of computer technologies in our time, for some students difficulties appear during the educational process, for example, difficulties in working with basic programs, such as archivers, MS office, and the like, as well as, for example, ignorance of the process of searching for information on the Internet, as well as the mechanism of its filtering.

For example, trying to find the material we need, we often go to the first page that comes across, reading it, visiting and rereading it several times before leaving to look for another one where the material is explained more clearly, the paradox is that trying not to waste time on filtering options, depending on their structure / introduction / availability / style of several options provided by us, we first study one option in detail, and only then move on to the next. In addition, non-straightforwardness of queries when trying to find

 the necessary information can simplify understanding of the material by helping to build associations, for example, when searching for information about the types of parabolas about the query "types of parabolas" on the site (A) where it will be indicated that the clatoid is an endlessly looped spiral, and on the site (B) on the request "types of parabolas and their application" it will be easier for someone to build an association of the name with the shape of a parabula, having received from the site an insignificant and not very useful fact that, for example, the turns on the rails are not rounded, but have a clatoid shape, in order to prevent jerks due to inertia when cornering. And returning to the problem of checking one single option and only the subsequent transition to another, both on site (A) and on site (B) only the name "clatoid" was indicated, although the site (C) gave an alternative name "Euler's spiral", this is an example that any source of information can miss out on small details or nuances.

Our advice for solving the problem of media-computer literacy is only one: do not be afraid to spend more time looking at alternatives with different search wording, because it is better to spend an extra ten minutes looking for a suitable source than an extra hour trying to understand the necessary material from "difficult to understand" source. However, it is worth remembering that you should not get carried away because this can also turn into a rather laborious and time-consuming process, unless of course it is something really important.

In conclusion, we want to say that in order to get used to distance learning, you just need to show a little more discretion when organizing personal time, and also not be afraid to spend a little extra time for a better understanding of the information , and you should not forget that any skills to come and train over time, and you should not strive to get everything at once.

<div align="center">References</div>

1. A questionnaire for students about distance learning. Analysis. URL: http://anketa.tuvsu.ru/node/38/webform/results/analysis (in Rus.) (date of referring 10.04.2021)

2. International Review of Research in Open and Distance Learning Volume 11, Number 1. URL: https://files.eric.ed.gov/fulltext/EJ881583.pdf (in Eng.) (date of referring 19.04.2021)

3. Challenges for Distance Education. URL: http://lup.lub.lu.se/luur/download?func=downloadFile&recordOId=5045707&fileOId=5045720 (in Eng.) (date of referring 19.04.2021)

4. URL: https://www.queensu.ca/connect/grad/2018/08/22/overcoming-the-challenges-with-distance-learning/ (in Eng.) (date of referring 23.04.2021)

Kushnir M.
Academic adviser Yakubets E.
Maritime Applied College of Kherson State Maritime Academy ,
Kherson

THE IMPACT OF DISTANCE LEARNING ON COMMUNICATIVE SKILLS DEVELOPMENT WHILE STUDYING FOREIGN LANGUAGE.

Being effected by COVID 19 pandemic teachers as well as students were put into the unexpected conditions and faced the quick change of studying environment and teaching methods required. Current technical development provided teachers as well as students with effective tools to integrate learning approaches for student's skills development. The use of computer-mediated activities while on line studying is helpful and makes the studying process more effective and meaningful but is it the same powerful in reference to the students speaking skills progress?

The aim of this study is to investigate whether students who are practicing distance learning of foreign language through computer based activities feel the constant development of speaking skills and recognize its positive impact on their confidence and willingness to communicate through using target structures and vocabulary and to define various effects of distance learning on improvement of competency level.

As *oral*, *written* and *nonverbal* communicative skills are all teachable, but practicing oral requires student's participation through classroom *discussion* which increases motivation and problem solving ability and is considered as the essential component of all pedagogical strategies. As written skills can be improved through chat there is difficulty to improve oral because of lack of tools and on line based methods. So there is an obvious risk that during distance learning the level of communicative skills is severely decreasing and this fact rises the problem of low competency level of students [1].

As most research is concentrated on using of interactive multimedia it's obvious that many online courses use both synchronous (video conferencing) and *asynchronous (chat, information board)* communication. Asynchronous interaction is prevailing because of its flexibility which allowing students as well as teachers to give, process and receive information from any place anytime but in addition it provides participants with time for reflection and they find it easier to manage, but such communicative method provides less direct real time interaction. As much of our everyday communication is spontaneous, distance learning methods providing asynchronous communication limit the area of such skills development. Absence of real, "Human" communication between students and teachers has negative impact. The lack of opportunities to orally express their knowledge can lead students to poor-quality assimilation of knowledge and other problems [2].

This research was conducted in maritime professional college KSMA on the bases of analysis of student's experience and different open internet resources in order to consolidate personal knowledge with existing facts, to collect data questionaries' and interview methods were implemented. Students were asked to evaluate the impact of distance as well as class based learning on such emotional criteria as: engagement, interaction, motivation and enjoyment, to analyze the effect of both studying environments on practical criteria students were proposed to rate the level of development and involvement in such activities as: understanding of language patterns, giving response, holding attention, participating in debates and discussions. Collecting and processing quantitative and qualitative data helped to compare the results of research with existing information on the topic. A complete deepen in this topic was possible as the researcher experienced an effect of periodical distance learning during online and offline sessions since march 2020 interacted with groupmates to understand positive and negative effects they were experiencing during distance learning. That is important to create the oral communication course which will provide students with opportunity to communicate orally in real time and get immediate feedback from the audience.

As a result of the interview conducted among the students of group C-112 out of 13 students of the interviewed group, 9 (70%) felt that video conference was beneficial in helping them to improve their oral communicative skills and is a good method to practice in English conversation, the other 3 (30%) did not find it more useful than other methods used but pointed that their attitude is also influenced by unstable internet connection which is a usual challenge for all participants of distance learning process. 7 (53%) of 13 participants stated on possibility to extend vocabulary 5 (38%) pointed on some improving of listening skills as they were able to concentrate on material being not disturbed by usual class environment factors. As the chart of emotional evaluation shows students find on-line studying more flexible, accessible and autonomic at that time class room based more motivating and comfortable for different types of interactions and social relations (figure 1) the second (Figure 2) demonstrates that developing of listening skills and gaining active vocabulary is more likely during on-line sessions which demonstrate decreasing in such communicative aspects as questioning and responding as well as interacting,

Studying this topic, it was realized that instead of obvious benefits of web based studying, developing of teaching methods and implemented technologies the negative impact of distance studying on development of communicative really exists and must be coped with. The only way to finding solutions is to alternate different ways of teaching, till students are ready for both methods, and this will indicate the new level of communication in foreign languages progress. It can be reached through web based as well as class based sessions, the main aspect is to agree on the student's capabilities to get in touch, set the level of knowledge and find out the most comfortable way of learning and interacting. On the early stage of distance learning formation teachers need a greater understanding of how students perceive and respond to elements of distance learning as well as how to most effectively apply this training format to improve the quality of education.

This research was made to demonstrate both negative impact of distance learning on communication skills development as well as benefits supporting learning a foreign language on distance. The results of questionnaires', created in order to conduct a survey in a group, to prove that this negative influence is present, and to find out ways for solving this problem that is urgent and up to date. The aspects described each person may face when learning a foreign language remotely, namely the development of communication skills, and also come up with alternative solutions.

References

1.   Effects of distance learning on English language learning. URL
https://www.sciencedirect.com/science/article/pii/S1877042813002097
2.   Distance learning for developing knowledge and skills in English language teaching URL https://cyberleninka.ru/article/n/distance-learning-for-developing-knowledge-and-skills-in-english-language-teaching

Sydorchuk O.
Academic adviser Dodrik O.
Separated Structural Unit Nova Kakhovka Polytechnic Professional College of State University «Odeska Politechnica»,
Nova Kakhovka

DISTANCE LEARNING IS A MODERN FORMAT FOR ACQUIRING KNOWLEDGE, VIRTUE OR ATROCITY

Due to quarantine, we have been in distance learning for 2 years. It was very difficult for us, students, who studied various sciences offline, sitting at desks of college, looking at the drawn board and the back of the teacher's head. It was too hard to adapt to this way of learning. It has many advantages and is an excellent alternative to classical lessons, but at the same time it has its own features and difficulties that can prevent students from concentrating on acquiring knowledge.

The first and most important problem, in my opinion, is the difficulty of adapting to the online process of studying. When sitting in classrooms, students interact directly with the teacher and classmates: go to the board, show visual examples, work with posters, maps and pictures; then sitting at home in front of a computer screen, the maximum with which they interact is a notebook, a pen and a computer mouse. Students with a traditional mindset sometimes find it difficult to adapt to such conditions.

The second important problem is low computer literacy. Although children are now born with a phone in their hands, nevertheless, few students are able to use the standard programs needed for study: Microsoft Word, Power Point, Excel. If before it was possible to write an abstract by hand on A4, now it takes at least knowledge of Word to get the coveted five. Also, the entire gallery of your phone is full of photos of abstracts, tables, practical, independent and control works, which can be an inconvenient moment for modern youth [1].

The third problem is technical problems. Although this difficulty does not depend on the psychological state of the student, it is a very important aspect of learning. Everyone has probably encountered the fact that during the lecture the Internet was turned off, the pet bit the cable or the network was simply overloaded. But the hardest thing to learn online is when the family has one computer at all! And everyone needs to learn! Not everyone can afford to buy a child a gadget to study. You have to ask for help from friends and neighbors, that leads to some discomfort.

The next difficulty is weak motivation. If than the student was awaken in the morning by his mother, cooked a delicious breakfast, sent with a briefcase to college and you had to sit all classes, because no one wanted problems; so now, you can tinker, turning off the microphone, camera in the application and go about their business, or even go back to bed.

But I understand why many do so. Not all teachers are as well adapted to distance learning as students are. Some students, instead of presenting with new material in an interesting media format, for example: in the form of presentations, videos, various programs, games, use only a computer and a little imagination, they, again turning to conservatism, open a dusty yellow book and forced to write twenty-page abstracts [2]. This is most likely due to laziness or simple computer illiteracy, and most importantly, unwillingness to learn. Of course, the child will lose any motivation in such studies.

As for psychological problems in distance learning, an important aspect is that students do not have social interaction. While in the classroom, they have the opportunity to seek help from a teacher, communicate with classmates, discuss homework, show off new stationery, joke and share experiences. And sitting at home at the computer, it would seem, they are not distracted by anyone, do not talk to each other, because the teacher hears everything perfectly, focused on getting new information, but sometimes this silence is

scary. Without noise and company, students feel isolated from others and this has a bad effect on motivation and academic performance.

It is also important to maintain a balance between study and leisure during self-isolation. It is very difficult to be near the screen for about 6 hours, because the eyes, back, head begin to hurt [1]. As a result, the student gets stressed. Moderate levels of stress are sometimes beneficial, it has a positive effect on performance, but with prolonged exposure it can turn into a harmful form, dangerous to health, as well as lead to burnout.

Do not forget that we live in the real world, not in the virtual and after a hard day's work, having done all the tasks, you just need to turn off the computer, give the body a break from such a load, go out, take a walk, meet friends, not open a new tab and turn on the movie. After such a long time at the computer, you will lose any desire to get up again tomorrow at 8 am and look at the annoying screen.

Yes, distance learning has a positive side: students do not spend money on travel, they have a lot of free time, they can do something useful between lessons. This is, in a way, a challenge to first and foremost for our conservative education system, as well as for teachers and students. They can develop, learn to use new programs to structure information (which will help them a lot in the future), express themselves creatively, do homework in various interesting formats, preparing for the lesson personally edited movies, videos, presentations with original transitions and music [2]. Are we ready for this challenge? Controversial issue. Maybe we just need time to get used to it.

But I still hope that sooner or later we will return to our classrooms, see classmates, teachers, laugh, joke and learn to adapt the possibilities of the media to our daily learning.

References

1. . Problems of distance learning and ways to solve them. URL: https://4brain.ru/blog/problemy-distancionnogo-obuchenija-i-sposoby-ih-reshenija/ (in Rus.) (14.04.2021)
2. Strenuous exertion: we fight stress in the conditions of distance learning. URL: http://distant.itmo.ru/stress (in Rus.) (17.04.2021)

Savchuk V.
Academic adviser Petrushenko O.
Maritime Professional College of Kherson State Maritime Academy
Kherson

SOME ASPECTS OF IT ILLITERACY AS A PART OF DISTANCE LEARNING

Distance learning is a learning process in which the teacher and student are not physically in the same place. That is, training is carried out remotely over the Internet through video calls, online courses or mobile applications.The global e-learning market is growing at a colossal pace, expected to reach $ 325 billion by 2025.This is understandable since online training is cost-effective, convenient and beneficial for the general population. One of its main advantages is that it is available to everyone; the price of training solutions tends to fall.

Distance learning is an ideal solution not only for students, but also for employees who want to improve their skills, as well as for those who, for various reasons, cannot travel to university or school. The opportunity to gain knowledge without leaving home makes the learning process comfortable, flexible and less tiring, for example, because you do not need to spend time getting ready to go to an educational institution or overcoming traffic jams.

In 2005, an e-learning project was initiated and there are plans to introduce a learning management system. In this study, we estimate the level of students' computer skills, the number of students having difficulty with e-learning, and the number of students opposed to e-learning.[5]

Computer literacy in some countries means having minimal and basic knowledge of computers. However, in other countries, computer literacy includes an elementary knowledge of programming as well. According to very reliable sources like UNESCO, computer literacy in the said nations is around 7%, which is appalling, to say the least. In this modern world, where everything is digitalized, such low numbers of computer literacy are a substantial hindrance in the progress of any country.[4]

You would expect at least corporate employees/learners in these nations to be tech-savvy, but unfortunately, a lack of computer literacy exists amidst them as well. A lot of these corporate learners have trouble using simple tools such as the Microsoft Office Suite to manage their files. And, unlike their counterparts in developed nations, these corporate employees have no idea how to fix common computer problems (for example, a network cable which got unplugged) as they have no knowledge of hardware, which causes hindrances and interruptions at work. Also, when such learners see their digitally educated counterparts, they get even more disheartened. How can we effectively hope to use e-Learning as the prime means of education? The solution lies in the problem itself. E-Learning is computer-based learning, and as learners use computers to take special courses, they become more and more computer literate. But, how do you teach learners with no first-hand experience of computers? [1]

Blended learning can work wonders for such a problem. While providing digitally weak learners with e-Learning courses to complete would be like asking an illiterate person to read, things are different when it comes to blended learning, and a person has got to start from somewhere. Using the blended learning model, employees with low computer literacy can be started off with classroom sessions on basic computer literacy, which can then be followed by the application of the lessons taught. The only way to retain information is by learning, followed by application. And that's exactly what this model of e-Learning encompasses. You'll be surprised at how quickly these initially "digitally weak" learners catch up once they get a hang of the basics. It won't happen overnight but it is a much faster way to strengthen learners' computer literacy than traditional methods.

It is obvious that without basic knowledge on how to operate basic programs and such, learners will have a hard time taking online courses. Which is why training that increases the learners' knowledge about computers, as well as its application coupled with basic knowledge of hardware that allows these learners to fix common computer problems, are required. Blended learning is highly efficient, fast-paced and targeted, and thus will allow digitally illiterate or weak learners achieve high results.[2]

As for student attitudes toward e-learning, we found that age, computer use, and previous exposure to computers are more important than gender. A sizable number of students, 12% of the total, make little or no use of existing e-learning offerings. Many

students would benefit from a basic introduction to computers and to the relevant computer-based resources of the university. Given to the wide range of computer skills among students, a single computer course for all students would not be useful. Special measures should be taken to prevent students who have a lack of computer skills from being disadvantaged or from developing computer-hostile attitudes.

As to adults, community learning and adult learning are also synonymous or nearly so, and often refer to face-to-face informal learning, sometimes growing up from within the community and sometimes supplied by a formal institution like a college or university. They are not generally distance learning but might nevertheless use online resources, given the bandwidth and the imagination. Technologically enabled pedagogies impose learning on people and communities at a distance; however that distance is defined, and allow the providers and producers of learning to assert their cultural hegemony.

In our college, for 2 years of study, students have never encountered illiteracy in the program. And all the teachers are professionals in their field. But during the period of quarantine some teachers encountered some difficulties with using electronic platforms or programmes for conducting their lessons. Recently, I was involved in solving this problem. We had an important conference in zoom. Everything would be fine, but the teacher was not very experienced in this program, and asked for help. The problem was to join some cadets to the conference. After 5-8 minutes, I was able to help and together we could solve this problem. The progress in developing of modern technologies is so fast-moving that not all learners can process the huge amount of information. Teachers who got used working with traditional methods of educational process have to master their skills as well as learn new methods and approaches to teaching. Therefore, not all trainers can cope with a hardness in using computer applications and programmes.[3]

So, we can conclude that distance learning within the wider context of the global technological and economic trends and pressures and against the context of specific educational technology trends and initiatives. This has not been easy since these trends are characterized by fragmentation and diversification. It should remain open, flexible and aware, to seek and expect change, connection, agency and authenticity. Nowadays traditional education includes distance learning. It must come from the providers, the funders, the managers and the trainers of distance learning. And the responsibility of both trainer and learner is to provide a proper understanding of necessity to improve their skills in using new programmes and electronic platforms. And the task of the participants of educational process is to prepare themselves to get or give knowledge and continue teaching process not only during such disasters as pandemic COVID but also as a part of blended learning. Taking into consideration theses conditions the problem of IT illiteracy will reduce or disappear at all.

References

1. Education Sciences | Free Full-Text | Continuance Intention of Augmented Reality Textbooks in Basic Design Course: https://www.mdpi.com/2227-7102/11/5/208 (2018).
2. Education Sciences | Free Full-Text | Using Blended Project-Based Learning for Students' Behavioral Intention to Use and Academic Achievement in Higher Education: https://www.mdpi.com/2227-7102/11/5/207 (2018)
3. Moore, J.L.; Dickson-Deane, C.; Galyen, K. e-Learning, online learning, and distance learning environments: Are they the same? Int. Higher Educ. 14, 129–135.(2011)

4. Valentine, D. Distance learning: Promises, problems, and possibilities. Online J. Distance Learn. Adm. 5, 1–11. (2002)

5. Folkestad, G. Formal and informal learning situations or practices vs. formal and informal ways of learning. Br. J. Music Educ., 23, 135–145.(2006)

Servulya D.
Scientific adviser Petrushenko O.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

SOME DIFFICULTIES OF USING ELECTRONIC PLATFORMS IN DISTANCE LEARNING

Everyday routine and usual life seem to be so natural and settled that in case of any unexpected situation like the pandemic COVID 19 we meet some difficulties. You have to get used to the new rules and lifestyle. The educational process is a large branch of the educational system, and the problem of replacing classical education by distance learning using the Internet is one of them.

Studying in a flexible schedule, at an individual's pace, without interruption from the main activity, in one's comfort zone are some pros of this form of learning. And, of course, you can face with disadvantages of distance learning. Based on the experience of on-line education (Webinar, Zoom, Skype, Discord, Moodle etc. platforms), we will describe the main forms of the teacher's work with students, their pros and cons: the impossibility of problematic lectures in the absence of feedback from the audience, restrictions on the use of creative forms of work, and a significant increase in the load of the teacher, etc. In the absence of a variety of emotional stimuli, students have problems of psychological adaptation, the creative level of work decreases, and a lack of self-discipline.

Video conferencing (using platforms: Webinar, Zoom, Skype, Discord, etc.) provides teacher-student feedback. They are used in seminars and practical classes with a number of participants up to 25-30 participants. Video conferencing makes it possible to ask and respond to questions, students, if necessary, can record a video conference to watch it again, outside listeners are excluded, which more or less guarantees the copyright of the teacher. It is possible to demonstrate presentations, videos and display the necessary documents on the screens during the conference. But they have time limits: from 40 to 60 minutes. [1]

In the context of the transition to general distance learning, during a pandemic, when at the same time a large number of teachers conduct different classes with a large number of students, not a single platform could withstand, technical support or have time to regulate communication, there were constant failures in the work of platforms and it was recommended to start a new conference for teachers, and for students to enter the program again, which is not always possible with a large number of students from different regions. The key problem of control during testing and examinations is user authentication, excluding the use of cheat sheets for answers and Internet materials opened on the same computer in another window. It is impossible to observe who is being tested and how.[2]

The study of students' opinions on the organization of distance education using the Moodle program made it possible to highlight the following shortcomings: the lack of direct communication of students with each other, with the teacher - a significant disadvantage for the educational process. There is not sufficient emotional coloring of online classes, insufficient work to stimulate and support a creative atmosphere in the group of students. Distance learning requires strict self-discipline, and its result as a whole depends on the independence and consciousness of the pupils, on his motivation, the formation of skills and abilities of independent work. With a great number of written works, doing assignments, most often they rely on the work of one teacher or one pedagogical direction, they simply do not have time to analyze the material. In direct communication, in a discussion, students in one group may have different points of view and arguments in support of them.

We would also like to add about distance learning in educational institutions. In addition to these problems, teachers faced even lower skills of independent work than students, lack of responsibility and skills of self-organization and self-control. Despite the fact that in these conditions, most of the students had parents at home, in self-isolation and remote work, and, it would seem, could exercise control and organize the work of their children. However, teachers note that not all parents can and understand how to arrange such training; someone during school hours is busy with their work, in families where several children do not have the opportunity to simultaneously work all family members at the computer at once, to complete their tasks. In this way, it often happens that a schoolchild or student enters an online lesson and, with a working computer or other device, in the absence of control and organization on the part of the teacher, is engaged in extraneous matters, does not understand the lesson material. This has led to a serious learning failure in recent times for many students. So, the transition to universal distance learning, in the current situation, clearly showed all its imperfection.[4]

Communication systems and technical platforms turned out to be unprepared for their active and varied use. Teachers who have been trained in the relevant advanced training courses on the use of IT technologies, recently, urgently had to master new platforms, simultaneously solving many problems, not always in a timely manner and at the proper level. The technical support and support of the lecture, communicative (consulting) format of interaction with students is far behind the requirements of the time. For most students, with a huge overload, there are problems associated with the lack of direct active communication with the teacher and students, problems of psychological adaptation, increased anxiety. Creative and scientific works have a much lower level, control shows fragmentary, poorly fixed knowledge. Only highly motivated students with good skills in independent work and self-control show a proper level of mastering the material.[3]

We believe that distance education, with all its convenience and mobility, the possibilities of IT technologies and the Internet, can become worthy support and diversify traditional full-time education, realizing all the advantages and, due to full-time education, significantly reduce the shortcomings, thereby realizing the opportunities and dignity of both forms of education. Distance education can and should remain and develop in parallel with traditional forms, for advanced training, self-education, accompanying students with special educational needs, studying according to individual plans.

We would like to give some recommendations to cope with some harnesses for students: take an active part in online communication with other students, share information and opinions. If you find that you cannot cope with feelings of loneliness and

disconnection, and sharing your feelings is difficult for you, try creative self-expression - this is one of the most effective ways to regulate the nervous system during stress: draw, sing, dance, expressing unproductive feelings. Anyway this period is temporary and we need to be patient and wise to overcome these difficulties.

References

1. https://profed.nsau.edu.ru.(2021)
2. https://4brain.ru/blog/problemy-distancionnogo-obuchenija-i-sposoby-ih-reshenija. (2021)
3. https://cyberleninka.ru/article/n/distantsionnoe-obuchenie-problemy-i-perspektivy/viewer(2021)
4. Okolelov, O. P. Handbook of innovative theories and methods of training, education and personal development: teacher's handbook: reference book (2020).

Shyian M.
Academic adviser Anosova Y.
Separated Structural Unit Kherson Polytechnic Professional College of State University «Odeska Politechnika »,
Kherson

DIFFICULTIES TYPES WHICH TEENAGERS MEET DURING DISTANCE LEARNING

Distance learning becomes more and more popular in different countries. Many people from all over the world try to have some classes because they have to work. American people like this kind of education. European people also started to have interest because distance learning gives us new opportunities. But there are also difficulties of distance learning: technical, organizational and other (Figure 1).
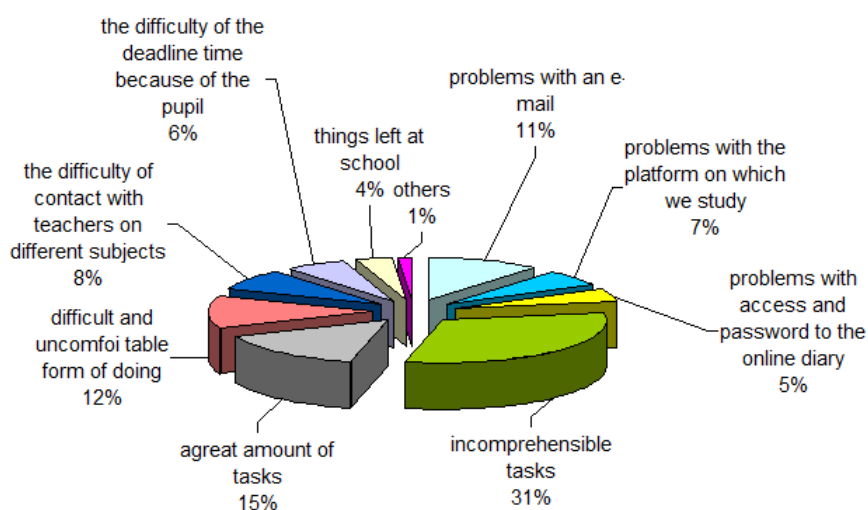

Figure 1 - Challenge types arising at online learning and the frequency of their occurrence (%)

To the technical difficulties we refer:

- Problems with e-mail;
- Problems with platform on which we study;
- Problems with access and password to the online diary.

Technical difficulties appeared when students had to register on the new platforms with the creation of new accounts and e-mails. It turned out that teenagers can use different social sites such as "YouTube" or "TikTok" easily, but it is difficult for them to use e-mail.[1] One more problem is that in many cases the teacher's e-mail can't stand overloading and stops to accept e-mail messages from the students, which upsets greatly both of them. For a university, transferring everyone to distance learning is associated with huge financial costs. In addition to equipping all teachers and students with the necessary technical means and software, it is necessary to find and train special personnel who will help in solving technical problems during the study process.

The second group is organizational difficulties.

- Incomprehensible tasks;
- A great amount of task, devaluation of labor intensity;
- Difficult and uncomfortable form of doing some tasks;
- The difficulty of contact with teachers on different subjects;
- The difficulty of the deadline time;
- Things left at the educational establishment.

Practically the third part of the complaints was on the "incomprehensible tasks". Teens stated that sometimes it wasn't clear what they should do orally and what they should do in written form, what tasks they should pass in what period of time.[2]

A lot of teenagers remarked that most of the teachers gave them opportunity to ask questions and they reacted on them friendly and positively.

In conclusion, it should be said that during online learning all the teenagers suffer from the limits and lack of communication. Also, their physical and emotional health suffers greatly. We all understand that it is better for students to study at educational institutions, because real communication has positive effect on them.

References

1. Румянцева, А. В. Опыт дистанционного обучения глазами подростков // URL: Непрерывное образование: XXI век. – 2020. – Вып. 4 (32). https://lll21.petrsu.ru/journal/article.php?id=6349 (in Rus.) (04.05.2021)

2. Эссе URL: https://telegra.ph/EHsse-Po-Anglijskomu-YAzyku-Distancionnoe-Obuchenie-12-06 (in Engl.) (05.05.2021)

Ishchenko Y.,
Academic adviser: Naumkina O.
Separated Structural Unit Kherson Polytechnic Professional College of State University «Odeska Politechnica»,
Kherson

THE IMPACT OF DISTANCE LEARNING ON THE LIFE OF STUDENTS: THE PROS AND CONS OF SUCH TRAINING.

In 2017, 6.6 million students enrolled in distance learning. Due to the spread of COVID-19, that number has skyrocketed to over 400 million students. Online learning from a distance has become a go-to method of education, especially as we all adjust to new circumstances presented by the COVID-19 pandemic.[1]

"This is clearly an unprecedented time, and for universities, this may force online learning to become the new normal. Multiple studies suggest that most students are already confident that technology-enabled learning works, but this has probably been a difficult transition for some faculty members. I am hoping that universities and faculty members will embrace the challenge and adapt," K. Holly Shiflett, director, North American partnerships, FutureLearn, said in his interview.[2]

Today, there are a lot of colleges and institutions that provide distance learning courses. Developments in technology continue to make it easier for the current and future students to achieve their dreams through distance learning programs. Distance learning is designed to offer opportunities to learners who are unable to pursue the on-site study. It provides students the elasticity to complete their course from the ease home and other remote sites; they only need a computer, a mobile or a tablet with internet connectivity.

Distance learning may be advantageous for some students and not for others.

Let's take a look at all the advantages and disadvantages of distance learning.

The possibility of self-development and regulation of the pace of learning. Remotely, there is no need to rush, Learners can work at your own pace without worrying that the lesson will end and you will not be able to do something. Students can listen to the recording of lectures as many times as necessary. They can stop to take notes or skip a topic if they are familiar with it.

Flexibility of the schedule and free planning of classes. Distance education provides opportunities for people who may have trouble attending a traditional institution such as stay-at-home mothers, people working full time or members of the military. Many online educational programs allow you to work at your own place, so you can fit your education into your schedule. Flexibility in distance learning program gives chance to study without interfering in your personal life. If are working then you can always plan learning around other features of your life, without effecting any disturbing to personal nor professional life.

Availability of feedback from the teacher. You can contact the teacher at any time through messengers if you don't understand something or are interested in something;

The opportunity to get an education regardless of place of residence, health status and material security. Teaching students at a distance allows them not to miss classes for one reason or another. For example, if a student is sick. It is enough just to turn on the computer, join the virtual conference and you will be able to attend the lesson. And this is without harm to health.

Seeing the above mentioned advantages of distance learning, it becomes a little uncertain if this method of learning has any disadvantage or not. But to be frank, there are some problems too.

Dependence on network access. It happens that we are "out of the access zone" or we have a weak Internet, and this threatens to miss important lectures. Constant access is one of the most important prerequisites for distance learning.

Lack of live communication. In distance learning, study in a group is difficult, one just have to do by himself which becomes publicly one-off as there is no communication with other classmates. No chance for communicating with classmates and teachers orally.

Gadgets life. Quarantine forced students to sit in front of monitors all day. Ophthalmologists generally do not advise learners to be at the screens for more than two hours a day. In addition, after training, they immediately switch to entertaining content in gadgets. Therefore, the life time in gadgets is almost doubled.

No feedback immediately. Distance learning is not like a regular classroom. One does not get the feedback immediately; instead they have to wait for their teacher's reviewing the task and send them for comments.

There is another problem and it is related to technology. Not every student knows how to attend virtual classrooms well. Most of them do not have the hardware and software capability to receive video via the Web. Many teachers are also reluctant to switch from the traditional methods of teaching to technology-oriented approaches.[3]

Despite all these things, distance learning is gaining popularity in last few years among students like never before and many students are satisfied with this learning experience.

References

1. National center for education statistic URL:
https://nces.ed.gov/fastfacts/display.asp?id=80
2. Inside higher ed. URL: https://www.insidehighered.com/digital-learning/article/2020/03/18/most-teaching-going-remote-will-help-or-hurt-online-learning
3. Duffy, J.P. College online: how to take college courses without leaving home. New York:John Wiley & Sons, Inc

Секція 2.
THE PROBLEMS OF SOCIAL ISOLATION IN DISTANCE LEARNING AND PSYCHOLOGICAL CONSEQUENCES ON YOUTH.

Artemchuk A.
Academic adviser Gukova A.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

WHY IS DISTANCE LEARNING HARMFUL FOR STUDENT'S DEVELOPMENT?

Nobody could predict that nowadays situation in the world would have such tremendous impact on the studying sphere. The biggest problem was that it happened suddenly. Neither teachers nor students were prepared to face with this situation, that is why it became one of the biggest challenges in the educational sphere. Therefore, the Ministry of Education had to react immediately. As we are able to see, nowadays system of distant learning works normally, however, for the last year working online we have faced with several difficulties.

It is important to mention, that despite of facilities of online studying such as video meetings, the time given to fulfill the tasks etc., the level of student's knowledge declines. Although, teachers do their bests to encourage students to show the high level of results and to raise the quality of student's knowledge, the problem of controlling children interferes the development while distance learning. We would like to stop on this

challenge more detailed. The fact is that a colossal part of students is not involved in studying process even sitting at their desks. There are many well-known reasons for that. But still situation is controlled by a teacher, who facilitates and solves misunderstandings during the lesson. Learning online demands students to be more responsible, disciplined and hard-working, because they have to organize their working time and space. It is rather difficult to learn, read or write something, because everybody understands that there is a possibility to find the information out on the Internet or just ask somebody to help. As a result, it makes students degrade because of such temptation by the feeling of freedom. We do not want only to criticize online learning, because it is an excellent invention, which gives us an opportunity not to distribute the virus and save our health. Nevertheless, there are the consequences of this: most of students allow themselves to miss lessons and do what they want feeling independence [2].

The next thing, which should be mentioned, is that online learning loses the possibility of communication between students and teachers. Might be a lot of people who will argue with such opinion, saying that there are many ways to converse keeping distance using such programs as «Google meet» or «Zoom» but everyone deep in their mind knows – communicating in reality is much useful and understandable than dealing with each other sitting in front of the computer's screen. Speaking about majority of people, they don't see the difference between real and virtual communication, however, for guys who really try to accomplish the increasing of their mind it creates some troubles. As for experience of studying in lyceum before entering the Maritime college, it was terrible to cope with teachers. We reckon that the reason of this was feeling the same relaxing, home atmosphere by teachers. But nothing could be done with it and the studying process continued.

Also important thing is, that not everybody is able to deal with modern technologies on a high level. Online learning requires us to have at least a basic understanding of using digital forms of learning, to have the necessary resources and tools to conduct and to attend online classes. But unfortunately it can also become a challenge for some students and teachers [1]. To overcome this problem, it is important for educational institutions to pay more attention to the organization of comfortable studying process both for teachers and students, to invest in different learning facilities to make online learning more productive.

One more challenge, which should be overcome, is communication among students. They can learn a lot from being in the company of their peers, however, in an online class, there aren't any physical interactions between students. This often results in a sense of isolation for the students [1]. As for personal experience, students are really running out patience while studying online, because they miss groupmates and while discussing different issues it is difficult to express and share emotions fully.

Conversing online creates distance between people. Certainly! Why have people to meet, waste time to get to each other just to exchange the information if they are able to use phones, computers, laptops etc. Therefore, it becomes the cause of a slow extinction of the nature communication's necessity [2].

And the last issue, but not the least, is physical disadvantages. When somebody mentions the harm for heath while distant studying the first thing which everyone will think about is eyes, because sitting in front of the computers screen approximately 5-6 hours per day influences on vision badly. Many parents are concerned about the health hazards of having their children spend so many hours staring at a screen. This increase in

screen time is one of the biggest concerns and disadvantages of online learning. Sometimes students also develop bad posture and other physical problems due to staying hunched in front of a screen. A good solution to this would be to give the students plenty of breaks from the screen to refresh their mind and their body [1].

As a conclusion, general point of view about situation which is taking place nowadays should be expressed. We need time to adapt to such conditions. It makes people to be flexible and morally ready to face with such situation next time. Moreover, such atmosphere made a lot of people appreciate the real life and spending time together. The best period of life is studying period – it is the time of making new friends and acquaintances and getting to know something new and it is not the best idea to spend it online.

<div align="center">References</div>

1.   Advantages and Disadvantages of Online Learning. URL: https://elearningindustry.com/advantages-and-disadvantages-online-learning (in Eng.) (date of referring October 10, 2020)
2.   5 Reasons Students aren't Engaging in Distance Learning. URL: https://childmind.org/article/5-reasons-students-arent-engaging-in-distance-learning (in Eng.) (date of referring August 7, 2020)

Andrusyshyna K.
Academic adviser Melnik T.
Kherson professional college of culture and arts,
Kherson

THE EFFECTS OF ONLINE LEARNING ON COLLEGE STUDENTS' MENTAL HEALTH

Due to the spread of the Covid-19 virus on March13, 2020, Ukraine began to introduce quarantine measures, which led to the closure of all educational institutions indefinitely. They were forced to move to a distance learning process in a short time. On the one hand, the potential of digital technologies to enhance student learning should be expected in the near future, linking distance learning with the rapid development of information and communication technologies, but we still hoped for its smooth, gradual formation, taking into account the results of relevant research. The same point of view was held by foreign experts (see, for example, Siemens & Dragan & Shane, 2015) [1]. The concept of blended learning to combine the benefits of face-to-face and online teaching is gradually being integrated into institutions, and digital technologies are clearly integral to the future of education around the world.

On the other hand, however, due to the sudden emergence of Covid-19, most teachers and students faced unforeseen challenges, including lack of online-teaching experience, lack of time for preparing distance-learning courses, and figuring out how to make use of support from educational technology teams.

As we see the readiness for this process was different, there were problems from the lack of the Internet, computers, and educational materials on the network to psychological effects.

Findings suggest that online learning affects everyone from young children to young adults, and teachers. For many students, virtual classes may worsen existing mental health disorders. For others, the impact of the pandemic and online learning can trigger new changes in mental health and mood.

Here are some of the ways students are most affected by online learning [2].

Social Isolation. While primarily a place of education, college is also the center of many students' social lives. College offers teenagers and young adults an opportunity to connect with their peers. It's an opportunity for them to socialize and express themselves. However, with colleges moving to virtual formats, teens may feel lonely, unmotivated, or discouraged without regular social interaction.

Numerous studies have shown social isolation can cause higher rates of negative outcomes for the mental and physical health of individuals. Other studies have found that face-to-face interactions can help reduce depression and anxiety. Less social interaction may increase feelings of social anxiety and pressures. For example, teenagers may worry about changes in their friendships as a result of prolonged isolation.

Increased Stress and Anxiety. Alongside the lack of social interaction, online class structure can affect teens and adolescents in a number of ways:

-They may feel heightened anxiety about keeping up to date with their college work.

-Other teens may experience difficulty concentrating or staying focused while at home.

-For some adolescents and young adults, being in front of others on video can lead to its own anxieties.

-Students may find it difficult to receive the extra education support they need to succeed.

As it is well known, being a teenager or young adult is often challenging enough; however, additional pressures placed on students can exacerbate normal anxieties and stressors.

Virtual Learning Fatigue. Spending a significant amount of time online can fatigue both students and their teachers. Sometimes, this impact is referred to as "Zoom fatigue." Part of the reason a day full of video interactions is so mentally draining is because our brains are unable to process information in the way it's accustomed to.

When we have in-person interactions, there are a number of non-verbal cues our brains process. These cues include: tone and pitch of voice, facial expressions, eye contact, body language.

When it's difficult or impossible to pick-up on these cues, our brain must work harder to interpret the information that it's receiving. On its own, this can cause extra mental fatigue. When this is coupled with the constant self-awareness of being on-camera in front of others, stress levels can easily begin to rise.

Despite the potential for virtual classes to impact a teen's mental health negatively, there are still some positive benefits. For some students, being home and around family, particularly during the COVID-19 pandemic, can offer feelings of safety and reassurance. For these students, their home can become a safe learning environment where they feel more productive.

In addition, while college is a place for teens to socialize and form friendships, not all social interactions are positive. Students may become victims of bullying at college. For these students, virtual learning offers an escape from depression and anxiety caused by the fear of being bullied. For other students, virtual classes can also provide an escape from the constant weight of peer pressure.

Furthermore psychological factors and non-cognitive skills, in particular, students 'motivation to learn, persistence, ability to control their time, ability to self-education are also important for learning material during distance learning and affect as mental health as the level of students' knowledge.

According to the researchers, the crisis during the pandemic helped emphasize the importance in the lives of students of socio-emotional or non-cognitive skills: creativity, tolerance, perseverance, empathy, resilience, and self-control and time management. "For example, resilience – the ability to adapt to different situations and not lose personal growth – along with perseverance and self-control have gained new recognition as important life skills during these months of the pandemic. Students abruptly switched to online learning, they had to attend classes without direct teacher supervision or interaction with other students, which requires a higher than usual level of self-control and perseverance. Creativity is another skill that is likely to help students well during this crisis: students who find new ways to be busy make forced isolation effective, benefit, while their bored peers lose ground," the researchers write [3].

But at the same time, it is believed that the results of those students who are motivated to learn are relatively unaffected by the pandemic, as they require minimal supervision from parents and teachers, while students who study poorly face difficulties.

The disruption caused by Covid-19 in the educational sector may last longer than originally predicted. To better understand the current situation, we organized a survey among full-time higher education students of the Kherson professional college of culture and arts in the specialty "Musical art". It showed that 71% of responds have constant internet access; 20% of students feel stress because of lack of internet access; 67% of the students reported symptoms of anxiety because of misunderstanding how to do assignments, although in the majority of cases these symptoms were mild; 14% of students experience fatigue during and after online lessons; 52% of students are afraid of getting sick COVID19.

Overall, the students reported coping well during lockdown. Moreover, we did not find strongly significant effects on mental health.

However, there are many questions that remain unanswered. It is unknown how long the physical distancing measures will be in place and whether or how they will affect development and mental health in the longer term. Even if physical distancing measures are temporary, several months of physical distancing represents a large proportion of a young person's life during a sensitive period of development, so it is possible that the effects will be more potent than for adults. Furthermore, there is little understanding on how the consequences of physical distancing compare with other stressors experienced by adolescents during the COVID-19 crisis, including economic pressures, uncertainty, and loss of public events marking key life stages and rites of passage. There needs to be more information provided about the potential merits (and harms) of digital connection and governments need to address the digital divide by supporting access to digital connection in families irrespective of income or location. Finally, there is an urgent need to understand the short-term and long-term effects of social deprivation and physical distancing, reduced face-to-face social interaction, and increased use of digital means of connection, on human adolescent development and mental health.

Successful solution of the problem of introduction of distance education in Ukraine will help to improve the quality and level of accessibility of education, integration of the

national education system into the scientific, industrial, social and cultural information infrastructure of the world community.

References

1 Remote learning and students' mental health during the Covid-19 pandemic: A mixed-method enquiry. URL: https://bit.ly/2Qqt5ZU document (in Engl.) (date of referring12.04.2021)
2 The Effects of Online Learning on a Teen's Mental Health. URL: https://bit.ly/32qUGwf document (in Engl.) (date of referring12.04.2021)
3 Quality educational measurements are needed to know how to compensate for the loss of education during a pandemic. URL: https://bit.ly/3sSuvtc document (in Ukr.) (date of referring20.04.2021)

Biloborodko A.
Academic adviser Sereda N.
Valentyn Benkovskyi Beryslav Applied Pedagogical College
Kherson State University,
Beryslav

ASPECTS OF ADAPTATION PROCESS DURING DISTANCE LEARNING

Distance education is hard work that involves all participants of its process both members of education process and parents.

All the participants faced different problems of distance education.

Online courses are known for the convenience and flexibility. It allows students and pupils to conduct training without leaving home.

Many students see learning not only as gaining knowledge but also as a social interaction.

From our point of view, distance learning has both advantages and disadvantages, but now we want to analyze the problems that we have dealt with, during the isolation this year.

Weak devices are common problem in Ukraine. Not all children have got the necessary equipment at home to connect to the ZOOM conference, for example. Their computers aren't equipped with cameras or microphones. That's why teachers cannot see or hear the pupils. Some students do not have internet connection, that's why they can't join the classes.

Adapting to a new learning format is also a challenge. The transition from traditional classes to online format makes the learning process more complicated.

Secondly, the quality of the Internet is not perfect sometimes. As a result online lesson stops at the worst possible time. And the lesson in ZOOM is time-limited, so it lasts only 40 minutes.

Also there is the problem of loneliness during isolation. By my own example I can say that during distance learning it is very difficult to maintain relationship with your friends. Communication is a very important part of our life, we feel lonely, and cannot perform assigned   work   productively.

Loneliness affects negatively on our psychological health and emotional stability. I also interviewed my school English teacher where I asked her to share her impressions of distance learning.

Here it is what she said:

"Speaking about problems, we faced with, I would like to focus on following aspects:

Firstly, homework or classwork, I mean it is hard for teachers to check up on students' works. You need to type each mistake and it takes too much time!

Secondly, some students "disappear" having "holidays" instead of learning a subject. Some parents do not control their study and that is why some students just ignore your lesson.

Thirdly, it is hard to evaluate, for example, English texts or writing. Everybody knows that learning any language you should master words, word combination, texts and practice writing. But distance education makes it almost impossible to check up pupils' knowledge of a text, for example.

Fourthly, the quality of education is getting worse. Children suffer too. Every child needs communication. During distance education there is a lack of it. Pupils have to stay at home alone with their studies and communicate with classmates online, of course. But it does not replace real meetings or talks.

Moreover they spend more and more time online, doing tasks in Google classroom, ZOOM. So, what about their health and their eyesight? It gets worse and worse. More and more children wear glasses. This situation is very challenging. Everyone tries to adapt to the current conditions." We believe it depends on the talent, experience, creativity or even temperament of a teacher.

To sum up, distance learning makes us to be more flexible. The flexibility of online learning can be difficult for some if they are not self-motivated. You should have the discipline to make time for your education.

For students who truly want face-to-face interaction, distance learning simply may not be the best option. [1]

References

1.   1. Distance learning pros and cons. URL: https://www.wgu.edu/blog/distance-learning-pros-cons2001.html#close. (date of referring 27.04.2021)
2.   Деякі питання організації дистанційного навчання: наказ міністерства освіти і науки України від 08 вересня 2020 р. № 1115. URL: https://mon.gov.ua/ua/npa/deyaki-pitannya-organizaciyi-distancijnogo-navchannya-zareyestrovano-v-ministerstvi-yusticiyi-ukrayini-94735224-vid-28-veresnya-2020-roku (date of referring 20/04/2021)

Shkoliarenko
Academic adviser Petrushenko O.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

SOME ASPECTS OF INFLUENCE OF DISTANCE LEARNING ON THE STUDENTS' INTELLECTION

Quarantine 2020-2021 caused a great number of suffered casualties and led to forced measures in all spheres of our life including educational system. Not to stop the process of getting knowledge by students and schoolchildren some steps were taken in the country. They were carried out ina form of distance learning. For some pupils, it is a joy and a fun because they can relax andremain at home more. But there is another side of the option for those who do not like quarantine because of the long stay at home.The first problem that appears as a result of quarantine is a self-isolation. It means the refusalof close contact with any other person.

Now let's imagine what happens to us if we are at home for a long period of time. Firstly, it is bad for our education in the future, because not all cadets are capable of self-development, they need a more detailed and scan-centered explanation, which is not always possible to achieve at home.Noticing from my own experience, distance learning still affects more negatively. Many important topics are not fully understood, which led to problems such as more time wasted for learning current topics. Distance learning is an ideal solution not only for students, but also for employees who want to improve their skills, as well as for those who, for various reasons, cannot travel to university or school. The ability to gain knowledge without leaving home makes the learning process comfortable, flexible and less tiring, for example, because you do not need to spend time getting ready to go to an educational institution or overcoming traffic jams.

We want to highlight the advantage of distance learning, that the impact of energy is spent on much less than college. As a result, we stay more alert during the day. But there is another side of the consequences. Due to the immobile lifestyle, our young body becomes weaker, we begin to move less. If we were to study full-time, we walked to the college, to the bus stop, on the college corridors and stood on the parade ground. All the same, during full-time training, our body moves and we do not weaken so much in terms of physical efforts.

German scientist Spitzer has been proven:long-term studies show that long after the quarantine has been lifted, the likelihood of disturbances associated with fear, sleep disturbance or post-traumatic stress remains increased. Moreover, the gender and age of the patients in this case does not matter. That is why such measures should be resorted to only when they are inevitable and always limited in time.As tothe problem of self-isolation, young people, as modern personalities, can demand live communication with others. Due to the lack of communication with people, some characteristic people may have self-esteem, which will lead to a weak emotional component of the person.

Self-isolation is the process of isolating oneself as a precaution. Let's imagine sitting at home, seeing the same walls, furniture and faces, we become incomprehensible bored and begin to feel not as usual, there is great fatigue. Yes, it's good when we have friends and relatives with whom you can always talk, so as not to disappoint yourself.Scientists believe that adolescents are especially vulnerable, because it is during adolescence that a child's development is very intensive in various areas. In adolescence, a child begins to understand what kind of person he should be, what kind of friend he wants to be, what relationships with other people bring him joy. At the same time, the teenager develops physically and mentally - the student needs to learn the code of moral behavior. During quarantine and covid-related restrictions, adolescent development in these areas is

hampered. Isolation also affects physical health. "The physical effects of isolation are equivalent to smoking 15 cigarettes a day," Professor Stephen Reischer of St Andrews University in Scotland, who studies behavior in crisis situations, told the BBC[1].

So I can say about myself that I had such problems as restriction of freedom, fear and strange behavior of others loneliness, lack of live communication with friends, feeling of emptiness and loss of the familiar world, missed opportunities uncertainty, helplessness, new routine and rhythm of life, difficulties of online learning, irrational behavior of adults, a stream of negative news.

For adults, 3-4 months is a long time. But for children and teensthat need live communication with each other like air, this is a slowly dragging eternity.Some of them will remember this time as a black frightening streak of unrealized opportunities. Someone will think about their bond with their parents grew stronger, and learn a constructive way to solve even the most difficult problems. But the outcome of the situation still depends on the adults.The days when it was fashionable to be an introvert and social phobia are over. It's now harder to hide the sadness of not having enough conversations with friends and going out together. Therefore, teens are increasingly experiencing all the shortcomings of the quarantine regime, and from "rest" it turns into a real test. Research shows that the lack of social connections is stressful, correlated, and harmful to our health. This is due to the peculiarities of a difficult age. The reason is a change in the body, as well as the mind, which is just beginning to adapt to the world.Teenagers do not forget to talk to their parents, especially during times of stress, because teenagers and older adolescents (first of all, sensitive to parents and quick-witted) often understand the complexity and uncertainty of the situation, feel anxiety for their family and the future.

As paradoxical as it may sound, the difficulties of isolation in the family can be associated with excessive communication and lack of personal space. Not every family or community can boast that every household member has a separate room and their own gadget for work, study, entertainment or communication. Not everyone has the opportunity to distribute the area of the apartment and resources so that everyone can work and relax.During this period, family time management, the distribution of responsibilities and their implementation, the difference in the needs for communication and privacy can become big problems. Individuals living separately may experience their loneliness more acutely. Now there are a lot of memes on the Web from the series "now we'll find out who is a real introvert and who is an addicted one", but neither introversion, nor social phobia, nor misanthropy, as a rule, means that there is no need for communication at all[2].

Here there are some rules of life with a teenager in a situation of self-isolation are the following:

1) As far as possible, maintain the familiar rhythm and traditions of the family. May the warmest and most unifying of you remain unshakable? Whether it's a family dinner with a discussion of the past day, daily reading together before bed.

 2) Make sure that the teenager has reliable information about the virus and measures to protect against it, and also does not believe the prejudices about the national selectivity of the virus and other fakes from the Internet. Explain the meaning and validity of the measures taken by our state to combat the pandemic [3].

 3) Firmly insist on adherence to the regime of self-isolation by every member of the family, including the teenager. It's easy if the rules are the same for everyone.Remembering from my personal experience, when I was sitting at home due to quarantine, I had stress, depression, passive reaction instead of solving the problem, that

is, everything was exactly how things are for me. But I'm glad it started in the last week of quarantine. When the quarantine ended, everything fell into place.

My opinion is that self-isolation has, like all other aspects of our life, differences such as pros and cons. Personally, I perceive it as unnecessary innovation from the point of psychology and education, and from the point of medicine - necessary. This is hard to figure out. And the most important thing is not to oppress you because of self-isolation [4].

And now some tips not to run oneself into self-isolation. 1) Normalize anxiety. Young people should understand that healthy anxiety has a purpose: it warns us of potential threats and helps us move towards safety. Say calmly, "Feeling anxious now makes sense. This means that you have the right reaction to the news about the corona virus"[5]. 2) Get distracted more often.When we focus on danger for a long time, anxiety increases, and when we turn our attention to something else, anxiety decreases. Many teens are unable to abstract from Covid-19, given that the topic pervades headlines and social media. Teens can be great support for each other thanks to social media - invite more often video calls to grandparents, friends, and just ask them how they are feeling.

References
1. "Boredom came without demand": how self-isolation affectschildren. URL:https://trends.rbc.ru/trends/social/5ec6ccf59a7947e63d762c25(2019)
2. Is self-isolation actually dangerous? URL: https://www.wonderzine.com/wonderzine/life/good-question/249735-covid-2019-and-mental-health (2019)
3. Quarantine or Vacation: How Isolation Affects Teens. URL: https://hromadske.ua/ru/posts/karantin-ili-kanikuly-kak-izolyaciya-vliyaet-na-podrostkov (2020)
4. The truth about panic | University of St Andrews news. URL: https://news.st-andrews.ac.uk/archive/the-truth-about-panic/ (2019)
5. Social Relationships and Health: A Flashpoint for Health Policy. URL: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150158/ (2020)

Hrazhdan
Academic adviser Pletena O.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

THE IMPACT OF SOCIAL ISOLATION ON MENTAL STATE OF YOUTH

These days, such a thing as social isolation has become an integral part of our life. This has already become our daily routine. Anywhere else: in transport, at school and on the streets, we try to keep distance and, if necessary, isolate ourselves from other people so as not to expose ourselves or others to danger. The paper is concerned with social isolation and its impact on mental health.

As you know, human beings are social animals and our biological, psychological, and social systems evolved to thrive in collaborative networks of people. In many societies, social networks are likely to thin as people age, leading in many cases to isolation and

loneliness. The fact is, most of us are psychologically and biologically "programmed" to need social networks. It has been found that social isolation may impose stress on our minds and bodies that has a significant impact on health [2].

The COVID-19 pandemic has resulted in governments implementing disease containment measures such as school closures, social distancing, and home quarantine. Children and adolescents are experiencing a prolonged state of physical isolation from their peers, teachers, extended families, and community networks. Social distancing and school closures are likely to result in increased loneliness in children and adolescents whose usual social contacts are curtailed by the disease containment measures [3]. It is worth saying that all this can lead not only to the fact that the child or adolescents may feel lonely, but it also can lead to deep depression due to the lack of communication with their friends and acquaintances.

But we have to remember that being socially isolated is not a synonym of being lonely. But these concepts can be very closely related. As a rule, people with few contacts are lonelier than people with many contacts, but each rule has its exceptions. A person can feel himself well even with a couple of friends, but it is rather an exception than the rule. One thing about which most people are aware that loneliness is a painful feeling [1]. And social isolation is a necessary precaution which is needed to protect health of people but it can lead to the loneliness.

According to the one study that examined mental health problems after enforced isolation and quarantine in previous pandemics, children who had experienced enforced isolation or quarantine were five times more likely to require mental health service input and experienced higher levels of posttraumatic stress. This suggests that the current social distancing measures enforced on children because of COVID-19 could lead to an increase in mental health problems, as well as possible posttraumatic stress. In addition to the more direct effects of forced isolation, loneliness itself is particularly problematic for the mental health of young people [3]. In addition to that being unfortunate that some children and young people feel lonely, studies have also found connections between loneliness and mental health problems. Much empirical research on adults and adolescents shows a link between loneliness and depression [1]. This may be due to the fact that being in a peer group and communicating with them is a very important part of this stage in the development of children and adolescents. It is also worth noting that children and adolescents at this age are very prone to loneliness and, according to the above, the current pandemic could further exacerbate the mental health of young people with these measures of containment of the disease.

As a result, we can safely say that children and adolescents are more likely to experience anxiety and deep depression during and after forced isolation. These negative effects acting on the psyche and the body as a whole can accumulate and subsequently worsen as the isolation continues. And as practice shows, if a child has already fallen into such a state, in many cases the help of a specialist is required.

References

1. Consequences of social isolation for children and adolescents. URL: https://www.noisolation.com/global/research/consequences-of-social-isolation-for-children-and-adolescents/ (in Eng.) (date of referring 26.04.2021)

2. Health Effects of Social Isolation and Loneliness. URL: https://www.aginglifecarejournal.org/health-effects-of-social-isolation-and-

3. loneliness/#:~:text=Social%20isolation%20can%20have%20direct,et%20al.%2C%202011(in Eng.) (date of referring 26.04.2021)

4. Rapid Systematic Review: The Impact of Social Isolation and Loneliness on the Mental Health of Children and Adolescents in the Context of COVID-19. URL: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7267797/#:~:text=Children%20and%20adolescents%20are%20probably,increase%20as%20enforced%20isolation%20continues. (in Eng.) (date of referring 26.04.2021)

Motuz B.
Academic adviser Primakova O.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

WHAT PROBLEMS CAN YOU FACE AND HOW TO MOTIVATE YOURSELF IN DISTANCE LEARNING?

Distance education is a common term that includes a number of training strategies and training used by Colleges of Correspondence, open universities, distance learning departments of ordinary universities and training units of distance learning private sector organizations. Thus, this term is used to designate the formation of those who for any other reasons prefers not to visit ordinary schools, colleges or universities, but to learn at home. [1]

Quarantine forced people all over the world to change radically their lifestyle and rebuilt on the remote form of work. Someone mastered very quickly and now successfully balancing between work and household responsibilities. But Teachers were less lucky: you need not only to change fully the format of the usual sessions, but also to master new technologies to organize the educational process.

Over the past couple of weeks, the teacher's remote training has encountered a huge number of problems that have significantly complicated their work. Children in the classroom sometimes are difficult to control, and it is impossible to monitor their progress online. Especially if any difficulties arise all the time: the connection is bad, then the file does not open, and then the computer is broken at all.

Main problems of distance learning:

- Overabundance of Communication

Working with students remotely, the teacher must somehow communicate with them to organize the educational process. Many use social networks or video cells, however, the majority still relies on the old good email. [2]

Difficulties arise with any of these ways to communicate: and chat rooms, and the mail is equally clogged in equally, so it becomes difficult to find anything in a stream of information.

- Lack of teacher's presence: it can be said that the teacher will be responsible for e-mail of students, but if we think about it, then how a teacher can answer 1000 students who send their request through email address.
- Access   to   tasks

Distance learning is effective only if the materials are available to the student. Despite the fact that modern children literally live technologies, some of them still have no computer and smartphone with internet access. [1] [2]

Without direct contact with the student, the teacher has to improvise and invent workarounds that will help to establish a learning process. The most obvious decision is to contact the parents of the student and leave a list of tasks for several days.

But how to check these tasks later - this is a task with an asterisk. If parents can send photos of finished tasks, then this is another half of trouble. And if there is no such possibility, then alas, you will have to break your head over how these materials get. Do not send them by mail, in fact.

- Lack of support and services: here is a real life example. You all know about the University of Berkeley, and you can easily find your open training programs, but still only 20% of its books are online. Thus, students, such as library services, reception and financial assistance, are a critical aspect of any distance learning program. Isolation that occurs as a result of distance learning may complicate the learning process for adult students. [2]
- Video lessons

To explain the new material and clearly demonstrate the solution of any tasks, some teachers will not fail to take advantage of the video. This certainly greatly simplifies the process of transferring information and creates conditions as much as possible on the situation in the classroom: children establish visual contact with the teacher and receive a visual representation of what is happening. [1]

However, this method of conducting lessons has some difficulties. Live broadcasts are difficult to control, especially if the teacher at home is not alone. The appearance of a cat or dog in the chamber is not the most annoying trouble that can interfere with work. It is much worse if there is a small child who is used to play loudly or constantly distract the parent from his affairs.

This practice can put teachers in an uncomfortable position and significantly complicate the difficult task.

At the end, the teachers are not trained to work live: the reality is such that this method of teaching requires a lot of time and can be really stressful for a person conducting a lesson.

- Lack of social interaction: Students participating in remote education are not social and cannot answer the question of the social issue or things.
- The nature of the educational material. This problem is distributed among younger students. Educational materials should take into account the significant proportion of students who are credited with little experience or without remote learning experience. The basis of the student is important in the preparation of educational materials. It is difficult to prepare lessons in accordance with individual differences of students. If the student is more technical, it will not hold distance education.
- Lack of faculty support: it can be easily considered that teachers will not answer several students, and some students can also miss in response, and one teacher can only answer the limited number of students. [1] [2]

One of the most important factors of successful distance learning is the proper motivation of the student. Most of the time online student spends on self-mastering

material. This requires a concentration of attention, perseverance, desire to learn. In remote training, many species of traditional motivation work not as effective as in a traditional school. But some, on the contrary, get a particular meaning.

The most effective internal motivators are:

• Receiving knowledge is needed to make a dream. It makes you independent.

• Getting knowledge expands the space of your existence. It will help you to find your place in life, your calling and will teach you to be happy. Considering knowledge brings a person confidence, joy, happiness.

Factors that can contribute to motivation:

• Believe in yourself. (I can it! I will reach a high level! I will make it do it! I will go to the end!)

• Awareness of its abilities as not well developed.

• Competent praise.

Significant influence on the development of learning motivation can be provided by parents. To form a positive motivation, parents need:

• Be interested in the affairs of their son or daughter's education;

• Help when doing homework in the form of advice, do not suppress independence and initiative;

• Explain to the child that his failures in school are a result of a lack of attached efforts;

• Praise more often for progress, thereby giving the stimulus to move on.

Each of us has its own natural deposits that can be developed or ruined. Developing is when a person acquires new skills that help him to achieve success. If the student does not go ahead in his development, he begins to degrade. This is especially noticeable in the modern rapid world, where thousands of discoveries occur daily. It is impossible to stand still! But in order to understand it, you need to have enthusiasm and interesting motivation.

So, in remote learning, the role of a student is huge. It should be mentioned, that it dominates the role of an adult, which can control, force, stimulate, but it will never have an effect if the student himself does not develop his inner cognitive motivation for learning. The task of an adult is to help him to do it. [2]

References
1.Distance Learning: Promises, Problems, and Possibilities URL:
https://www.westga.edu/~distance/ojdla/fall53/valentine53.html
2.Distance education evolution in 2020 URL:
https://educationonline.ku.edu/community/distance-education-evolution-in-2020

Bosak O.
Academic adviser Levchenko L.
Separated Structural Unit Nova Kakhovka Polytechnic Professional College of State University «Odeska Politechnica»,
Nova Kakhovka

THE CONSEQUENCES OF ONLINE LEANING AND TEENS MENTAL AND PSYCHOLOGICAL HEALTH

The Coronavirus has taken our world into its hands as well as is disturbed many aspects of our life. We are absolutely restricted. The whole planet lives similarly, including us - students.

Since December, 2019, when the cases of Covid-19 have been spreading widely a huge portion of our everyday life has changed. It is understandable to realize the importance of distance learning during quarantine. Online learning affects everyone from young children to adults. For many students, virtual classes may worsen existing mental health disorders. For others, the impact of the pandemic and online learning can trigger new changes in mental health and mood. Apart from the disadvantages, distancing helps to improve our self-discipline and motivation to study more effectively [1]. Despite the potential for virtual classes to impact a teen's mental health negatively, there are still some positive benefits. For some students, being home and around family, particularly during the COVID-19 pandemic, can offer feelings of safety and reassurance [2]. But the best benefit is that you can learn everything in your own pace. I personally consider these changes like an unpleasant surprise after receiving a gift. I have never studied online before; I guess most of us too. We all have heard about the students, who have always studied at home because of being sick or unable to attend school or university. It wasn`t challenging for them to get accustomed and not to feel lonely. However, it may depend on personality, sometimes even habits. While one needs human connection and communication with others, despite all caused circumstances, another one feels that it is not necessary for him. Distance learning became more convenient for a lot of students, but the problem of social isolation has the right to be there.

I personally have been through this since the beginning of the quarantine. At first, I didn't feel that I needed more than interacting via the mobile phone. I have been chatting with my friends and classmates every day. In a while I realized everything: I require real communication with people outside of my family members. I struggled with my feelings of isolation and my motivation to study eventually decreased as previous day was just like the day the week before. While primarily a place of education, the place for studying is also the center of our social lives. School offers teenagers and young adults an opportunity to connect with their peers. It's an opportunity to socialize and express ourselves[3]. However, with schools and colleges moving to virtual formats, we may feel lonely, unmotivated, or discouraged without regular social interaction. Numerous studies have shown social isolation can cause higher rates of negative outcomes for the mental and physical health of individuals. Other studies have found that face-to-face interactions can help reduce depression and anxiety [2].

So, it is more than one year since the global pandemic has begun. Most of us faced the problem of isolation, lack of live elementary communication. Everyone felt it variously and the impact is different. To my mind, it is the most essential problem, because while being in society, we learn how to find new friends, it is such an obvious thing that live communication cannot be replaced with online. Sometimes we get sick and tired of being at home all the time, without having any choice. Especially at the moment, when we used to live in another way during our whole life. In my opinion, with time it might be quite harsh to change acquired habits during quarantine to these, which have been usual before it. After being inside of our homes 24 hours a day, we may lose total understanding not how to behave in society, whereas the ability to think, make decisions quickly and wisely. Moreover, we lose contact with the world around us, while hiding from real-life problems.

Consequently, all these factors have made a certain impact on us and influenced our mental health as well. Our plans for the future, habits, opinions are still forming under the influence of the fact that we are growing with our thoughts.

The Covid-19 also did it`s part and while being isolated it affected our personality and the way of procession of information. We are given many aspects of uncertainty in the world, and still not knowing when things will return to normal, many of us may experience feelings of hopelessness and depression. Depression can actually affect focus and memory, and impact information-processing and decision-making skills. Less social interaction may increase feelings of social anxiety and pressures. For example, we may worry about changes in friendships as a result of prolonged isolation. What is more, we may experience the feeling of panic. This can impact our ability to learn; it makes it difficult to get knowledge [3].

To conclude, despite all privileges of distance learning there are a number of points we mustn't forget about: the sense of social isolation, which led to serious consequences, concerning mental health of the students. Due to the current situation all over the world we have to talk about this, as distancing is one of the decisions to improve the situation and to lower the statistics of cases of Covid-19. By including online messages, emails and video conferencing that allows for face-to-face interaction and reduces the sense of isolation we will overcome through this desperate time.

References
1. Advances in Social Sciences Research Journal
URL:https://journals.scholarpublishing.org/index.php/ASSRJ/article/view/3478 (23.04.21)
2. The COVID-19 pandemic has changed education forever URL:
https://www.weforum.org/agenda/2020/04/coronavirus-education-global-covid19-online-digital-learning/ (23.04.21)
3. The Effects of Online Learning on a Teen's Mental Health URL:
https://highfocuscenters.pyramidhealthcarepa.com/the-effects-of-online-learning-on-a-teens-mental-health/ (26.04.21)

Syngur M.
Scientific advisers Savvina Y., Sokol A.
Maritime Applied College of Kherson State Maritime Academy ,
Kherson

PSYCHOLOGICAL PECULIARITIES OF MARITIME SPECIALIST TRAINING IN CONDITIONS OF ON-LINE LEARNING

Ship's crew is a small model of human society. On each ships, weather its huge tanker or a small fishing boat are often concentrated a large number of completely different people. The differences can be in many ways: from one hand in the characters of the crew members and from the other hand in the education. On one vessel can work the seafarers with different political views and religious preferences and life principles. Quite often it is because of differences in the above mentioned factors between crewmembers there are disputes that will lead to deterioration of relations between crewmembers and it leads to huge financial losses for the shipowner and different emergency situations on board a ship

[1].

So, we will highlight the main problems which may arise between the crewmembers during the voyages and formulate ideas regarding the relationships of on line learning with psychological characteristics of future maritime specialists.

Educational process in MPC KSMA rapidly adopt concepts and practices of online learning systems for cadets. But online learning programs face enormous difficulty in achieving successful strategies. It is essential to evaluate its different aspects and understand factors which influence its effectiveness. Readiness stands out among the variables that influence online learning effectiveness. Therefore, it is important to examine online learning readiness and students' characteristics that affect online learning readiness [2].

Social and communicative competence is characterized as a certain level of formation of personal and professional experience of interaction with other people, which a specialist needs in accordance with their abilities, and social status to success fully operate in the professional environment and society. The integrative features of a specialist are presented in the ability and readiness to interaction with other people, cover the ability to work in a team for a common purpose results, participate in discussion and decision-making; ability to be productive resolve conflicts, work with information, and make their content clear for others in order to exchange the necessary information. Under the time of on-line studying the problems with a social and communicative competence issues can arise [3].

The formation of social and communicative competence among navigators is an important component for effective social and professional interaction of navigators as leaders of ship crews. The first and, perhaps, one of the most common problems is the problem of differences in the characters of the ship's crew [4].

From time to time, people with completely different levels of general knowledge work on ships, and in principle they are also professional.

Very often, the ship's crew members cannot find a common language, they often do not understand each other and, unfortunately, such communication leads to misunderstanding, destruction and a decrease in the sailors' efficiency.

In most cases, misunderstandings arise between seafarers with different skill levels. Due to their lack of experience, ordinary crew members sometimes make mistakes that can only be prevented with years of practice.

There are situations when officers are too negative or scrupulous about the above problems, instead of specifically pointing out the mistake and motivating the young specialist for a better job in the future.

Every large group of people needs a leader. On a ship, the unifying factor for all crew members is the captain. The person occupying this, without a doubt, the most important position on board, should be the main and strongest link in the ship's society. In order for each crew member to comply with internal rules and to avoid conflicts during work, the captain must have all the best qualities of a leader and have highly developed personal competencies [2].

In order to avoid various negative situations, the captain must provide each newcomer with support and a friendly atmosphere from all sides from the first day of work. Secondly, in our opinion, the captain can conduct personal conversations with people prone to conflicts, thereby preventing disputes between the crew members. And for this, the captain must have the authority of the crew members, be a decent person and a professional in his field. It should also be easy for the captain to deal with the differences

in the character of the crew.

He must be a psychologist, because this problem is completely mental and is connected with thinking and the inner world of a person. The captain of the ship must be able to find an individual approach to each member of the crew in order to minimize the negative mood on the ship [2].

It was found that the role of the captain on the ship is the leading one, and the general atmosphere on the ship directly depends on the personality of the captain.

The navigator's knowledge of the peculiarities of ensuring the proper climate between the crew members allows him to counteract the negative impact of the micro- and macroenvironment.

This is the personal potential of the navigator, his professionally oriented communication helps to create a favorable moral and psychological climate among the crew members, to correctly "arrange a common house", which for a long time is a ship for sailors.

The captain must be able to analyze conflicts between crew members, identify, analyze and determine ways to resolve them, identify the motives that cause intrapersonal and intergroup conflicts, diagnose conflict relationships between crew members and take measures to prevent them.

The content of the social and communicative competence of the navigator is the knowledge, skills and abilities necessary for an adequate understanding of other people and the use of appropriate strategies and tactics of speech behavior in the process of professional activity [2].

All this testifies to the need to form social communicative competence in future navigators, which should be considered as an important task of pedagogical theory in practice.

Online training significantly affects the psychological characteristics of the training of maritime specialists. It has such advantages as:

- gives the freedom to choose the place, time and pace of learning, thanks to the Internet, which covers a wide range of society and becomes an important factor in its development

- through the Internet provides constant contact and intensive exchange of information between the student and the teacher

- the ability to practice at a convenient time in a convenient place and pace, an unregulated period of time for mastering the discipline

- distance learning helps to avoid psychological barriers associated with human communication skills

- on-line learning has a positive effect on the student, increasing his creative and intellectual potential due to self-organization, the desire for knowledge, the ability to own computer technology and make responsible decisions [5].

References

1.Сокол І.В. Формування соціокультурної компетентності майбутніх судноводіїв у процесі вивчення фахових дисциплін. Педагогічний альманах : збірник наукових праць / редкол. В. В. Кузьменко (голова) та ін. – Херсон : КВНЗ «Херсонська академія неперервної освіти», 2018. – Випуск 40. – С.149-153

2.Сокол І.В. Формування професійної компетентності майбутніх судноводіїв у процесі вивчення фахових дисциплін: дисертація кандидата педагогічних наук. Херсонський державний університет. Херсон, 2011

3.https://sudohodstvo.org/sotsializatsiya-moryakov-osnovnye-problemy-i-trudnosti-vzaimodejstviya-ekipazha/

4.http://amko.org.ua/index.php/blogi/entry/mnogonatsionalnye-ekipazhi-kak-ikh-vidit-istoriya-i-sovremennost

5.https://www.tandfonline.com/doi/abs/10.1080/09523980410001685784

Pasichnichenko A.
Academic adviser Makarevych I.
College of economics and technology of Kherson National Technical University,
Kherson

PSYCHOLOGICAL CONSEQUENCES OF DISTANCE LEARNING

The problem of psychological state in distance learning is very important nowadays. Because of the COVID-19 pandemic, many schools and colleges moved to distance learning for safety reasons.

While primarily a place of education, school is also the center of many teens' social lives. School offers teenagers and young adults an opportunity to connect with their peers. It's an opportunity for them to socialize and express themselves. However, with schools and colleges moving to virtual formats, teens may feel lonely, unmotivated, or discouraged without regular social interaction [1].

Studies have shown that social exclusion can lead to very negative consequences: higher rates of depression, increased anxiety and pressure. For example, many teenagers worry about losing their friendship as a result of long-term isolation.

The impact of distance learning on young people can be realized in several ways:

1. They may feel heightened anxiety about keeping up to date with their school work.

2. Other teens may experience difficulty concentrating.

3. For some adolescents and young adults, being in front of others on video can lead to its own anxieties.

4. Students may find it difficult to receive the extra education support they need to succeed.

As many parents know, being a teenager or young adult is often challenging enough; however, additional pressures placed on students can exacerbate normal anxieties and stressors [1].

One of the reasons for the deterioration in academic and psychological performance is the missing ingredients for inspiration.

Most kids skip online classes or play computer games because there's no source of motivation at home. School relationships inspire many children. Students contact teachers, work in groups, discuss lessons and ask for help (when necessary).

These are the moments when you work in groups, when you talk to the teacher, when you ask for guidance, when you allow the students to feel connected to others, and when they feel relevant.

Allison Ryan, PhD, a professor in the combined education and psychology program at the University of Michigan, recently studied middle school students from more than 50 math and science classrooms, and she found that those who felt like they had friends and

teachers who cared about them found classwork was more interesting, were more engaged in school, and were more confident that they could complete their work (Kilday, J.E. and Ryan, A.M., Contemporary Educational Psychology, Vol. 58, 2019). "Spending time with friends is often a student's favorite part of school, and without that sense of belonging, it may be harder for kids to stay focused," Ryan says [2].

It's also helpful for children to feel competent in their schoolwork to sustain motivation, explains Eric Anderman, PhD, an educational psychology professor who studies academic motivation at The Ohio State University. He worries about kids who are losing confidence during distance learning because it can be more difficult for teachers to provide individualized feedback. "One of the ways a teacher can help a student gain confidence is by breaking down challenging tasks into small, reasonable parts," Anderman says. Without this kind of help, more kids may give up when they struggle to complete a math problem, social studies project, or other assignment—which increases the odds that they will make negative assumptions about their abilities, he says [2].

Lack of personal contact between a student and a teacher can also lead to psychological problems such as: misunderstanding, self-doubt, low self-esteem, etc. Classroom interaction helps develop socio-emotional skills. Students learn how the other person feels, when they can laugh and apologize. Therefore, a lack of living contact will slow development in the social sphere.

A common problem is distance learning fatigue.

Spending a significant amount of time online can fatigue both students and their teachers. Sometimes, this impact is referred to as "Zoom fatigue." [1]

One of the reasons why a full video of the effects of the day tires our minds is that our brains can't switch and process information in another way.

When we have in-person interactions, there are a number of non-verbal cues our brains process [1]. These cues include:
- Tone and pitch of voice
- Facial expressions
- Eye contact
- Body language

When it's hard to catch those signals, our brains have to work harder. That's where the rapid fatigue comes from.

When this is coupled with the constant self-awareness of being on-camera in front of others, stress levels can easily begin to rise [1].

Table

Warning Signs of Mental Illness or Emotional Distress in Online Students [3]

ATYPICAL BEHAVIORS (a change from the usual)	UNUSUAL BEHAVIORS	ACADEMIC PERFORMANCE PROBLEMS
Becoming irritable/short-tempered/obsessive	Emails are accusatory, manipulative, sexually inappropriate or threatening	Late assignments from beginning of course
Sudden deterioration in quality of work	Discussion post contents are: Bizarre, fantastical, paranoid, disruptive, confused, or show	Failing quality of work from beginning of course

	disorientation	
Abruptly begins turning in late assignments	Student clearly seems out of touch with reality	Not returning emails or phone calls
Becoming disrespectful in discussion posts		Not turning in work at all
Stops responding to email		Not re-doing work when given an opportunity
Content of work becomes negative/dark/odd in tone		Ongoing display of anxiety about assignments

What are the benefits of a psychological state in distance learning?

For some students, being home and around family, particularly during the COVID-19 pandemic, can offer feelings of safety and reassurance [1]. For these students, home is a productive place, and they feel safe.

Besides, if a student is a victim of bullying at school or college, the house will help to get rid of depression and complexes. For other students, distance learning can be an escape from peer pressure.

For me, distance learning has become a challenge. I'm dependent on society, like most people, so it's hard for me to be in four walls. Plus, I need to make eye contact with the teacher so I can better understand the teaching material.

Distance learning has shown us the importance of face-to-face learning, but it has also shown that learning online is also possible.

References

1. The Effects of Online Learning on a Teen's Mental Health. URL: https://highfocuscenters.pyramidhealthcarepa.com/the-effects-of-online-learning-on-a-teens-mental-health/

2. Zoom school's mental health toll on kids. URL: https://www.apa.org/news/apa/2020/10/online-learning-mental-health

3. Identifying and Addressing the Mental Health Needs of Online Students in Higher Education. URL: https://www.westga.edu/~distance/ojdla/summer172/barr172.html

Berezanska M.
Academic adviser Silishchenko O.
Separated Structural Unit Kherson Polytechnic Professional College of State University «Odeska Politechnica»,
Kherson

FORMATION OF PSYCHOLOGICAL CHARACTERISTICS OF STUDENTS DURING DISTANCE LEARNING

The World Health Organization has announced that the COVID-19 virus epidemic, which was first identified in December 2019, is a massive threat to human health. The pandemic has changed the lives of many people. The scale and severity of the COVID-19 pandemic certainly reaches a level of threat to public health, which may justify restricting certain rights and freedoms, as in the case of restrictions on freedom of movement due to quarantine or isolation. At the same time, careful consideration of rights such as the right not to be discriminated against, and principles such as transparency and respect for human dignity, can ensure an effective response in the face of inevitable disruption and disruption in a crisis, and prevent negative consequences associated with the introduction of excessively broad restrictions.

Modern education is developing in conditions of an increasing flow of information, necessity for an individual to operate with a huge amount of knowledge in various spheres of human activity. In recent decades, distance learning technologies based on the use of modern information and communication capabilities have been actively introduced into the field of vocational education.

Today there is an avalanche-like development of information technologies. The informatization process unfolds in almost all areas of human activity.

The development of information and telecommunication technologies has created fundamentally new conditions for working with information in the education system. Currently, the main criterion for assessing the degree of information content of the educational process is the ability to access global networks in order to use video and teleconferencing materials, e-mail, etc. for educational purposes. The aim of the development of distance learning is to combine the advantages of virtual and traditional education [4].

The main points that characterize distance learning are:
• spatial separation of the teacher and the student;
• spatial separation of the student and educational institution;
• continuous educational work of the trainee;
• interaction between the learner and the educator;
• specially selected teaching materials

Distance learning is fundamentally different from traditional forms of education. When considering distance learning as an activity mediated by computer technologies, it should be noted that it is characterized by a number of psychological features in comparison with traditional forms of education.

An analysis of the literature on the research problem showed that the psychological foundations for the development and implementation of information and communication technologies, including distance learning technologies, are still poorly developed and are in their infancy.

Several decades ago, experts began to pay more attention to this topic, but, mainly, in their studies, certain aspects of the issue were considered [1]:
• psychological and pedagogical problems of computerization;
• relationships between participants in the educational process;
• features of the dialogue "man-machine";
• psychological problems arising in the learning process;
• peculiarities of perception;
• motivational sphere of educational activity of students;
• the problem of psychological and cognitive barriers;

• cognitive approach to learning;

• emotional factor of perception of educational material.

The widespread introduction of computer technology into our lives has psychological consequences. Experts identify the following psychological phenomena associated with the development of new information technologies by a person:

• personification, "animation" of the computer, when the computer is perceived as a living organism;

• the need for "communication" with a computer and the peculiarities of such communication;

• various forms of computer anxiety

A number of researchers consider computer technology as an invasion of the inner world of a person, accompanied by cognitive and emotional impairments. At the same time, a reassessment of values can occur, a revision of views on the universe and their place in the world.

Among the psychological characteristics of people who have long-term contact with a computer, such qualities are called: perseverance, perseverance in achieving goals, independence, a tendency to make decisions based on their own criteria, disregard for social norms, a sufficiently high intelligence, a penchant for creative activity, preference for the work process obtaining a result, as well as introversion, immersion in their own experiences, coldness and unemotionality in communication, lack of empathy, tendency to conflicts, egocentrism, lack of responsibility. "It remains unclear whether the computer attracts people with certain character traits, or whether we are dealing with personality changes in the process of prolonged, many years of contact with the computer."

Of great importance among the research is the study of the impact of distance learning on the cognitive and personal development of students. In the course of a comprehensive study of the psychological characteristics of university students enrolled in full-time and distance learning, the following features of intellectual and personal development were identified [2]:

• full-time students have a tendency of advancing development in terms of intellectual indicators;

• working capacity, endurance, noise immunity, due to the strength of the nervous system, for students of both forms of education have a level not lower than average;

• the character and will of the students of the entire sample are considered sufficiently firm, and their actions are generally realistic and balanced;

• in the motivation for achieving success among students of the entire sample, the desire to avoid failures dominates;

• for day students, the level of anxiety is medium with a tendency to low, and among distance learning students - medium, with a tendency to high;

• it follows from the self-assessment of mental states that the students of the entire sample are generally not anxious and have an average level of aggressiveness and rigidity.

As the analysis of the research shows, the focus of attention of scientists is on certain aspects of the psychological and psychological-pedagogical features of the development and implementation of distance technologies in educational organizations. However, there are very few studies devoted to the impact of distance technologies on the personal and cognitive development of students, as well as taking into account cognitive styles, psychological characteristics of students who are able to learn based on these technologies.

There are few studies examining the impact of distance technology on the cognitive and personal development of students. There are separate studies examining the influence of information technologies on human development, psychological and pedagogical aspects of distance technologies. There are no comprehensive studies on this research problem.

The professional and personal development of a future specialist in the vocational education system is unthinkable outside of his formation as a subject of educational and professional activity. Meanwhile, the pedagogical support of the mechanisms of this formation through distance learning, the provision of the fullest possible realization by students of the subject functions in the educational process is not fully developed in the scientific and pedagogical literature [3].

Prospects are seen in the development of a comprehensive program for studying the psychological and pedagogical foundations of distance learning, taking into account, on the one hand, the cognitive and personal characteristics necessary for learning using distance technologies, and on the other hand, the impact of distance technologies on the cognitive and personal development of students.

References

1. Mapakhovekaya N.V. Psychological and pedagogical means of overcoming cognitive barriers in distance learning: state. ped. un-t. M., 2003.(in Rus.)
2. Distance learning: pros and cons. URL: https://swsu.ru/sbornik-statey/distantsionnoe-obuchenie-istoriya-problemy-i-resheniya.php (20.04.2021.)
3. Belinskaya E.P., Zhichkina A.E. Modern research of virtual communication: problems, hypotheses, results // Education and information culture. M., 2000. (inRus.)
   Theory and practice of distance learning / ed. E. S. Polat. - M .: Academy, 2004. (inRus).

Melnyk R.
Academic adviser Petrechkiv O.
Separated Structural Unit Kherson Polytechnic Professional College of State University «Odeska Politechnica»,
Kherson

THE PROBLEM OF SOCIAL ISOLATION IN DISTANCE LEARNING AND PSYCHOLOGICAL CONSEQUENCES ON YOUTH

2020 and 2021 have had a profound impact on both the learning system and the world as a whole. Zoom, Discord, Skype, GoogleMeet, GoogleClass – all these words have become familiar to us due to the CoVID-19 pandemic.

The outbreak of COVID-19 affected the lives of all sections of society as people were asked to self-quarantine in their homes to prevent the spread of the virus. The lockdown had serious implications on mental health, resulting in psychological problems including frustration, stress, and depression

For the safety of students, most educational institutions have switched to distance learning, for students it turned out to be a difficult task – student have to study as successful as always in the absence of discipline.

Social distance and lockdown affected the mental health of most students: a lot of free time, a long deadline and a lack of control did their job.

The peer-to-peer impact in the school environment motivates individuals to work hard and learn social skills, which may not be possible in an online setting. Moreover, the biggest challenge for online learning is the requirement of efficient digital infrastructure and digital skillset for both students and teachers [1].

The students from the less privileged backgrounds have experienced larger negative impacts due to the Covid-19 outbreak. Reduction in family income, limited access to digital resources, and the high cost of internet connectivity have disrupted the academic life of the students.

Moreover, 1.5 billion students across the world are now deprived of basic education [3] leading to a serious psychological impact on their health. Moreover, changes in daily routine including lack of outdoor activity, disturbed sleeping patterns, social distancing have affected the mental well-being of the students.

Student mental health in higher education has been an increasing concern. The COVID-19 pandemic situation has brought this vulnerable population into renewed focus. According to statistic of the 195 students, 138 (71%) indicated increased stress and anxiety due to the COVID-19 outbreak.

Multiple stressors were identified that contributed to the increased levels of stress, anxiety, and depressive thoughts among students:
- fear of infection;
- inadequate information;
- frustration and boredom;
- lack of basic stocks (for example, food, water, clothing, or housing);
- lack of internet access;
- staying in your home with family members around the clock [4].
  All these factors have become a test for many on the quality of the relationship with oneself.

Due to the long-lasting pandemic situation and onerous measures such as lockdown and stay-at-home orders, the COVID-19 pandemic brings negative impacts on higher education. The findings of our study highlight the urgent need to develop interventions and preventive strategies to address the mental health of college students.

Loneliness and isolation – which can be heightened during this period of mandated physical distancing – are significant risk factors for mental health challenges and/or suicidal behavior. Research shows that supportive relationships and feelings of connectedness to fellow students, family, friends, faculty members and mentors are protective factors that can help lower the risk for suicide and promote emotional well-being [2].

In some ways, the COVID-19 era seems like exactly the right time to educate students on how to manage the intense sadness, isolation and anxiety they are feeling. But during the horrible natural experiment called coronavirus, is that the right message to send to students – to push through hardship, bounce back from failure, and come out stronger?

References

1 COVID-19 and its impact on education, social life and mental health of students. URL: https://www.sciencedirect.com/science/article/pii/S019074092032288X (in Eng.)

29.04.21

2.Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study. URL: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764 (in Eng.) 29.04.21

3.Reflections Features Mental health effects of school closures during COVID-19. The Lancet Child & Adolescent Health, 4 (2020). URL: https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(20)30109-7/fulltext (in Eng.) 29.04.21

4.The psychological impact of quarantine and how to reduce it: rapid review of the evidence. The Lancet. Volume 395, Issue 10227, P912-920, March 14, 2020. URL: https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext

Drel M.
Academic adviser: Naumkina O.
Separated Structural Unit Kherson Polytechnic Professional College of State University
«Odeska Politechnica»,
Kherson

SOCIALIZATION OF PROFESSIONAL COLLEGES' STUDENTS IN THE CONDITIONS OF DISTANCE LEARNING

The school year has begun, and all over Ukraine, educational establishments are being quarantined one by one. For an entire group or even a college to switch to distance learning, one sick person is enough. And the further you go, the more educational institutions will go online.

Distance learning is learning without leaving home, without going to the place of training. It is a learning technology that allows you to receive educational materials using modern information technologies.

Historically, distance learning has primarily referred to college degree programs that allowed students to study outside of the institution. Now, distance learning applies not only to college students, but also to elementary, middle and high school students.

Distance learning is the only way out so as not to endanger students and teachers during the coronavirus pandemic. But this form of education negatively affects the socialization of learners and academic performance, experts say.

What is socialization? The Encyclopedia Britannica defines socialization is "a process in which a person learns to interact with a group (or society) and behave in accordance with the principles of behavior approved by the group (or society). [1]

Merriam Webster dictionary says that socialization is "the study of the habits, traditions and values of a group, society or culture."[2] According to scientists, socialization is a lifelong learning process and affects the behavior, attitudes and actions of adults and children.

Students enter the professional colleges at the age of 15-16. During the first year studying they may adopt the norms of the college groups that affect their values and

attitudes, or they may hold firm to old beliefs, rejecting the norms of the socializing groups and remaining unchanged in their beliefs and values.

From the individual's point of view, socialization entails learning the appropriate behaviors and attitudes of the group, facilitated by interactions with others who exemplify the norms of the particular group. An individual learns appropriate social norms according to how group members react. For students, this entails norms regarding primary socialization with faculty and peers, with additional influences from family members.

Connecting with other people is especially important for incoming students as they adjust to the realities of new living arrangements and relationships. Socializing relieves the stresses of college life.

Forming good study habits is an essential, if overlooked, part of college social life. Group members meet to review class materials and prepare for exams. Scheduling regular study times allows members to share insights and personal experiences, and eliminates all-night cram sessions that wear down students' mental and physical health.

With distance learning, students' personal contact with each other and with teachers is minimal, if not completely absent. This form of training is not suitable for the development of communication skills, confidence, and teamwork skills. In addition, training in specialties, involving a large number of practical classes, is difficult remotely. Even the most modern simulators will not replace "live" practice for future doctors or teachers.

Not all learning experiences occur inside a lecture hall or a classroom. An active social life also leaves room for joining student organizations, where you can share common interests with people like yourself. For example, Kherson Polytechnic Professional College of State University "Odeska Politechnika" offers 24 clubs for student activities. Participating in such groups gives him additional opportunities to explore hobbies and interests with like-minded people, as well as unwind after the demands of a lengthy day of classes.

But what will happen to a teenager if he is isolated? Communication through online platforms cannot replace live communication. Communication becomes tense if he does not have the opportunity to talk openly with friends. Thus, online communication significantly reduces the sense of security and privacy, since the conversation can be overheard or interrupted.

It will be worse if distance learning takes a long time and does not alternate with live. The student simply will not be able to develop. This is due to the fact that during an online lesson it is difficult to build a discussion in the classroom, there is less opportunity to ask questions, and the format limits thinking, the ability to analyze.[3]

Students need to interact with the teacher and peers directly. That is, an educational establishment is a place where a person learns to learn, but not just receive an education. In this case, distance learning is more difficult. Now we need to accept the conditions and learn to live in new realities. It will be worse if distance learning takes a long time and doesn't alternate with the living. So, it will not be a problem and will return to its own circles without serious consequences.

Socialization is necessary for the development of the individual, for her participation in the life of society, and to ensure that the cultural heritage of a given society will be passed on to future generations.

References

1. Encyclopedia Britannica URL: www.britannica.com
2. Merriam Webster learner's dictionary URL: https://learnersdictionary.com/
3. The classroom URL: https://www.theclassroom.com/why-is-it-important-to-have-a-social-life-in-college-12729103.html

СЕКЦІЯ 3.
THE BENEFITS OF ONLINE LEARNING/ DISTANCE LEARNING.

Denisenko V.
Academic adviser Yakubets E.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

AN EFFECT OF DISTANCE LEARNING ON
STUDENTS MENTAL HEALTH

That's obvious that COVID 19 has changed our life in many aspects. The pandemic led us to distance learning which has its effect on all categories of people but the most affected are teens as their psychological health development is still in process. This study has a scientific and humane relevance as the safety of students and teachers is the most important aspect. The negative effect of pandemic on our lives caused so obvious negative attitude to online learning and strong believe that it may influence mental health and mood in such negative aspects as:

- *social isolation* which decrees motivation and progress discouragement, increases feelings of social anxiety
- *virtual learning fatigue* as our brains hardly processes the same input of information through the screen in comparison with face to face contact.
- *Increased stress and social anxiety* as teens experience difficulty concentrating or staying focused while studying at home, as a result their level of self-motivation is decreasing in addition they experience lack of teachers control [1].

As school is the place to socialize and form such positive relationship as friendship which instead in some cases may also have negative impact on students, for such effected students home may become a safe place and the way to escape from depression and fear of being bulled [2]. Does online learning offer mental health benefits? To answer this question, we used such methods as survey, systematization of information from open internet sources and publications. The aim of our research is to set validity of different aspects of distance learning by indicators based on calculating the relative frequency of teachers and student's opinions.

For Some reasons home environment may be less stressful. Students may miss extracurricular activities and lose social relationships from school, but a lot of students have reported feeling more relaxed and positive while schooling from home. They have opportunity to study wherever they feel comfortable [3]. You must have only a computer with internet access. To be free of duty to attend an educational establishment on the regular bases is considered as advantage by most of interviewed students especially those

who live in hard-to-reach areas. They are free to decide when and how much time to spend doing tasks and this gives the opportunity to create your own comfortable and flexible schedule. Students may always go back to more complicated questions, watch video lectures so many times that they need and skip already known topics saving time for the next tasks.

While working on this study the survey was performed and students experiencing distance learning were interviewed. According to collected data represented by the chart (Figure 1) it's shown that during distance learning period they have no morning stress, feel positive and motivated that might be the reason to improve marks and perform more success in learning, but at the same time they point on lack of self-organization and productivity.

Distance Learning offers mobility. Communication with teachers and groupmates may be carried out in different ways but being on-line and communicating with a teacher or students by email, zoom or another resources is much better than to wait for meeting and consulting face-to-face. Also all studying materials are always available on school or university website and students have permanent access to them.

As a result of conducted research it was found that distance learning has its disadvantages in combination with obvious positive effect on information processing and student's mental health and mood. For that reason, distance learning cannot be the only form of studying but considered as additional useful tool and can be easily combined with class-based learning.

References
1.   Students responses on learning in the early COVID-19 pandemic. URL https://doi.org/10.24042/tadris.v5i1.6153
2.   What are the benefits of distance learning? URL https://learnsafe.com/what-are-the-benefits-of-distance-learning/
3.   What is the difference between distance and class-based learning? URL https://finacademy.net/materials/article/chem-otlichaetsya-onlajn-obuchenie-ot-distantsionnogo-obucheniya

Krupskyi M.
Academic adviser Pestushko A.
Separated Structural Unit Kherson Polytechnic Professional College of State University «Odeska Politechnica»,
Kherson

PECULIARITIES OF USING WEBINARS IN DISTANCE LEARNING OF A FOREIGN LANGUAGE

Distance learning is an integral part of the modern educational model of teaching according new standards and technologies. On-line lessons, conferences, seminars, business games, laboratory work, workshops and other forms of training with the help of telecommunications and other features of the "World Wide Web" can increase student`s motivation in the discipline and qualitatively improve learning of foreign language. Due to

the Internet, millions of people are constantly communicating on social networks, various messengers, on Internet forums, as well as in video conferencing programs, using Skype

Learning a foreign language becomes necessary because without close interaction and understanding of each other will be not only impossible to solve global problems of modern society, but also normal communication between people. Today the Internet offers a variety of ways to learn foreign languages. A special variability is the study of English as the main language of communication of the world community [2].

Webinar (from the English. "Webinar", abbreviated from "Web-based seminar") is on-line seminar, lecture, course, presentation, organized using web-technologies in on-line broadcasts[1]. The main features of the webinars:

- video and audio conference;
- download and view presentations and videos;
- text chat;
- demonstration of the presenter's computer screen to the participants;
- transfer of management rights from the lead to the participants.

With the help of webinars it is possible to organize[1]:

- video trainings;
- online conferences;
- virtual presentations;
- online meetings, clubs and meetings;
- video interviews, etc.

During the webinar, the teacher and students are at the computers. Communication between them is performed with the help of Internet. The main organizer of the webinar is a teacher. He designs and coordinates all educational activities that take place in the webinar, if necessary, gives the word to other participants.

Webinar tools include[4]:
- audio and video communication in a real time;
- demonstration of videos;
- slide show presentation;
- work with a virtual board;
- demonstration of the documents
- chat - exchange of written messages in real time;
- Demonstration of the Windows Desktop and open programs
- voting and polls, which allow to collect the opinions of listeners;
- recording of webinars for multiple using;
- support for mobile devices;
- integration of webinars into the site.

The webinar software allows to demonstrate the desktop of the teacher's computer, on which other programs can be opened[2]. This opportunity allows seeing how the teacher solves problems, uses another software tool for educational aims.

The seminar in the webinar mode allows the teacher to use more opportunities. To stimulate the activity of students during the discussion of the research topic, the teacher can transfer to them the rights of the leader, the speaker.

In this case, speaking at the seminar, the student can demonstrate a presentation or other pre-downloaded files, all seminar participants can see and hear it, and even - ask questions [3].

Thus, modern software for webinars allows implementing pedagogical communication in a face-to-face communication.

But there are significant differences from the standard lesson, for example recording a webinar allows you to reuse its materials. Also, the teacher may be refused from routine work in the form of preparation of handouts for each student, manual testing, the absence of " language barrier"

Thus, it is possible to conclude that distance learning of a foreign language is a very effective form of learning aimed at the development of cognitive abilities, rapid oral language, foreign language thinking and the full mastery of written foreign language communication.

References

1.Harper C. H., Chen K. Distance learning, virtual classrooms, and teaching pedagogy in the Internet environment. *Technology in Society* 2011. № 26. P. 585 – 598.

2.Karakoyun F., Karak M.The opinions of academicians regarding distance learning: a sample of Dicle University. *Social and Behavioural Science*. 2015. №3. P. 1172 – 1176.

3.Moore M.G., Kearsley G. Distance Education: A Systems View. Belmont, CA: Wadsworth. 2017. 297 p.

4.Niederhauser D. S., Stoddart, T. Teachers' instructional perspectives and use of technological software. *Teaching and Teacher Education*. 2011. № 17. P. 15 – 31.

Yandulsky V.
Scientific adviser Petrushenko O.
Maritime Applied College of Kherson State Maritime Academy
Kherson

OPPORTUNITIES OF IMPROVING LEVELS OF KNOWLEDGE IN PROFESSIONAL SUBJECTS IN DISTANCE LEARNING

The most important thing in the world is education and how people get it. Almost all students around the world, at least one time, worked in online mode. Our college also faced with this challenge and we would like to tell about the possibility of having qualitative knowledge.

The main goal of this article is to examine the convenience and challenges of distance learning. Last year, there has been a developing interest in distance learning due to the epidemic. When people work online, they always use special platforms or applications. In addition, it means that everybody should know the procedure of working with it, otherwise, it is becoming impossible to acquire knowledge. Nowadays it's very difficult to continue studying as productive as in school. Distance learning with online learning can suggest a solution that gives students the possibility to continue their education and apply new information and skills.[1]

Firstly, e-learning is a relatively new thing and refers to electronic tools for learning purposes, which range from additional features in conventional lecture halls to the complete replacement of face-to-face meetings with online meetings. Secondly, some

students may need digital literacy to successfully participate in everyday life increasingly mediated by technology. To offer relevant learning experiences in distance learning, lecturers need to expand on new skills and information about technology. They must rethink their pedagogy and move beyond using technology as a "fancy typewriter" and presentation tool. This can be a challenge for lecturers, and they may need to be trained accordingly.

In general, it is believed that e-learning is intended for motivated and disciplined students, as there are several direct contacts with the instructor, which can expand the demand for their independent work. Distance learning can teach students the skills and abilities to develop professional skills, such as the ability to self-study, the ability to map and organize, the ability to manage time, the ability to solve problems, get responsibility, work under pressure, be creative, and proactive.[2]

As to me, it is rather difficult to study at home. A lot of students can not work alone. This" home atmosphere" makes us lazier and we do all tasks without desire. Therefore, we are studying at maritime college and in future we will be masters, engineers, etc. These professions require perfect knowledge in this industry. We can confidently say that learning online is very bad for vocational education. A lot of literature which are read and complex assignments done by a learner without any help cannot be a good prospect. No one can explain better than the teacher, who always tells some amazing stories, give bright examples and involves in exciting learning. Luckily we did not study the subjects of professional direction during the distance learning. We would have had to spend a lot of time on searching for information, assimilating it and putting it into practice.

The statement that distance learning students cheat or can use additional information is false. The basis of this type of education relies on the following mechanisms to check the quality of the acquired knowledge. The training program is arranged in such a way that even independent works are subjected to a special check. If a fact of cheating is detected, the work is returned unrecorded. In most cases, communication takes place between the teacher and the student one-on-one, which eliminates the moment of cheating.

Cards with questions, as a part of traditional course of studying, in the distance form of education do not exist. Testing and tasks (professionally oriented) are the methods for checking knowledge, in which the use of additional sources or materials is only welcome.

Final assignments are done in the "here and now" mode. Each task is displayed on the screen for a certain amount of time. If an answer is not given or is received with a delay, the assignment is considered to be not completed. Some people think that students have a low level of assimilation, but in my opinion, it is not right. Traditional education in higher educational institutions takes place in lectures, seminars, writing essays and term papers, passing exams and tests. That is, the full-time form of education assumes quite scarce communication with the teacher and minimal control from his side. In addition, it is impossible not to mention the lack of individual approach to each student. It is quite different from the relationship between the teacher and the student in the process of e-learning. All work is done through regular correspondence through the internal mail system, as well as forums on the subject of coursework. When writing messages the student automatically pronounces typed words, which leads to additional assimilation of material and better formulation of questions. In addition, he has the opportunity to reread the correspondence in the archive and restore the missing moments of knowledge in his memory.[3]

At the same time, the teacher has an opportunity to answer each student's question in detail, to check his work qualitatively (rather than superficially), and to introduce elements of individuality into the training program. In other words, remote communication between the student and the instructor is more like individual learning, and therefore gives a better quality of knowledge.

Distance learning institutions can use technology to enable human interaction over the Internet and facilitate a self-guided learning process. The use of technology in distance learning can help make the boundaries of a particular branch and time for lifelong learning. Distance learning can provide flexible educational methods for every student, despite the challenges. In online and blended learning environments, the types of interactions can include asynchronous online forums, synchronous text and audio/video chats, email, and phone conversations that can allow learners to share brief profiles, including a photo. E-learning can also provide unique perspectives for online students to develop a sense of engagement with distance learning.

In conclusion, we can say that that distance learning is a controversial solution in relation to getting a vocational education. And it has a lot of benefits. For instant, when you study alone you can focus on one thing you do and learn it better. In comparison with work at college where we can be disturbed by noise or interfering of other groupmates , at home you search information in internet, you spend much time there, read all information, think what you need and you don't. Especially, while learning professional subjects individually I search some information for a definite subject and find additional facts connected with my specialization and necessary for my future profession. Other good side is that you can spend less time for subjects I am interested in and spend my time discovering some new things for my future work. But in spite of a lot of benefits of distance learning, I would give my preference to "offline learning" anyway.

References.

1.   URL   (http://www.intechopen.com/books/trends-in-e-learning/the-...-in-higher-education), 2018.

2.   URL   (https://proforientator.ru/publications/articles/10-mifov-o-distantsionnom-obrazovanii.html), 2020.

3.   URL   (http://www.intechopen.com/books/trends-in-e-learning/the-...-in-higher-education%5D%5Bhttps://proforientator.ru/publications/articles/10-mifov-o-distantsionnom-obrazovanii.htmlhttps://www.tyuiu.ru/wp-content/uploads/2015/10/confcdo2013 pdf),2020.

Dieiev R.
Academic adviser Zhukova Yu.
Valentyn Benkovskyi Beryslav Applied Pedagogical College Kherson State University,
Beryslav

SELF-ORGANIZATION AS A FACTOR IN MASTERING OF EDUCATIONAL MATERIAL

So far as is known, the year 2020 changed a lot. The world faces numerous problems, such as workplace crises, education problems and psychological difficulties for people. We had to solve these problems immediately, even if we had not dealt with them before. Students have started their schooling from home and teachers have to find a way to teach from home without personal contact. Luckily, the "big" companies like Google, Apple, Zoom inc. etc.. make their contribution to worldwide easy transfer to "stay-at-home" way of life. Humanity didn't have a choice, evidently due to pandemic conditions. All these methods are the ways to educate and study remotely and are implemented in the term - Online Education or Distance Learning. It has advantages and disadvantages.

The main advantage is safety from coronavirus. As it is commonly said "Home, Sweet, Home". Staying at home makes it nearly impossible to spread a deadly virus we deal with.

Secondly, the full potential of multimedia during online education is almost infinite. Using the Internet in education is not an innovation. There are plenty of platforms, apps, softwares. For example, Google Activity Read-Along helps young children to learn to read safely and independently. Chrome extension "Share to Classroom" allows to share any web content with students. *Socratic by Google* helps to avoid common study problems, it helps to solve math challenges and some other numerous platforms that implement diversity to modern classes.

Thirdly, you don't need to attend classes, go somewhere, and don't need to prepare yourself as much as you did during the "traditional" way of learning. However, it can be hard to organize yourself to work.

Fourthly, constant self-development is on. You have space to train your creativity, skills, discover something new, enrich computer and communicative abilities, use your experience in finding new content and put it into practice. Education process is provided according to the scheme Teacher – Student$_1$ - Student$_2$ and so on, even in Online Education teachers and students are exchanging experience.

To sum up, we want to give you a piece of advice on how to improve your distance education process. To begin with, the best way to keep everything up and not to be late is to start your calendar. Add to the calendar your future events, plans, set duration, travel time, alarm attachment based on your priorities. They say: "Having to remember every detail in your head, without writing them down, can elevate your stress in balancing each area of your life." - www.cornerstone.edu. [1] We suggest you *Google Calendar* it has cross-device synchronisation; you have your entire schedule in your smartphone, laptop, tablet etc. Anyway, you may use the built-in calendar in your gadget which is useful too.

Besides, it is a perfect time to "clean" your devices. Firstly, you need to clean up your desktop, move unnecessary files and divide them into different folders on your drive, make some folders (for example "Study", "Work", "Documents", "Videos" etc.), prioritize them by making subfolders where you will store different types of files, topics or data on your choice. It helps to be confident where your file is; understand content, topics, subjects, have access to data. The same to your browser - make the folders of bookmarks, organized by your type of activity (for example "Study bookmarks", "Entertainment", "Important sites"). You can also, install *AdBlock* software, because the advertisement may distract you. By the way, the ad may bring viruses to your PC.

And the last but not least, our strong recommendation to manage your notifications of your device! From our personal experience, it can distract your attention. Turn off notifications from social media such as Facebook, Instagram, you can view them when you have a free time. Organize contacts from the most frequently used to the least ones.

The pandemic has changed our lives forever. That's a useful challenge that teaches us the importance of personal contact in everyday life and demonstrates a new way both in education and work. We hope you will find something useful for you. At least, we would like to offer you a question: "What does pandemic teach you?"

References

1. Five reasons you should be keeping a calendar. URL: www.cornerstone.edu (date of referring 20/04/2021)

2.Деякі питання організації дистанційного навчання: наказ міністерства освіти і науки України від 08 вересня 2020 р. № 1115. URL: https://mon.gov.ua/ua/npa/deyaki-pitannya-organizaciyi-distancijnogo-navchannya-zareyestrovano-v-ministerstvi-yusticiyi-ukrayini-94735224-vid-28-veresnya-2020-roku (date of referring 20/04/2021)3.

3. Дистанційні та онлайн-сервіси в освіті: веб-сайт. URL: https://mon.gov.ua/ua/distancijni-ta-onlajn-servisi-v-osviti (date of referring 20/04/2021)

Kucheriava V.
Academic adviser Sidenko N.
Separated Structural Unit Kherson Polytechnic Professional College of State University «Odeska Politechnica»
Kherson

ADVANTAGES AND DISADVANTAGES OF DISTANCE LEARNING

Distance learning has become a new reality of our today's life, mainly due to the implementation of the anti-epidemic measures. The globalization tendency is so strong now. And, of course, this situation has brought new challenges to the Ukrainian education system as well.

Having analyzed the numerous definitions of the phenomenon of distance learning it has been stated that its main features are as following; interactive, flexible, individual character, remote form, combination of traditional and innovative methods of teaching and learning [1,2].

Some authors have examined "pluses" and "minuses" of distance learning, defining them as (advantages):
- flexibility, meaning the training time;
- module principle of dividing the academic time and material;
- parallel combination with the professional activity;
- asynchrony, meaning flexible schedule of study;
- profitability;
- mass character;
- tutor's work;
- usage of new computer and information technologies;
- availability of a certain level of students' education [2].

There are some disadvantages:
- lack of communication;
- lack of permanent access to the Internet;

- difficulties with encouragement and motivation;
- problem with user's authentication while testing;
- additional expenses at the starting point;
- high time- and labor-consuming preparation phase of course development for distance learning;
- lack of prompt technical skills;
- poor communication infrastructure;
- shortage of specialists, because a team for multimedia courses, consisting of a philologist, a designer and a programmer is needed [Ibid].

To clarify if distance learning is good or bad for the students of our college, we have interviewed them about it. Approximately 120 persons have taken part in it. The answers can be grouped into such titles or items as expanded technical possibilities; organizational, psychological, physiological aspects and academic achievements. You can compare the generalized and analyzed data given above with the opinions and ideas of the students in our college on real situation. Generally speaking, two main ideas of our students are expressed by two quotations from the interview:

1) "Distance learning is a new step in academic process";
2) "Distance learning is not complete."

These opinions are opposite and so controversial that we should decide which is right.

The majority of respondents think that e-learning enables them to have an access to some devices simultaneously, to use additional information, to get information in different and interesting forms, for example, viewing video, presentations. It also gives promptness in data retrieval and data usage, makes the information search easier and faster. Our students have experienced new computer skills, especially in typing and word-processing, got acquainted with new search engines.

As for the organizational aspects of e-learning, the students suppose that their level of self-discipline has become higher and the class attendance has become better, because even those who are ill or self-isolated have a chance to be present at the lesson,

Moreover, e-learning makes possible to combine study with freelance activity and just to save time, not wasting it for transport, but spending it for sport or rest.

Among the psychological aspects we find solving the problem of personal comfort zone, minimization of distractive factors, the work of both aural and visual memories resulting in better comprehension. They consider the communication style with teachers and lecturers to become more democratic. But they do feel the lack of personal contacts with the classmates, difficulties with the concentration of attention.

It should be noted that our students claim they get physiologically less tired.

The most important fact is that some students have gained new knowledge, mastered new skills and make their grades better.

Summing up, it should be mentioned that distance learning can be neither good nor bad; it is multi-facet with its advantages and disadvantages. The question is if you can make advantage of it.

References

1. Advantages And Disadvantages Of Online Learning. URL: https://elearningindustry.com (in English) (accessed 25.04.2021).

2. Preimushchestva i nedostatki distantsionnogo obucheniya. URL: https://cyberleninka.ru/article/n/peimuschestva-i-nedostatki-distantsionnogo-obucheniya/viewer (in Rus.) (accessed 25.04.2021).

Pohranychnyi V.
Academic adviser Pestushko A.
Separated Structural Unit Kherson Polytechnic Professional College of State University
«Odeska Politechnica»,
Kherson

ADVANTAGES OF DISTANCE LEARNING FACILITIES

The creating of new technologies has initiated fundamental changes, including in education. The usual ways of communicating have undergone tremendous change with the advent of the Internet as a channel of communication and at the same time an information resource. The development of new web services and online collaboration tools make it possible to meet the ever-increasing demands of the field of science. With improved technology, tasks are solved in new, more convenient ways. Distance learning is now firmly established in the education sector and is becoming more effective and relevant as technology improves.

The necessity of implementing distance learning technology is due to the following factors [2]:

- work with children with disabilities;
- work with students who are ill;
- the need for interactive interaction between students and teachers;
- the implementation of projects and research papers;
- work with disabled children.

There are a large number of tools available to help organize distance learning: email, social networks, video conferencing systems, hypertext messaging and videoconferencing. Email allows quick exchange of information and sending of individual assignments but is not always a suitable tool for training due to limited possibilities. Social networks are an area for general discussions, information exchange and video calls. Videoconferencing has been shown to be the most actively used system in distance learning. Most teachers and students are experienced in Skype. This program is well adapted to video conferencing, but the free version is limited in the number of simultaneous connections of users. Distance learning provides the opportunity to build an individual trajectory [1].

Distance learning supports the development of an individual learning pathway tailored to the learner's capabilities and interests. Distance learning offers a number of different forms of learning Distance-based forms of education make it possible to perform both individual and group work and stimulate the cognitive and creative work of the students. cognitive and creative work. The integration of tools in distance teaching increases the effectiveness of the educational process the educational process.

The use of distance learning tools in education can improve the quality and effectiveness of learning[4]:

- to activate the cognitive activity of students;
- to enhance the role of students' independent work.

Relevance of distance learning tools in education:

- formation of an active independent and proactive position of students;
- development of general academic skills;
- improvement of cognitive interest.

These technologies offer a number of advantages which, on the one hand, help to organise the learning process more flexibly and, on the other hand, make it as individualised, attractive and visible as possible. Distance learning makes it possible to synchronise learning without being tied to a physical location through the remote interaction of all participants. It is possible to provide access to the storage of training materials at any time convenient for the user. Group collaboration between distance learning participants becomes possible. The range of tools available expands immeasurably[1].

The range of media used in this process is extremely wide, e.g.:

- simulators,
- tests,
- audiovisual material,
- electronic textbooks,
- demonstration video,
- educational games
- game software [3].

Since e-learning tools are created and operated using computer and telecommunication technology, they have a significant advantage over traditional learning tools in providing creative and active acquisition by future professionals of the knowledge, skills and abilities required in their future professional activities. This advantage is ensured through the observance of such principles as : visualization of training is the use of means of visual demonstration of educational information, namely: static and dynamic graphics, photos, tables, charts and diagrams, graphs and charts, maps, video and audio materials, animation, etc.

Accessibility is the placement of training materials in the local network and Internet with free or password access; interactivity is the integration of different means of demonstrating information and cross-linking between them, allowing students to choose the degree of detail information and direction of study material; adaptability is optimizing the learning process in terms of dosing amount of information for study time according to personal characteristics, capabilities and requirements of the student.

References

1. Longley D., Shain M. Dictionary of Information Technology (3 ed.), New York, NY, U.S.: Macmillan Press. 2017. 547 p.
2. Parsell M. Pernicious virtual communities: Identity, polarization and the Web 2.0. *Ethics and Information Technology*. 2017. № 10 (1). P. 41–56
3. Quan-Hasse A., Young A. L. Uses and Gratifications of Social Media: A Comparison of Facebook and Instant Messaging. *Bulletin of Science Technology & Society*. 2018. № 30. P . 350-361

4. Tait A. Planning Student Support in Open and Distance Learning. *Open Learning*.2015. № 15 (3). P. 287-300.

Batezhenko A.
Academic adviser Losieva Y.
Separated Structural Unit Kherson Polytechnic Professional College of State University
«Odeska Politechnica»,
Kherson

ONLINE LEARNING AS A MODERN REALITY
OF THE 21ST CENTURY

Today we consider that this topic is very actual. In connection with the coronavirus pandemic, all schools, universities and colleges have been transferred to distance learning. This way of learning is very convenient, mobile and accessible for everyone. Also, as a separate point, it can be noted that it is much cheaper.

The purpose of our research is a mission to understand that this type of study should be used as a separate one.

Distance education has become a solution to pressing problems. We can also say that thanks to distance learning, many students have opened up "new horizons". In order to draw more specific conclusions, we must decide what the advantages of distance learning are:

1) a unique opportunity to adjust the pace of learning for yourself [1]. We can safely say that each person is unique, that is, each has its own certain level of knowledge and understanding. Someone is good at math and he/she has extra time to solve the exercise due to the fact that he/she quickly did his homework in English;

2) reduces mental and physical stress[1]. Each child should wake up at 7 o'clock and go to school, after they have finished they go back home and first help their parents around the house, and then find time for hobbies and homework. Just imagine how much stress a child goes through every day. Thanks to distance learning, the child can wake up later and they have much more time to do everything and at the same time help their parents and do their hobbies;

3) saving money and time [2]. We consider this is the biggest benefit of homeschooling. Every day when we come to school, we must think about two things: "*How do I get there?*" and "*What will I eat?*".

That is, we understand that we are obliged to spend some of the money to solve these trivial issues. And if we imagine, for example, that every day we have to spend about 12 hryvnia on travel and about 20 hryvnia on food in a local canteen while we study 22 days per month, then if we calculate it will cost us about 700 hryvnia per month and this only for travel and food. If we consider the option with home schooling, we will not spend a penny. You also need to take into account that a trip to study should also take some time

And if we compare again with home schooling, we will not waste our time on anything.

4) Repetition is the mother of learning [1]. As mentioned earlier, each person is unique, and there are times when each person does not understand something and is afraid to as

the teacher to repeat it again, and what we have as a result. We have not learned the material before, which can lead to difficulties in understanding the following material. But if we study in distance learning, then we can easily repeat and consolidate the material in video lessons, tests, notes, presentations and, unlike offline learning, this can be done at any time convenient for you.

5) You can identify weaknesses during training and work on them [1].

We are sure that in every educational institution there are parents who are ready to boldly declare how great our child is, but in the lessons he does not succeed, as a result, parents go to complain about the teachers that they are so bad, they teach poorly. Also, this situation can be repeated exactly the opposite, when a student teaches everything well and wants to gain knowledge, but the teacher does not agree with this and underestimates his grades. In home schooling, this problem can be corrected, the student takes tests on the sites and the site immediately gives him his well-deserved mark, which as a result closes all the claims because everything is clearly painted on the screen for which you were given a grade

If you look at what advantages home teaching gives, you can conclude that home teaching is not as bad as it seems

Therefore, if we look at how much of an impact home schooling gives us, we can state that home schooling should be considered as a separate type of education.

References

1.For or against? 6 Pros and Cons of Distance Learning We Need to Discuss. URL:https://osvitoria.media/ru/experience/za-chy-proty-6-plyusiv-i-minusiv-dystantsijnogo-navchannya-yaki-nam-treba-obgovoryty-2/ (in RUS.) (13.04.2021)

2. Benefits of Distance Education. URL:https://optima.school/ru/blog/preimusestva-distancionnogo-obrazovania(in RUS.) (13.04.2021)

Vaskevych O.
Academic adviser Bevzenko Yu.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

THE BENEFITS OF E-COURSE "MARITIME ENGLISH" USE DURING BLENDED LEARNING

COVID-19 has accelerated, amplified and made a difference in education. Before the pandemic, blended learning was an option, but now it is a necessity.

Blended learning combines the benefits of face-to-face learning with technological online tools. It is widely used in education, and some scholars call it the "new traditional model".

Blended learning is a mixture of learning methods that include several forms of learning - most often e-learning and traditional face-to-face learning.

Blended learning is important because it breaks down traditional learning walls that don't work for all learners, and now with access to modern technology and resources, we can tailor the learning experience for each learner. Blended learning gives the opportunity

to learn at your own pace, as well as access to global resources and materials that meet the level of knowledge and interests of students.

The blended learning approach ensures that the learner is involved and in control of his individual learning experience. This approach also helps to meet the individual needs of the learner. Most learners have unique learning styles, and the blended approach is more likely to meet these needs than traditional classroom teaching experiences.

Online - training during the period of distance learning also takes place at Kherson Applied College of Kherson State Maritime Academy through the online platform (LMS Moodle with built videoconference facilities).

The student switches between online study and face-to-face study. Most of the instructions are conducted online, and teachers provide group support if needed.

Face-to-Face: the teacher offers mostly face-to-face classes, supplemented by technology in the classroom. Blended learning also offers flexible way to access, so each student can log in anywhere using mobile phones, PC etc.

In other words, blended learning allows student to access materials from anywhere, anytime, taking advantage of personal support and learning. One of the advantages is the access to world-wide resources and materials that meet students' field of interest.

Self-paced learning for slow or fast learners reduces stress, increases satisfaction, motivation and retains information. E-learning allows students to interact more effectively with teachers through messages, forums, and chat rooms, and students have the ability to track their progress using progress bars and repository of competencies.

E-learning can improve the quality of teaching and learning as it supports personalized learning approaches.

The E-Course "Maritime English" has many advantages and disadvantages. Kherson Applied College of Kherson State Maritime Academy has great experience of blended learning implementation. E-learning using LMS Moodle allows to provide effective communication between students and their teachers.

With the help of the electronic system Moodle we can repeat, check the necessary information any time. Cadets have the ability to learn through a variety of exercises that are applicable to many different learning styles (Quizzes, Tasks, SCORM packages, Lessons, Professional videos, interactive instructions, Glossary etc.). On the course, we watch videos related to the future profession of ship engineer, learn new words, pronounce them using a sound dictionary, do tests and projects.

These days, when a coronavirus is spreading around the world, e-learning is a very good way to avoid contacting sick people. The same thing happened with our group. That is, the group of second-year cadets of ship-engineering department were put on self-isolation three times, for two weeks. Since there was a patient with Coronavirus there. And here e-learning has rescued the process of education. Every day cadets had new tasks in Maritime English according to the schedule. First, they had to watch a video on different topics that the teacher uploaded to e-course, then there was a test and some kind of tasks, like a crosswords, puzzles or quizzes [1].

As a result, the Benefits of Blended Learning for Students are the following:

- It increases student's interest. The motivation of learning grows up while doing different activities individually, in pairs and groups (e.g. Project Work).

- Students become self-reliant and responsible by tracking their individual achievements.

- Blended learning instills a sense of "student responsibility for learning".

- It allows students to learn at their own pace: with the flexibility of blended learning and the ability to access online resources, students can learn individually.

- Prepares learners for the future.

Blended learning offers many skills to achieve, namely the following: Research skills, Self-study, Self-involvement, Helps develop "self-driving force", Better decision making, Offers a greater sense of responsibility, Computer literacy etc.

In addition to the above, the advantages of blended learning depend not only from the teacher who creates e-course, but also from the students who are active participants of learning process and assist to create the content of e-course described above.

As a result of our research it was proved that LMS Moodle e-courses have a potential educational opportunity as an effective means for forming the foreign professional competence of future seafarers, namely ship engineers. Interactive exercises bring cadets closer to the real-life communication in the absence of a natural linguistic environment and can be used as part of the system of formation of foreign professional competence of future maritime specialists [2]. It was also proved that the system of blended learning helps to master the English language faster and more easily.

References

1. An e-course based on the LMS MOODLE to teach "Maritime English for professional purpose". URL: https://rep.ksma.ks.ua/jspui/handle/123456789/57 (in Eng.) (date of referring 2019).
2. Interactive course "Maritime English" in the professional training of future mariners. URL: https://rep.ksma.ks.ua/jspui/handle/123456789/71 (in Eng.) (date of referring 2018).

Homenok K.
Academic adviser Bevzenko Yu.
Maritime Applied College of Kherson State Maritime Academy,
Kherson

THE ADVANTAGES OF A QUIZ IN LMS MOODLE WHILE ASSESSING KNOWLEDGE OF THE ENGLISH LANGUAGE

Recently, information technologies have been increasingly used in educational institutions for teaching various disciplines. There are some factors that can cause it: the conditions of distance or blended learning, the effectiveness of digitalized learning tools, the popularity of electronic resources among cadets, the speed and ease of use etc.

Among the large number of online learning opportunities, the multifunctional LMS Moodle has many advantages. It is useful in the process of teaching a foreign language and currently is often used by teachers and cadets. Therefore, in this we find the relevance of the study.

The purpose of our work is to characterize the advantages of quizzes created in the Moodle platform while evaluating foreign language skills.

An e-course in LMS Moodle can provide material studying at all stages: from learning theoretical material by means of text or multimedia files processing, performing various practical tasks — to thematic of final knowledge assessment in the form of, for instance,

testing. Let's examine special aspects of such an e-course function as a quiz. It is particularly with the help of an online quiz you can check your English vocabulary or grammar achievement.

The strength of e-courses in Moodle, in particular in terms of knowledge assessment, have already been described by scientists. According to Ukrainian researches A. Tomilina and M. Maloivan, "e-learning course in the Moodle system provides the transition of the control and evaluation component of the educational process to a qualitatively new tiger level with regular self-control and the ability to eliminate shortcomings in the acquisition of knowledge at an individual pace".

In the foreign scientific literature, the possibilities for creating a quiz in Moodle for language learning are described in the following way: "The quiz-making function: Moodle's built in functions allow you to make different types of quizzes. Quiz types relevant to language teaching are: Multiple choice, True/False, Numerical, Matching, Description, and Cloze" [1].

Quiz consists of a list of certain questions from a special blank, which is filled in advance by the teacher. They may differ in difficulty and content e.g. choose one or several right answers, match correspondences etc. In this way we can check during English lessons things like:
- knowledge of spelling rules;
- level of understanding Ukrainian to English and English to Ukrainian translations;
- knowledge of professional vocabulary and terms;
- understanding of synonymous or antonunderstandingymous meanings, stylistic nuances;
- understanding the morphological forms of English words;
- knowledge of temporal forms;
- ability to build grammatical constructions of different types, etc.;
- comprehensive knowledge on various topics.

The possible setting in the time limit allows to discipline the participant in the quiz, helps to allocate time correctly and does not allow to use additional resources to find the right answers, which positively affects the quality of testing the knowledge of the direct participant. This is also a kind of motivational element that helps to focus on the tasks of the quiz, and adherence to the principles of academic integrity.

The quiz may also involve one or more attempts to complete the tasks. We find a positive in all variants: in the case of a single attempt, the participant of the quiz reveals his knowledge at the moment, which allows the teacher to clearly record and objectively assess the level of knowledge; if the settings of the quiz provide several opportunities, then the errors detected in the first attempts signal to both the participant and the teacher about the problem areas and gaps in knowledge that can be eliminated and progress can be detected by re-passing [2].

The recorded results can be assessed, since when creating a quiz, the teacher assigns a certain number of points to each task. The final score obtained using the LMS Moodle tools can be transferred to the journal as a score.

In our opinion, the LMS Moodle quiz has the following advantages:
- remote access, which is convenient both offline and online training;
- clarity in use;
- interactivity;

    – the ability to test knowledge on any topic related to the English language;

    – objectivity in the assessment;

    – automatic check and report generation.

Consequently, a quiz (LMS Moodle) is an effective way to check the theoretical and practical knowledge of English and actualize a lexical and grammatical knowledge (morphological and syntactic features) [3]. The ability to use knowledge in practice, to concentrate your attention on your tasks and time-management help students to determine the level of their knowledge in an interactive form. And automatic system also help student to get quickly objective results of their works. Because of the listed advantages, teachers tend to often use this type of activity as it attracts the interest of those obtain education, is convenient (allows one-time alignment for multiple use in automatic assessment being edited easily) and becomes especially relevant in conditions of distanced or mixed learning.

References

1. An e-course based on the LMS MOODLE to teach "Maritime English for professional purpose". URL: https://rep.ksma.ks.ua/jspui/handle/123456789/57 (in Eng.) (date of referring 2019).

2. Interactive course "Maritime English" in the professional training of future mariners. URL: https://rep.ksma.ks.ua/jspui/handle/123456789/71 (in Eng.) (date of referring 2018).

3. Dougiamas, M.. Moodle. International Society for Technology in Education. 2004.

Podvizhenko A.
Academic adviser Hrechana A.
Separated Structural Unit Kherson Polytechnic Professional College of State University "Odeska Politechnika"
Kherson

HOW TO BE MORE ORGANIZED DURING THE DISTANCE LEARNING?

Professional psychologists say that the way to study at a distance is to obtain high-quality knowledge in a comfortable environment [1]. When attention is not distracted by annoying factors, whether it is a conflicting teacher or an uncomfortable desk, it is much easier and more enjoyable to be into the topic of the lesson. Because of the pandemic, it is difficult for students who are accustomed to go to college every day and work with a teacher face to face, to adapt to the new format. We will tell you how to study at home and keep up with everything.

Make a list of tasks for the day. Even when you're self-isolating at home, you still need to plan your day. It will help you spend your day more efficiently and prevent you from laziness. Of course, you study at home, but it doesn't mean you should relax. Try to distribute your tasks and lectures will be sensible for you and a bunch of unfulfilled practical tasks will not accumulate. Start to write in a special notebook, where you will write down your homework and deadlines. Self-isolation won't last forever, and you still have to pass tests and exams. So do not create problems for yourself, but make a to-do list

for tomorrow every night. And do not forget to include in it not only serious matters but also activities which are pleasant for the soul.

Define the time for distance learning. Do not forget to add time for certain tasks to your to-do list. For example, from 9.00 to 15.00 you are in "online classes". Then you relax and do your favorite things (workout, walk, reading, hobbies, and so on). You can afford more rest because you don't waste time getting to college. Then add homework to your schedule. For example, from 17.00 to 21.00. Planning every day, you will better navigate the workload and complete all tasks on time.

Optimize your training. Try to create a working atmosphere. Warn family members or your roommates not to make noise. Prepare your desktop and remove distractions. Turn off the sound on your phone. Do not forget to take notes, because it will come in handy for repeating material [2].

Take breaks. To make your distance learning productive, remember to take breaks between classes. Rest does not mean chatting or surfing the Net. Move for at least 5 minutes: jump, exercise, wash the dishes. It helps a lot to avoid monotony and overwork!

Prioritization. College educational programs often contain a lot of subjects. Not all of them are equally important. It is unrealistic to complete all tasks in all disciplines. Therefore, it is important to clearly understand which subjects are the most "useful" (give the maximum knowledge in the specialty, influence further studies, are needed to receive a scholarship) and deal with them first of all. The rest can be completed when you have already completed the tasks in important subjects and have time to rest.

Finding more information. The formation of successful students is impossible without the quality of curiosity. The student leader is not limited to what is written in the synopsis or textbook. To better understand the topic, he/she uses additional sources. This allows not only to expand knowledge but also to make a good impression on the teacher, surprising him/her with knowledge of an unusual fact. Therefore, do not hesitate to use Google, especially if you are interested in the topic of the lecture.

Work with the mistakes. Good habits for the student include learning from mistakes. After receiving the test with the teacher's comments, pay maximum attention to those questions that were answered incorrectly, try to learn the missed material, retake, or write the final work well. Being in distance learning, you have lots of opportunities to connect the teacher in different messengers and Google Forms.

Active leisure. Free time can be spent not only in front of a computer or TV but also revealing your talents. Each college has creative teams, sports sections, clubs of intellectual games, scientific communities. Usually, these organizations are happy to welcome new members. Spending your leisure time in this way, you can not only expand your circle of acquaintances, visit interesting places (outdoor performances, tournaments, conferences), but also impress teachers, most of whom value socially active students [3].

Motivation. You can only achieve success if you have motivation if you are genuinely interested in your future specialty and you understand that studying at a college is the first step up the career ladder. Only then will you be able to work efficiently without feeling tired and unhappy.

In conclusion, it must be said that all these rules will help to organize the process of distance learning in the right way. Following these recommendations, you will see only benefits from the online lessons.

References

1.V. Kruhlov: how to organize distance learning? https://osvita.ua/blogs/73586/ (in Ukr) (date of referring 05.04.2021)

2 Distance learning: new way of studying which must take place https://life.pravda.com.ua/society/2020/07/2/241517/ (in Ukr) (date of referring 19.04.2021)

3 How to organize distance learning? http://teach-hub.com/dystantsiyne-navchannia/ (in Ukr) (date of referring 22.04.2021)

Pisarieva D.
Academic adviser Tyshchenko T.
Kherson music college,
Kherson

THE PROFITS OF DISTANT LERNING FOR ADULT AND MOTIVATED STUDENTS

"Online education is an amenable instructional delivery process that includes any learning that takes place via the internet. Online learning enables educators to communicate with students who may not be capable of enrolling in a traditional classroom course and assists students who need to work on their own schedule and at their own speed." [1] Due to health precautions which were taken worldwide, people nowadays came face to face with online learning. While some are assured that this type of learning has no benefits and is extremely uncomfortable to youth, others may think otherwise. Let us look deeper into various benefits of online studying and youth's opinions on this subject.

First benefit – comfort. This can be interpreted in two ways: physical and psychological. In the first case, there is no need to leave the comfort of one's house to visit classes. People don't need to wake up an hour early, get dressed and use public transport just to get to the educational establishments. Furthermore, you can create your own unique atmosphere that fits best for your studying needs, as well as eliminate distractions, have a comfortable workplace, and get the tools you need to work with close at hand without the need to carry them to a classroom.[2] In terms of psychological comfort, online studying reduces stress, making it much easier to stay calm and not feel pressured by anything or anybody. Youth finds it much easier than standing up to answer when the whole class spectates. Online learning appears to be more effective in ways of accessibility as well - no matter the weather or time of day, there is always an open access to all the information an individual may need - documentation needed for learning will be stored and easily accessible.[3] All discussions and training materials are kept in a database. Moreover, in case students need help, they have the ability to emails their teacher for any consultations. In a traditional setting, acquiring this information will require class attendance and notetaking, or meetings with the professor to try and obtain the information you may be missing.

Second benefit – learning at one's own pace. With online learning, you are able to study in your preferred tempo, which provides you with a better chance of fully grasping and retaining knowledge. Unlike traditional classes, instead of feverishly taking notes

during lectures, people have the ability to review the materials as often as they like at any time when they feel ready for work.

Third benefit – gaining new technical skills. Working with technology and virtual communicative systems will not only help you achieve your educational goals but also will provide help in gaining new skills that will be beneficial when embarking on a new career. As you study, you become familiar with a number of digital learning tools, systems and software. This will give you experience in communicating remotely, which is common in businesses throughout the world.[2]

Fourth benefit - Online learning facilitates the ability to think critically about what you do every day. The goal in the classroom is to challenge you to think differently, and employers want you to do that, too – to think critically in your role at work.[3] Mastering this skill is what will set you apart as a student, and as an employee. Critical thinking plays a role in any type of education; however, online learning forces you to develop your critical thinking skills in ways that you might not have practiced in an in-person classroom setting. This sort of self-paced and self-motivated learning demonstrates to future employers that you have the ability to think critically and overcome any obstacles that might stand in your way.

At last, online education is rapidly developing and improving. Its potential advantages involve increased educational access; it provides a high-quality learning opportunity, improves student outcomes and skills, and expands educational choice options. Therefore, location, time, and quality are no longer considered factors in seeking degree courses or higher education thanks to online learning.

References

1. Essay on Online Education by Prasanna URL: [https://www.aplustopper.com/essay-on-online-education/] 20.04.2021
2. 11 advantages of online learning by EHL Insights. URL:
[https://hospitalityinsights.ehl.edu/advantages-of-online-learning] 20.04.2021
3. The Benefits of Online Learning: 7 Advantages of Online Degrees by Kelsey Miller URL: [https://www.northeastern.edu/graduate/blog/benefits-of-online-learning/] 20.04.2021

Rudkovskyi I.
Academic adviser Denychenko I.
Maritime Applied College of the Kherson State Maritime Academy,
Kherson

THE BENEFITS OF USING MOODLE WHILE STUDYING ONLINE

There is more than one reason why people can be socially isolated. Some of these reasons are: pandemics, man-made and natural disasters, wars, as well as a person's own desire. Today, people have the opportunity to use the Internet to maintain communication and social interactions during the period of isolation. Thus, human social life for the most part in the period of isolation moves to the network. At the moment, we have the

opportunity to find work on the Internet, order food, clothes, household items online with delivery by courier, and pay for the services received using Internet banking. [[1]]

Social isolation has not spared the field of education. In connection with the pandemic caused by COVID-19, the transition to distance learning has been made almost all over the world. Thus, the world was able to fully use modern technologies in the field of education, thus almost instantly modernizing the approaches to teaching students. New techniques were developed, which were subsequently fully applied in practice. In practice, a large number of educational institutions around the world use learning management systems. [[2]] Here are examples of some of the learning management systems:

- Open edX
- ATutor
- Moodle LMS
- Blackboard Learn
- Schoology LMS
- EthosCE LMS
- SaaS Cloud LMS

In our reality, Moodle LMS is widely used by educational institutions not only in the countries of the former USSR, but throughout the world what makes it possible to expand the information field of Moodle LMS by expanding of list of educational institutions using it. Due to the ability to connect various plugins directly to the system itself, thus, the platform is flexible enough to be used to meet the specific needs of educational institutions. The capabilities of Moodle LMS allow you to upload (Fig. 1.) multimedia objects on the course, which is many times facilitated by the built-in multimedia filter that automatically recognizes the type of the uploaded file and displays it according to the specified settings. Moodle LMS also supports the ability to upload tests, conduct lessons remotely both in video and in non-video mode. [2]
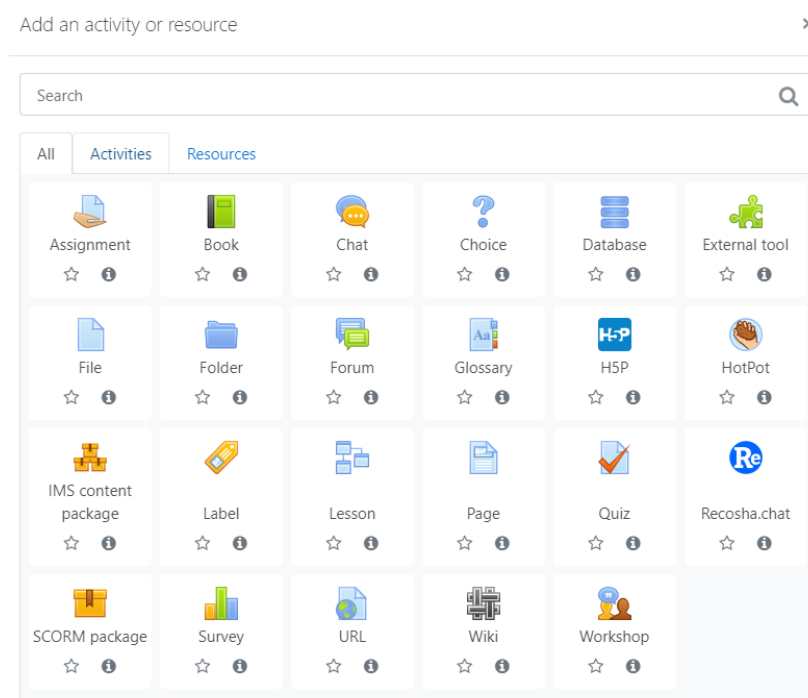

Fig. 1. List of activities and resources supported for upload on Moodle LMS

A variety of activities initiate students' creativity and interest (Fig. 2.). Students are interested in studying new material in a playful way (Fig. 3.), which can also be implemented by using SCORM packages and possibility to create interesting and attractive design of the studying Module. Live pictures, colourful infographics, bright labels all of these enable teachers to create an environment conducive to learning. [3]

Fig. 2. An example of a module design on Moodle LMS
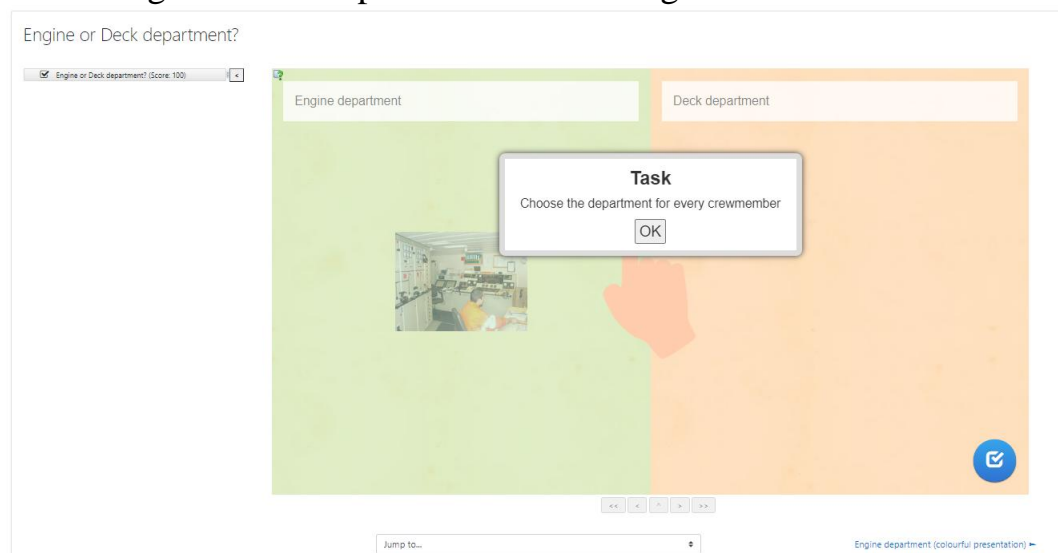
Fig. 3. An example of using SCORM Package on Moodle LMS

Moodle LMS can be an excellent addition to full-time student education, since it can be used for training remotely, making it a flexible and easy-to-use learning tool at the same time, comfortable both for teachers and students.

References
1. Top 3 Advantages Of Moodle URL: https://elearningindustry.com/advantages-of-moodle-top-3
2. Why is Moodle beneficial for the Education Sector? URL: https://www.hubkengroup.com/resources/moodle-beneficial-education-sector
3. Система управління навчанням Херсонської державної морської академії URL: https://mdl.ksma.ks.ua/

Skrytskyi A.
Academicic adviser Denychenko I.
Maritime Applied College of the Kherson State Maritime Academy,
Kherson

IMPROVE YOUR KNOWLEDGE WHILE STAYING AT HOME

Since the last year, that has made almost every person to stay at home, online learning has become more popular subject for talking. In this aspect researchers began to look for positive remarks. All types of studying have their pros and cons. We want to overview the advantages of online learning.

Firstly, the biggest delusion about studying at home is bad results. Every researcher reports that schoolers and students can`t get enough practice at home, that they ostensibly have to do all tasks at the presence of the teacher. But it is so only because of unpreparedness of educational system for those challenges. [1]

Secondly, the main reason why this type of education is being rejected is that it will make no sense to go to school or university. Every teacher understands it, so it has no possibility to be popularized among the teachers nowadays. [2]

Those bad words about online learning have no reason to be accepted by a simple student or schooler. This kind of studying has many benefits that can increase the level of knowledge. The next statements will make it more understandable:

1. Great possibility of placing your workspace

Since the student has particular equipment and online connection he/she can work from almost every part of our planet. It is one of the most substantial benefit that builds all the concept of portable studying. [1]

2. Comfortable studying

This words can be defined as the addition to the first statement. The main place of studying is always your home. It allows you to make you process of work as student wants it to be. So excitement and the other bad factors of classroom will have no possibility to trouble the student. Music, a cup of tea etc. – the student can manage space as possible. [1]

3. Flexible schedule

Every educational establishment has its own time management, it is based only according to the teachers and establishment itself. Students have no possibility to make any fixes in it. But online learning gives it to do so. "To manage time is the main brick of the success" – words of every productive expert. [2]

4. Cost

It is clear that the full-time visiting of the audience takes more money than if studying takes place lonely. It is caused by big need of money by educational establishment. It can`t be superfluous to save money for your own needs. [2]

5. Great concentration

While student is being at home, almost nothing can distribute he/she. Your place has a very pleasant atmosphere for your deep concentration. In addition to this that you have all things to help you. [1]

6. The skills of self-studying

The skill that gives you the possibility to understand all studying material yourself is a very useful and even necessary. The person who can probably educate him/herself with particular skills – is like a gold among the metals. Nowadays companies employ people with no education, but with a good flexibility. According to the onboard experience, fast development of new technologies makes seamen to exercise in self-studying. And online learning provides with this skill. [2]

In addition to those statements, to illustrate all abovementioned have a look at the experience of Kherson State Maritime Academy. Almost every modern educational establishment uses Moodle. KSMA and MAC of KSMA do the same. The best example of it is the course of General English that provides student with big amount of possibilities for studying and practicing the material:

- ✓ The student can`t go to next level of the material without getting more than 60% for the test; (Figure 1)
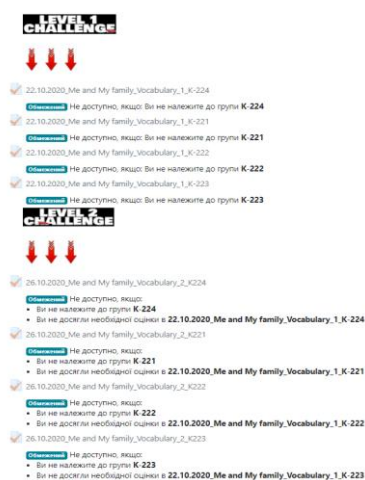

Figure 1. Example of arranging the material by levels

- ✓ The student can increase his/her knowledge even while having rest, the teacher of the course makes simple and easy games for learning the material;
- ✓ The course has the possibility to be opened almost always where student can refresh his/her knowledge;
- ✓ The course has its own online forum where the student can ask the teacher`s help or to discuss the task;

Figure 2. Example of discussion at Forum

Moreover, this course has a very nice design, many animations and live pictures, clear instructions.
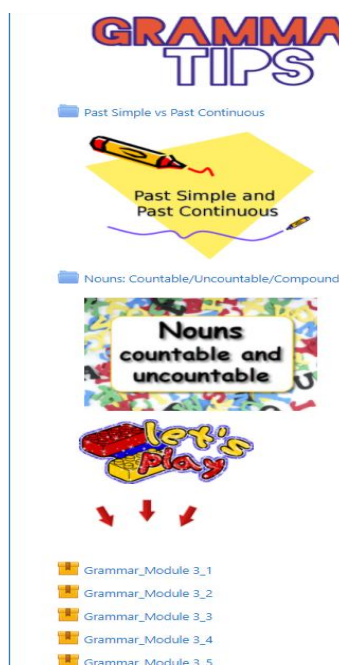
Figure 3. Example of page design

So, online learning is the future that has already come, people must continue the development of this source of knowledge. The main reason why it has not reached its large scale is that society has met this type of knowledge at first, so it is not organized as it must be. We should not be afraid of a new technology; we should develop it to our benefit.

References

1. 20 benefits of online classes for teachers and students. URL: https://kajabi.com/blog/top-20-advantages-of-online-learning-and-digital-courses (in Eng.).
2. 10 benefits of online learning. URL: https://www.indiaeducation.net/online-education/articles/10-benefits-of-online-learning.html (in Eng.).

Stepanytsia A.
Academic adviser Kozhokar D.
Separate Structural Subdivision «Nova Kakhovka vocational college of Dmytro
Motornyi Tavria State Agrotechnological University
Nova Kakhovka

ONLINE LEARNING

One of the most often used terms after the pandemic is the term "Distance Learning". The COVID-19 pandemic has triggered new ways of learning. All around the world, educational institutions are looking toward online learning platforms to continue with the process of educating students.

Distance learning includes everything from traditional classrooms that incorporate basic technology, classroom performance systems, virtual classrooms, learning platforms or learning management systems [1, c.184].

For many traditional educational institutes, this is an entirely new way of education that they have had to adopt. Online learning is now applicable not just to learn academics but it also extends to learning extracurricular activities for students as well. In recent months, the demand for online learning has risen significantly, and it will continue doing so in the future.

The main advantage is that learners can work at their own pace, without the need of physical attendance. Distance education can be used both for individual or group training and can be easily controlled by the tutor (teacher). Content can be easily updated and it provides the teacher with a possibility to create and deliver content, monitor student's participation and assess learner's performance. Distance learning offers interactive features for students as well, e.g. discussion forums, online tests etc. It makes the learners far more independent and flexible [3].

Traditionally Distance learning has been asynchronous, so there was no predetermined time for learning to take place. Everyone could go and learn on own pace and take their time to learn. However, more synchronous Distance learning is now being offered through web conferencing and chat options such as Zoom, Viber and Skype applications. The great thing is that it gives you the option to do one or to do both.

Online courses can work on computers as well as on mobile devices, such as smartphones or tablets. This means that Distant learning courses can literally be in the hands of people who need them, at all times and easily accessed by people around the world. There is no need for expensive travel or meeting across multiple time zones. Additionally, materials can be recorded, archived, and shared for future reference. This allows students to access the learning material at a time of their comfort.

The US Department of Defense has created a set of specifications to encourage the standardization of Learning Management Systems (LMS) which are called Sharable Content Object Reference Model (SCORM). Two popular open-source learning environments are Moodle and Edmodo, as well as well-known Google applications [1, c.185].

Moodle stands for Modular Object – Oriented Dynamic Learning Environment. It is widely used by thousands of educational institutions around the world. This platform is easy to use that almost anyone can create engaging trainings.

As the world becomes increasingly connected and globalized, more people have consistent access to the Internet such as their smartphones. Learning can be mobile. The epidemic has now accelerated online learning into present.

References

1. Bit by bit English for information and Communication Technology;/D.Adru, M.G.Bellino, G.Di Giorgio: Edisco, 2019

2. Jennifer Moon. Short Courses and Workshops: Improving the Impact of Learning, Teaching and Professional Development. Taylor & Francis Group. 2016. URL: https://books.google.com.ua/books?id=3_PJAwAAQBAJ&hl=uk

3. https://community.articulate.com/series/getting-started/articles/what-is-e-learning

Tkachuk R.
Academic adviser Naumkina O.
Separated Structural Unit Kherson Polytechnic Professional Collegeof State University
"Odeska Politechnika"
Kherson

BENEFICIAL ROLE OF DISTANCE LEARNING IN HELPING PEOPLE TO OBTAIN AN EDUCATION

Distance education is different from traditional education. Distance education, also called distance learning, provides learning chances to people who couldn't afford time or money for traditional classes, who lived in remote areas far from schools. In recent years the Internet has become the most important tool for delivering distance education.

So, what exactly is distance learning? Merriam Webster dictionary defines distance learning as "a method of study where teachers and students do not meet in a classroom but use the Internet, e-mail, etc., to have classes."[1]

Distance learning occurs when there is a separation between the teacher and the student, usually due to geographical or time concerns that prevent the student from attending an on-campus course.

The need for distance learning can be caused by various factors. First, there is the need for interactive interaction between students and teachers in the learning process. Secondly, it is giving students the opportunity to work independently to master the material studied. It will be no secret that distance learning is very convenient because it allows you not to stop the learning process for any reason.

Distance learning helps students to better master the material, because you can use different methods of conveying information to students. These can be interactive lectures, mind maps, diagrams, presentations with lots of images and even games for educational purposes. Also, nowadays you can find a lot of videos, video tutorials with life hacks to better understand or remember some information. It makes distance learning even more effective. Students can communicate directly with teachers from home and receive grades through video conferencing and video broadcasts.

One of the important learning conditions for students is a comfortable environment. With distance learning, they can be in the environment they like and feel comfortable. As

a result, if a person feels comfortable, he perceives the information provided to him better and remembers it better.

The main advantage of distance learning is first of all its convenience. People from different cities or villages can study without spending money and time to get to the training point. This is very convenient, because not everyone has the opportunity to go to another city to study. The student can independently choose the time and place for study. It allows him to work and study in another city or even a country. Also, distance learning allows you to not wake up too early to get to the place of study.

Another important advantage of distance learning for students is the lack of handwritten notes. They can be replaced by electronic resources and the latest teaching methods.

I would like to highlight another important aspect of distance learning. In face-to-face lessons, students are usually embarrassed to ask the teacher if they do not understand something. This is not a problem in distance learning. The student can review the lesson as many times as he needs.

Distance learning programs involve many kinds of technology. The Internet and World Wide Web (WWW) are the primary means of presenting educational information. Once learners have subscribed to, or signed up for an Internet provider, they gain access to the educational materials and services designed for the Internet and WWW. The educational information is stored electronically, thus learners with access to the site can download or use the information as long as it is stored there. The Web can provide learning information in many different interesting formats. It can present information in sound bits, such as music, voice or special effects. Graphics may be also presented in a special type of artwork such as animation or video. In addition to working with the Web, the learners may be asked to send e-mail messages, subscribe to mailing lists or participate in newsgroups, and online videoconferencing.[2]

Distance learning develops the skill of self-education. Education experts are convinced that in 2030 the learning process will be continuous. Therefore, the current generation of students has the opportunity to prepare by learning more on their own.

Some distance schools can offer much more in foreign language learning, often with partners in Europe, Canada or the United States. This means that some schools may offer an additional foreign degree. For example, the Optima Education Center distance school offers Ukrainian and Canadian and / or American diplomas to its students.

Therefore, it can be concluded that distance learning is effective for students. It is very convenient and does not require special costs.

References

1. Merriam Webster learner's dictionary URL: https://learnersdictionary.com/

2. Porter, L.R. (1997) Creating the virtual classroom: distance learning with the Internet. New York: John Wiley & Sons, Inc

3. Освіта. UA URL: https://ru.osvita.ua/vnz/reports/adv/46958

Shcherbinin D.

Academic adviser Petrushenko O.

Maritime Applied College of the Kherson State Maritime Academy,

ON-LINE TESTS AND THEIR INFLUENCE ON THE LEVEL OF KNOWLEDGE IN DISTANCE LEARNING

Technologies are in progress all the time, and their development always keeps pace with the time. Current progress is in that point that people, even in different countries, can learn online using various programs with video chat, where they can demonstrate or receive new knowledge. It also became possible to pass exams in the form of online testing.

Online testing is a way of examination and determining a person's skills through the Internet. All you need is a computer or device and network access. These tests can be used in different forms - it can be questionnaires, language and numerical tests, abstract logical problems, it depends on what the organization's goal is. It makes possible us to spend minimal time, objectively assess the knowledge and skills of students. It is also convenient that the work is carried out under an individual schedule. Through its complex characteristics and diverse features, E-learning can enhance the educational process. However, in order to positively influence collaboration and performance, teachers and students must know how to effectively integrate it into the teaching and learning process. The effectiveness of E-learning is determined, by three elements: institution—which refers to teachers knowing how to use the tools in order to enhance learning, how to interact with students and create a comfortable learning environment and how to creatively bring students closer and capture their attention, students—that may feel isolated because of the absence of physical colleagues, a case in which teachers should know how to establish connections and relationships with them, and technology. [1]

This method of examinations became very popular during distance learning, because it was possible to customize the work to the needs of each educational establishment, and paperwork went into the past.

In my opinion online testing has its pros and cons. Firstly, this method saves time for both the student and the teacher. To conduct the test in the classroom, a minimum amount of time is required - time is spent only on writing the test itself and all preparation for creating a test and placing it on the website is carried out outside the classroom. So, a teacher can significantly save study time - after all, checking a topic will take a small amount of time compared with time that would have to be carried out with an individual test of the knowledge of each student. Students can take online testing at home or at any convenient place using the Internet. Thus, there is no need to travel to testing location. Also, a student can be tested in a convenient place for him and get the results remotely. Moreover, in the process of individual work of the teacher with the student, the teacher can also remotely resolve issues of feedback with the student - communication via e-mail, consulting using Skype or Zoom that has become very popular nowadays. This does not only save time, but also allows you to remove boundaries of distances. Testing can take place with students from different places, even from opposite corners of the planet. All that is needed is a device for Internet access and the ability to access the Internet.

Secondly, there is an increase in interest and motivation of students through the use of computer technology during testing. Foreign language tests provided with video and audio materials are not only understood much better than simple surveys, but also make it possible to prevent the lack of listening skills and mastering the phonetic aspects of the language. Getting automatic statistics in the form of infographics, diagrams can be an incentive to motivate the student to fill in the "knowledge gaps" on "failed topics". There is also a competitive one. [2]

Thirdly, testing has a number of advantages that can be called the ability to computerize the process. It includes not only the ability to automate the collection and analysis of statistics on test passing, but also other computerization capabilities: the use of various test modes. We mean testing with training, indicating incorrect answers and comments to them. While doing any test, two functions are performed: a control function and function learning. A student who has not coped with the task on the first try has the ability to pass this test multiple times, while if the tests are supplied with keys, then the student, memorizing the correct answer, receives the necessary knowledge. After all, it is known that the process of memorization for many is a multiple, sometimes mechanical repetition of the same thing. In order to control the quality of the knowledge gained, the teacher can give the student an additional set of tests on the topic being studied, possibly by offering him to do tests of a higher level of complexity. [4]

Fourthly, comparative studies of face to face and online learning provided results that support its effectiveness in the educational field. Studies showed that when e-learning was applied, students were able to assimilate information as well as, or even better than students studying in the traditional way and that online learning proved to be effective especially in the case of shy, easily intimidated, and slow learning students who usually do not have the courage to speak up and express themselves in the classroom. Different from face-to-face learning, e-learning gained popularity mainly because of its flexibility in delivering education and accessing content and resources. Thus, e-learning has great importance in its process has the ability to improve its quality, offering the possibility to personalize and adapt courses to the needs of the learners. Due to online learning a user can have access to a wide range of information, it facilitates collaboration, allows students to learn in their own rhythm, it motivates them to interact with their peers, discuss and exchange points of view and ideas. Furthermore, benefits such as accessibility, focus on the students, flexibility, and collaboration, participants considered accessibility to be the most significant benefit of online learning. Moreover, on-line learning helps to reduce the incidence of corona virus, which is very dangerous nowadays, so prevents the spread of it. [3]

Nowadays I am second year cadet of navigational department of Maritime Professional College of Kherson State Maritime Academy. It is very popular establishment in our country, because it has very high and good reputation in the world, and many people from different Ukraine's cities and foreign countries study at our Academy. During previous years we had distance learning like all educational establishments in Ukraine. Our academy has own website, as well as an electronic platform MOODLE KSMA. We had to attend it every weekday. There we had a lot of courses of different subjects, which we study during our semester. Teachers make different tasks, share information, files with educational material, can add videos. For example on page of Maritime English our teacher creates games for us. I really like

playing these, because I can take a break from hard and boring subjects. Also there we do a lot of tests. It was more comfortable, because we hadn't to wake up very early, we could write test in more favorable and calm atmosphere due to our staying at home. And getting a high result became easier in online format. For the reason as we could use Internet for founding information, that we don't know and check our work before sending it to teacher. But in some cases it can badly involve on our knowledge because we may easily get distracted, lose focus, or miss deadlines. But as for me, writing online test is easier and better. [5]

Summarizing, e-testing has a number of essential advantages. But it also has its cons, as well as the traditional way of teaching. Thanks to online education, students can learn conveniently and fairly cheaply, effectively, because the Internet makes it possible, for example, to conduct computer video and text conferences in a foreign language, watch and listen to authentic video and television lectures in real time, organize search work on various educational sites, conduct online events such as contests, quests, quizzes, webinars, round tables in a foreign language and much more, to a large extent meets the student's internal request in such an organization of the educational process, when he can carry out educational activities in the conditions of his familiar multimedia environment, therefore, students memorize the necessary information better and faster. And tests which are designed to encourage learners to revise teaching material and ensure that proper knowledge was got successfully become useful and necessary to prove your skills and abilities. And there is no necessity to find the answers in the internet sources because a learner has a confidence in his knowledge and is able to improve his further level of education.

References.

1) Online testing as a form of e-learning a foreign language and knowledge control URL: https://cyberleninka.ru/article/n/onlayn-testirovanie-kak-forma-elektronnogo-obucheniya-inostrannomu-yazyku-i-kontrolya-znaniy (2020).

2) The impact of online learning during COVID-19: students' and teachers' perspective URL:https://www.researchgate.net/publication/343229234_The_impact_of_online_learning_during_COVID-19_students'_and_teachers'_perspective (2021).

3) Online Teaching and Learning in Higher Education during the Coronavirus Pandemic: Students' Perspective URL: https://www.mdpi.com/2071-1050/12/24/10367/pdf (2021).

4) Importance of tests for eLearning learners URL: https://antitreningi.ru/info/online-obrazovanie/vazhnost-testov (2020).

5) Distance learning in KSMA URL: https://ksma.ks.ua/?page_id=4012

Petrenko O.
Academic adviser Honcharova V.
Separated Structural Unit Kherson Polytechnic Professional Collegeof State University "Odeska Politechnika",
Kherson

ONLINE LESSON AS ONE OF THE FORMS OF DISTANCE ENGLISH LEARNING AT COLLEGE

Today, the development of technology affects our lives, so in this situation, knowledge of foreign languages is required for successful future activities. Modern world standards of education aim to train a highly qualified person who can adapt in the world. Modern youth understand this, so students spend more time learning English and another foreign languages. Due to the growing need to learn foreign languages, there have been significant changes in teaching methods.

In order the learning process would be successful, communication between teacher and students must take place in the presence of additional technical means, especially student's computer. The computer must have a webcam, in addition, Skype must be installed, as well as high-speed Internet. Based on our own experience, we advise you to pay attention to the presence of headphones and a microphone for both teacher and student, it significantly improves the sound quality of speech. As in regular classes, the student can use a notebook, pen and additional literature [1].

Training of the main types of speech activity. In reading training, studens can read and discuss fiction together, perform a set of exercises aimed at training specific grammatical rules and new vocabulary. Skype allows them to listen and view modern online publications and English news.

The teacher must prepare in advance a set of exercises for listening to various monologues, dialogues from songs, while inserting the missing words in the lyrics or performing various tasks [3]. In addition, as part of this lesson, teacher can watch excerpts from movies and small videos, followed by training listeners.

Writing skills at online classes in Skype can be trained in different ways, depending on the goals. For some students during the class we can recommend writing different essays and written messages [2]. When learning a business foreign language, it is better to write business letters on various topics; it should start with a simple business letter from a partner and end, for example, with a financial report of the firm.

In order to overcome the language barrier faster, students need to communicate a lot, because the main goal of learning a foreign language is to learn to speak faster.

Such tasks include watching and discussing various excerpts from films with the subsequent expression of thought, discussion of proverbs, etc. Short dialogues and stories are suitable for such work [2].

So, the one of the fastest forms of testing lexical and grammatical skills are various online tests, where teacher can find out the result immediately after completion.

Many students do not like homework, but regular monitoring will help to develop independence and self-organization. After conducting an online lesson, the teacher should pick up and send to the student's e-mail homework in electronic form, which he must complete and send to his teacher for review before the next lesson. After that, the teacher should correct the mistakes in order to discuss them before the next lesson. Homework should be done regular [3].

Positive moments were noticed in the interactive study of a foreign language:
- there is no stiffness when communicating with the teacher, which helps the student to relax and learn much more effectively;
- if necessary, you can continue or, conversely, reduce classes;

- the teacher can offer material for studying grammatical or speaking topics from various foreign textbooks;

- The student can take a recorded online lesson and listen to it in his spare time the required number of times, making the necessary pauses.

Thus, it is possible to conclude that distance learning helps to solve some psychological problems of young people, expands their communicative sphere, promotes the development of motivation to learn. To achieve all these goals, the peculiarities of the process of learning a foreign language will increasingly be used online classes.

References
1. Baruch O., Barth, J. Teacher – student interactions and learning outcomes in a distance learning environment. *Internet and Higher Education*. 2007. № 6, p. 65 – 75.
2. Belanger F., Jordan, D.H. Evaluation and Implementation of Distance Learning: Technologies, Tools and Techniques. London, UK: Idea Group Publishing. 2010. 237 p.
3. Fenton C., Ward Watkins B. Fluency in Distance Learning. Charlotte, NC, USA: Information Age Publishing. 2017. 173 p.

Derkach N.
Academic adviser Stadnik H.
Kherson college of culture and arts,
Kherson

ONLINE EDUCATION IS TOTALLY WORTH THE EFFORT

Online learning has to be the greatest revolution in contemporary education. It made a huge change in the system and opened great opportunities for everyone who wants to learn something. There are several problems with the traditional system of education. First of all, you need to pay many per term to attend a college. With all those budget cuts, busy classrooms, and course shortages, you won't always get the chance to study exactly what you want. Besides some students don't have a college where they live. Others do, but can't quit their full-time jobs or leave their family to study at a university. Online education is still related to stereotypes. People often think that online students are not smart enough for a traditional college or university, they are lazy, and they don't get "real" degrees. These claims discourage many people from taking online courses, so they get stuck in the traditional educational system that consumes a huge deal of money, nerves, and years of their lives. It's no wonder why millions of students from all around the world opt for online degree programs or take at least one college course through an online platform [2]. Allow me to explain why online learning is more awesome than you think. There are some advantages of online learning that will make you reconsider your attitude towards this type of education.

Advantages Of Online Learning
You can learn whatever you want!
You can pick the program of your dreams in traditional education, too, but that would involve traveling away from home, living in a completely unknown city, and struggling in

an extremely competitive learning environment. With online education, you can take any program or course present in traditional college.

The great variety of online programs and courses is a huge advantage of this type of education. It doesn't matter where you live and what you want to study – you can always find a suitable course or even a degree program that you can follow from home [2].

Comfort.

Forget about attending classes for hours, sitting in an uncomfortable chair, and suffering from back pain by the end of the day. You will not be bound to physical class session when you opt for online education. All lectures and needed materials are provided via online platforms, so you'll easily access them from the comfort of your home.

Comfort is a strong advantage, but it can go both ways. You mustn't allow yourself to get too comfortable when studying from home, so it would be best to abandon the couch for few hours a day and set up an inspirational studying environment in your home. All you need is a large desk and a nice, comfortable chair.

Online courses look great on a resume.

An online program will always look good on your resume. It will show potential employers that you're committed to learning and you're eager to obtain more knowledge and new skills. Hiring managers don't see online degrees as inferior to traditional ones [2]. A degree is a degree. If you obtain an online degree from a prestigious university, you'll boost your career with the speed of light.

Self-paced learning.

When you start browsing through interesting online courses and programs, you'll notice the Self-Paced label on most of them [2]. What does this mean? Self-paced learning means that the students can start completing the targets at any time, and he can arrange a learning schedule that meets his individual needs.

When you enroll in a traditional college program, you'll have to forget about work, hobbies, and even family. In such setting, studying has to be a priority. That's why many single parents and people who work decide to forget all about their dreams to get a higher degree.

A self-paced system enables them to make progress with rhythm that suits them. This type of system does not require attending live sessions; you can access the materials at any time that works for you. If you have to work or take care of your home and children during the day, you can study at night. That's an advantage the traditional educational system cannot beat.

Lower costs.

The fact that online programs are cheaper when compared to the ones held in a traditional campus setting is enough to convince you to consider them. The average tuition for online courses depends on multiple factors, so it varies from one program to another.

Many online courses are completely free of charge. MIT, for example, offers all course materials online without any charges [2]. Free courses don't usually come with certificate of completion, but they are still more than useful for anyone who wants to learn from prestigious educators.

Work from anywhere, at any time

This is the most appealing benefit of online education for students with many duties to balance. Since everything is available online, accessing class materials and submitting work is very convenient. Exactly when and where this takes place is up to student, as long as assignment due dates are met.

Review lectures instantly

It's easy for minds to wander during a lecture. In many online programs, however, students can review words from professors instantly, either by rewinding the audio or video or by reading the transcript that accompanies the lecture.

Less intimidating

Many students in classroom environments aren't comfortable speaking in public. In an online environment, it can be much easier to share thoughts with others. With 74 percent of people suffering from speech anxiety, according to the National Institute of Mental Health, online education tends to foster better class participation [3].

Group communication

Many degree programs today incorporate some sort of group project or teamwork. Working with others on-campus or locally means coordinating specific days and times so everyone can attend. Distance learning programs, however, foster virtual communication and allow students to work with team members via email, chat rooms and other easy-to-use methods.

Flexible learning schedule

On-campus students may have to endure in-person lectures that last hours. While not all online programs are built the same, many use PowerPoint presentations and other media that students can digest in pieces [3]. In other words, a student can experience the first half of a lesson one day, and the second half the next day. This can be especially helpful for those who don't enjoy sitting in one place for too long.

Diversity

Traditional students are often limited to courses and teachers close to home. The online student can take a French course from a teacher in France and a travel-writing course from a writer who's actually out travelling, without having to leave home [3].

You Will Gain Better Critical-Thinking Skills

Learning online also provides the need to apply critical-thinking skills to your daily routine [1]. While this skill is also developed in a classroom, it can be more pronounced in an independent learning setting. This is due to the fact that online learning is a more self-paced and self-motivated environment, which has you facing more decisions and challenges not only in regards to the learning material but how to shape your day to get the time in for the studying that you need. The ability to think critically and overcome obstacles is valuable not only for a student but also for a prospective employee [1].

Online Education Is Totally Worth The Effort

Online courses and degree programs are more convenient and cheaper than their counterparts in traditional education. Those are the two main advantages of online learning that lead many students to opt for online platforms when they want to earn a degree or certificate. In recent years this form of education has evolved and is widely accepted. You monitor your study environment with an online class, which allows you to gain a more profound understanding of your course. New learning models are constantly emerging on the market and give students various ways to fashion their education into something that suits them, not the rest [3]. This also gives individuals a chance to complete a degree that they may have started and have not been able to continue for whatever reason. The future of online learning is exciting and opens education for a significant number of people. The best thing about online learning is that you can learn in a relaxed manner even if you don't want to get certified. You only need passion for learning and a quick online search that will take you to the right course. From that point on, you will be the master of your own

education. While traditional education will never go away, neither will distance learning. With online enrollment increasing every year, it looks like online schooling is making its mark, causing students to ask, "How important is flexibility and effective learning to me?"

References

1. 11 advantages of online learning. URL: https://hospitalityinsights.ehl.edu/advantages-of-online-learning?fbclid=IwAR1D0Rz1j2-ykgbV6ipPzjSMdnyFZqNE4LN2F5VcUqk6aTeywnCbEuXewWc

2. 5 Advantages Of Online Learning: Education Without Leaving Home. URL: https://elearningindustry-com.cdn.ampproject.org/v/s/elearningindustry.com/5-advantages-of-online-learning-education-without-leaving-home/amp?amp_gsa=1&amp_js_v=a6&usqp=mq331AQHKAFQArABIA%3D%3D&fbclid=IwAR3ySIKsztJPkweam8kT423siv94THS_KqjNVa7NyTsToJjEdE-x5_7W2Fk#amp_tf=%D0%98%D1%81%D1%82%D0%BE%D1%87%D0%BD%D0%B8%D0%BA%3A&ampshare=https%3A%2F%2Felearningindustry.com%2F5-advantages-of-online-learning-education-without-leaving-home

3. 10 benefits of online learning URL: https://www.indiaeducation.net/online-education/articles/10-benefits-of-online-learning.html?fbclid=IwAR1ti1olw8DthLsoB5enCEPWszT5cnecU7bPdxzzizKGhBSVsmXgdZP2yzU

Tkachuk R.
Academic adviser Naumkina O.
Separated Structural Unit Kherson Polytechnic Professional College
of State University "Odeska Politechnika "
Kherson

BENEFICIAL ROLE OF DISTANCE LEARNING IN HELPING PEOPLE TO OBTAIN AN EDUCATION

Distance education is different from traditional education. Distance education, also called distance learning, provides learning chances to people who couldn't afford time or money for traditional classes, who lived in remote areas far from schools. In recent years the Internet has become the most important tool for delivering distance education.

So, what exactly is distance learning? Merriam Webster dictionary defines distance learning as "a method of study where teachers and students do not meet in a classroom but use the Internet, e-mail, etc., to have classes."[1]

Distance learning occurs when there is a separation between the teacher and the student, usually due to geographical or time concerns that prevent the student from attending an on-campus course.

The need for distance learning can be caused by various factors. First, there is the need for interactive interaction between students and teachers in the learning process. Secondly, it is giving students the opportunity to work independently to master the material studied

. It will be no secret that distance learning is very convenient because it allows you not to stop the learning process for any reason.

Distance learning helps students to better master the material, because you can use different methods of conveying information to students. These can be interactive lectures, mind maps, diagrams, presentations with lots of images and even games for educational purposes. Also, nowadays you can find a lot of videos, video tutorials with life hacks to better understand or remember some information. It makes distance learning even more effective. Students can communicate directly with teachers from home and receive grades through video conferencing and video broadcasts.

One of the important learning conditions for students is a comfortable environment. With distance learning, they can be in the environment they like and feel comfortable. As a result, if a person feels comfortable, he perceives the information provided to him better and remembers it better.

The main advantage of distance learning is first of all its convenience. People from different cities or villages can study without spending money and time to get to the training point. This is very convenient, because not everyone has the opportunity to go to another city to study. The student can independently choose the time and place for study. It allows him to work and study in another city or even a country. Also, distance learning allows you to not wake up too early to get to the place of study.

Another important advantage of distance learning for students is the lack of handwritten notes. They can be replaced by electronic resources and the latest teaching methods.

I would like to highlight another important aspect of distance learning. In face-to-face lessons, students are usually embarrassed to ask the teacher if they do not understand something. This is not a problem in distance learning. The student can review the lesson as many times as he needs.

Distance learning programs involve many kinds of technology. The Internet and World Wide Web (WWW) are the primary means of presenting educational information. Once learners have subscribed to, or signed up for an Internet provider, they gain access to the educational materials and services designed for the Internet and WWW. The educational information is stored electronically, thus learners with access to the site can download or use the information as long as it is stored there. The Web can provide learning information in many different interesting formats. It can present information in sound bits, such as music, voice or special effects. Graphics may be also presented in a special type of artwork such as animation or video. In addition to working with the Web, the learners may be asked to send e-mail messages, subscribe to mailing lists or participate in newsgroups, and online videoconferencing.[2]

Distance learning develops the skill of self-education. Education experts are convinced that in 2030 the learning process will be continuous. Therefore, the current generation of students has the opportunity to prepare by learning more on their own.

Some distance schools can offer much more in foreign language learning, often with partners in Europe, Canada or the United States. This means that some schools may offer an additional foreign degree. For example, the Optima Education Center distance school offers Ukrainian and Canadian and / or American diplomas to its students.

Therefore, it can be concluded that distance learning is effective for students. It is very convenient and does not require special costs.

References

1. Merriam Webster learner's dictionary URL: https://learnersdictionary.com/

2. Porter, L.R. (1997) Creating the virtual classroom: distance learning with the Internet. New York: John Wiley & Sons, Inc

3. Освіта. UA URL: https://ru.osvita.ua/vnz/reports/adv/46958