them. In the modern world, it is a real problem, as more and more people cannot imagine their lives without modern devices. It can be broadly defined as an inability to control one’s technology use due to a dependence developed through emotional, psychological, social, environmental, and biological factors.

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Types of tech addiction are: video gaming, screen addiction, nomophobia (cellphone addiction), footage addiction, TV addiction. Types of Internet addiction are: online gambling, online shopping and cyber relationship, social media addiction.

Addiction has many negative effects. For example, people may develop vision problems, they may start to feel lonely, and it will also be difficult for them to focus on one task.

There are many ways to cope with technical addiction. For example, you can install special programs that will limit the time of using the device. You can also turn off notifications to pay less attention to the phone. Another way is a special time during which it is forbidden to use the phone. Technical addiction is a real problem, but with enough effort it can be dealt with.

*Generation gap*

Generational gap is a problem when the cultural values of the younger generation are very different from the cultural and other values of the older generation. People born in different periods under different conditions have their views based on the circumstances they have been through. The patterns of life have been changing continuously according to time. Everyone wants to live and behave in his way and no one wants to compromise with his or her values and views.

There are five types of generations: Traditionalists (1925-1945) value conservative , hierarchical workplaces. Baby boomers (1946-1964) value flat, democratic, equal-opportunity, friendly workplaces. Generation X (1965-1979) value workplaces which are fast-paced, fun, informal and with access to leadership and information. Millenials (1980-1994) value workplaces which are collaborative, achievement-oriented, creative and continuously providing feedback. Generation Z (1995-2012) is motivated by security, more competitive, can multi-task, is more entrepreneurial and is digital-native.

It is always good to have a wide range of ideas, views, and opinions. It indicates how we are developing and advancing but sometimes this becomes worrisome when the views and ideas are not accepted by both generations. To prevent the generation gap we can keep an open mind, simply talk about each other’s day at the end of the day, understand each other.

**Topic 3 Career Path**

*Being a Successful Specialist.*

Success may be defined by people in different ways, but being a dedicated employee, a strong leader, and an honest person can all make a big difference in making you a successful professional in any career. No matter how you determine your goals, strengthening your skills, building professional relationships, and being a self-motivated specialist can help you to achieve success and satisfaction in your career.

Therefore, to become a successful specialist, first of all you need to decide what kind of work brings you pleasure. Your satisfaction with your career is strongly linked to whether you feel you have met your own goals. Soft skills, such as critical thinking, problem solving, communication skills, and hard skills, related to your field of work, will help you with this.

*My Speciality.*

Professional skills in IT are universal and allow a trained specialist to feel like a sought-after employee in any country of the world. I am studying in the specialty "computing machines, systems and networks", where all professional subjects can be divided in the following proportions: 30% - computer hardware, 30% - computer software, 25% - network technologies. The remaining 15% of disciplines are either basic universal subjects, such as "Discrete Mathematics", or highly specialized disciplines. For four years at the university, both low-level - Assembler and high-level - C/C++ Java programming languages have been studied in my specialty. After graduation, specialists can hold positions such as Software engineer, QA Engineer, Infrastructure Engineer, Web Developer and others.

*Professional Development.*

To stay competitive in our careers, we must not only do our jobs well today, but be prepared for how we’ll be doing our jobs well in two, five, ten years from now. The aim of personal and professional development is to help you to manage your own learning and growth throughout your career. CPD(Continuous professional development) is process of building, supporting and enhancing your knowledge and skills. CPD activities can range from formal educational activities such as training courses, workshops or seminars to more informal approaches such as work-based learning or mentoring.

There are some important skills and experience. Employees should place more emphasis on being able to deal with conflicts and deliver on strategy to achieve tangible benefits for the business. We can call them soft skills or emotional intelligence – employers are going to seek out this attribute more and more. Because of technological advances, shifts in society, and the many unknowns of the future, employees need to be open to new ideas, flexible to pivot with changing times, and ready to adapt to changes.

CPD helps to ensure that you have the knowledge and skills necessary to succeed as a professional. It helps you to build professional confidence and the reputation of the profession.