Introduction: the role of higher education today

Being young today is an exciting journey full of possibilities. We live in a digital age where technology is at our fingertips, making the world more accessible. Young people are constantly connected, exploring new ideas and expressing themselves through social media. However, being young also comes with challenges. The pressure to succeed and meet high expectations can be overwhelming. Finding one's identity and navigating relationships in a fast-paced world can be a struggle. But despite these challenges, the energy and enthusiasm of youth drive them to push boundaries, learn, and adapt to the ever-changing technological landscape. Being young today means embracing innovation, seeking knowledge, and seizing opportunities for growth.

**the youth problems that American, British, Belarusian teenagers face;**

In the United States, teenagers often grapple with body image concerns due to societal pressures and unrealistic beauty standards. They may face feelings of isolation and loneliness, especially with the rise of social media, which can create a distorted sense of connection. Additionally, the high cost of housing and the growing unemployment rates pose challenges for American youth, making it difficult to secure affordable housing and find stable employment.

In the United Kingdom, materialism becomes a significant issue for teenagers, as they may feel compelled to define their self-worth based on possessions and financial status. Social isolation is also a common problem, with many young people struggling to form genuine connections and experiencing feelings of loneliness. Substance abuse and family troubles can further compound these difficulties, resulting in complex challenges for British teenagers.

In Belarus, teenagers face unique problems such as a lack of sleep, often caused by academic pressures and excessive studying. Parental pressure to excel academically also adds a significant burden to Belarusian youth. The sense of loneliness among teenagers may stem from a lack of opportunities for socialization or limited access to resources that promote mental health and well-being.

**how to build a path to problem-solving;**

Our path to problem-solving looks like plan:

1. Identify the problem
2. Think about why it is a problem
3. Brainstorm, possible solutions to the problem
4. Evaluate the solution to the problem
5. Put the solution into action
6. Evaluate the outcome of your problem-solving process

**how to solve youth problems;**

Destructive behavior

adolescents who are regularly getting out of their heads public places need early intervention, their parents and mentors. If they do not respond to warnings and offers of support, then there is a place for parenting Orders and Anti-social Behaviour Orders

Materialism

as one way to start changing your mindset is to fill your life with activities other than shopping. Another way would be to do something to help others

Failure to succeed in education

if you are having troubles managing classes, working with professors or peers, or handling your programme in general, your advisor may be able to help connecting you to some resources at your college or uni. Try working hard with a friend or a group of friends and brainstorm ways to memorise and understand information

Racism

receiving support from other people who have also experienced such a trauma, family members. and the community

Substance abuse

it is necessary to be medically treated. The next step is to change the environment and conditions they live in

**role of a family in a teen’s life;**

Family also can help with problems. Your relatives may be the only people who you can trust and speak about your problems. friends will not understand and help with your problems like your family. The family is surrounded by love and warmth, you feel safe, when you are close to your family. Your family should respect your decisions, as well as listen to your point of view

**why the problem shouldn’t be hidden.**

If we will hide our problems they can turn into rampant problem. And the longer we don’t try to solve the problem then harder will solve it in future. If we hide any problem, and do not tell our parents, for example, it will be bad for our own condition. but if we share the problem, they can tell us how to do the right thing in this situation. or, if I don't want to tell anyone, I can just remember a person with a similar situation and do what he did, if it brought him on the right path

**types of tech and Internet addiction**

Types of **tech addiction**: TV addiction, screen addiction, excessive phone using, video gaming, taking photos

Types of **internet addiction**: online gambling, online shopping, cyber relationship, social media addiction.

**problems that can be caused by tech and Internet addictions**

Different mental health professionals revealed a plethora of negative effects at tech and internet addictions: slowing down of psychological development at adolescents,

It can be cause depression, anxiety and loneliness. Multitasking in using technologies can provide poor cognitive functions and poor mental health. Also excessive using technologies a decrease our ability to focus on something and attention spans still short.

**reasons for becoming tech and Internet addicted**

Exist some reasons for people to still addicted at technologies and internet and don’t pay attention on it:

1. It’s just very comfortable to start limit themselves or start denying conveniences
2. Sales experts have developed several techniques for people to sell them more technologies and make them spend more of their time in them its randomised rewards, what hooked people attention, endless sources of information and maintain primal fear of isolation.
3. Most of people just don’t notice how much time they spend witch their devices and using internet, so they just don’t know what they addicted.

**positive and negative sides of the Internet and technology**

How positive sides I can admit what you always can search information you need, you shouldn’t remember more information in head forever, you can work or have fun at any place you stay, you always connected with your relatives and friends, technologies are gave to us many comfort in our everyday routine, how bad side I think it’s your mental and physical habit what you can cost if you will overuse it.

**how to avoid tech and Internet addiction**

To avoid tech and internet addictions you can:

1) tum off notifications; 2) remember nothing is black and white; 3) put away your phone during meals; 4) designate free hours; 5) make your bedroom a no-tech zone; 6) rediscover paper; 7) limit yourself to one screen a time; 9) download the time management apps; 10) work out. Try to follow these rules for 30 days!

**types of generations and their characteristics**

Exist 5 main types of generations on present time:

1. Traditionalists

They are conservative, hierarchical, and have a clear chain of command and top-down management

1. Baby boomers

They have flat hierarchies, democratic cultures, human values, equal opportunities, and a warm and friendly environment

1. Generation X

They are positive, fun, efficient, fast-paced, flexible, informal, and have access to leadership and information

1. Millennials

They are collaborative, achievement-oriented, highly creative, diverse, flexible, and continuously providing feedback

1. Generation Z

They wants independence, can multi-task, wants to communicate face-to-face and is truly digital-native

**how we can prevent the generation gap**

To prevent generational gap on workplace we can create environment where knowledge is openly shared and easily accessed instead of being guarded. To do this, employees must be genuinely interested in helping each other to learn and grow.

**what barriers can affect communication**

I think barriers in communication appears because different generations used different types of communication and if some of generations can adjust for this options, some people on workplace just don’t know how work with them.

**how we can manage different generations at the workplace**

To manage generations on workplace we can follow some advices:

Provide a variety of communication channels; establish a two-way mentorship programme; put respect front and centre; don’t make assumptions; guard againt age segregation