



UDC 331.103

SELF-MANAGEMENT AS A TOOL FOR STUDENTS SELF-REALIZATION**L. R. Zinnatullina**

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Abstract. This article deals with the problem of student's self-management. Student years are considered to be the most appropriate age period for determination and establishment of own and living goals values. As a result this question stimulates interest and special attention of the young generation.

Keywords: self-management; self-actualization; personality; efficiency; control; working hours.

In modern society people can't be successful without conscious relation in their life, its design, without a strategy of life. At the same time, the business environment is characterized by a constant voltage of efforts to achieve maximum results while reducing costs. Personal fulfillment is impossible without design their lives, without making of life strategies. Therefore it is necessary to form skills for managing of self-realization [3].

You can manage self-actualization through the management of your own activity. In order to use time effectively, first of all you need to know for what it is spent and why it is not enough. Reasons are closely interrelated. For example, if a student does not plan his/her, he/she day, organize does not work and that is why – he/she doesn't have time.

Conversely, if the student lacks time and he/she is in a hurry, he/she doesn't plan his/her day, grabs all cases in arrow trying to accomplish all at once. To get out of this vicious circle you can only start to plan your time and you need to find out for what you consume time and you must identify time deficiency main causes.

How to plan the work in order not to experience shortages of time, to be a competitive person, to be truly effective? The search for effective working methods in daily practice

has led to the need to engage in self-management. Self-management is a consistent and purposeful use of proven practices in everyday practice in order to use your time optimally and meaningful.

The main self – management's goal is to maximize own potential, control your life consciously and overcome external circumstances [2].

Self-management helps you work with the less outtays, to better organize the work, therefore to obtain the best results, reduce workload and therefore reduce time and stress when you prepare for exams.

The self-management plays a great role in life of every person, starting with the training, professional activities and ending with everyday life. The most effective time for the establishment of commencement is the period of study at the University, as student's education shapes the future of qualified and competent professional. The studentship stage is the foundation of internal identity formation and manifestation of self-organization, autonomy for each person, it teaches to plan their actions, good distribution of time and life in general. It must be remembered that not only the training program at an educational institution, but also the personal characteristics of each student contribute to a positive final result in commencement.



Currently, there are three main areas of self-management: time-keeping, diary management and maintaining a minimum of planning activities. Many people give preference to keeping a diary, as it is convenient and efficient. The combination of basic techniques of self-management can help anyone to optimize their time and activities [1].

Self-motivation is one of the components of self-management. The students will need to determine their self-esteem, ability to knowledge, abilities, skills, to be able to set goals, to understand what they want to achieve in life, what level they want to achieve [4].

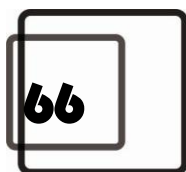
The level of self-management depends on the competitiveness, professionalism and motivation of experts in the labour market [5], [8], [11], the effectiveness of the labor leader in General [6], business image Manager [7]. From self-management as a process of purposeful management of own time, students depend on the problems of teaching in higher education, or the lack of them [10]. Since teachers, in the case of the reluctance of some students to prepare for subjects experiencing stress and instead explain a new topic, take the discipline of students. Upon admission the young person for a job self-management affects the motivation of staff in workplaces [11], as pleased with the result of their work the employee enthusiastically accepted the new job, more mentally satisfied and, as a rule, earns more. Therefore, a high level of self-government is a higher quality and standard of living of workers, the General population, the effectiveness of human resource management [13], [14].

The modern students are forced every day to solve a lot of tasks: to plan their affairs and to meet deadlines; to work with large amounts of information and perform various types of work; have time to prepare for tests, exams, and keep their psychological health. The student must realize the necessity

of managing their time and themselves to achieve goals and develop their abilities. In our country the independent work of the student in the implementation of the GEF is becoming increasingly important, and the concept of "education throughout life" means self-mastering knowledge. Learning to manage his/her time during the period of education at the University, the student will become more competitive and more successful in the labour market.

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