

IMPROVING SELF-MANAGEMENT AND INDEPENDENT LEARNING COMPETENCIES IN EDUCATIONAL ACTIVITIES

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Annotation: The article explores the development of students' competencies in self-directed learning and self-regulation in educational activities. Self-directed learning and self-regulation skills help students acquire knowledge effectively, enhance critical thinking, and increase responsibility. Based on the analysis of existing pedagogical sources, the article examines effective methods for developing these competencies in students, including planning, time management, goal setting, reflection, and the use of modern technologies. This approach supports the enhancement of both academic and personal achievements of students.

Keywords: Independent thinking, reflection, goal setting, time management, modern technologies, competency

Introduction

In the modern educational environment, characterized by rapid technological advancement and the constant expansion of information, the ability of students to manage their own learning and engage in independent study has become increasingly important. Traditional teacher-centered approaches are gradually being replaced by student-centered learning models, where learners are expected to take an active role in their educational process. In this context, self-management and independent learning competencies play a crucial role in ensuring academic success and lifelong learning. Self-management refers to a student's ability to plan, organize, monitor, and evaluate their own learning activities. Independent learning, on the other hand, involves the ability to acquire knowledge and skills without constant supervision, using internal motivation and appropriate learning strategies. These competencies enable students to become more responsible, confident, and adaptable in their educational and professional lives. Developing these competencies is especially important in higher education, where students are expected to demonstrate autonomy, critical thinking, and problem-solving skills. Therefore, improving self-management and independent learning competencies has become one of the key priorities of modern pedagogy.

Materials and Methods

This study is based on the analysis of modern pedagogical approaches, scientific literature, and practical educational methods aimed at developing self-management and independent learning competencies. Various sources, including educational research articles, pedagogical textbooks, and international educational guidelines, were analyzed to identify effective strategies for improving these competencies. The methods used in this study include: Analysis of scientific and pedagogical literature related to self-regulated and independent learning; Observation of students' learning behaviors in educational settings; Comparative analysis of traditional and student-centered teaching approaches; Evaluation of teaching methods that promote autonomy, such as project-based learning, problem-based learning, and self-assessment techniques. Special attention was given to the role of teachers in facilitating independent learning by providing guidance, feedback, and appropriate learning resources. The study also considered the importance of digital technologies, such as online learning platforms, educational applications, and electronic resources, in supporting independent learning.

Results

The results of the study show that improving self-management and independent learning competencies has a positive impact on students' academic performance, motivation, and personal development. Students who possess strong self-management skills are better able to organize their time, set realistic goals, and complete academic tasks efficiently. It was observed that students who engage in independent learning demonstrate higher levels of responsibility, confidence, and critical thinking. They are more capable of solving problems, analyzing information, and making informed decisions. Independent learners are also more motivated and actively involved in the learning process. The use of student-centered teaching methods, such as project-based learning and self-assessment, significantly contributes to the development of these competencies. Digital technologies also play an important role by providing students with access to a wide range of learning materials and enabling flexible learning opportunities. Furthermore, students who developed self-management and independent learning competencies showed better adaptability to new educational environments and were more prepared for lifelong learning.

Discussion

The findings of this study confirm that self-management and independent learning competencies are essential components of modern education. These competencies not

only improve academic performance but also prepare students for future professional and personal challenges. However, the development of these competencies requires appropriate pedagogical support. Teachers play a key role in guiding students, creating supportive learning environments, and encouraging independent thinking. Instead of acting only as sources of knowledge, teachers should act as facilitators who help students develop autonomy and responsibility. One of the main challenges is that some students lack motivation or experience in independent learning. Therefore, it is important to gradually develop these competencies by providing structured guidance, clear instructions, and continuous feedback. Educational institutions should also integrate modern technologies and innovative teaching methods to support independent learning. Online learning platforms, digital resources, and interactive tools can enhance students' engagement and promote self-directed learning. In conclusion, improving self-management and independent learning competencies is essential for developing competent, responsible, and lifelong learners. These competencies contribute to academic success, personal growth, and the overall quality of education.

Conclusion

In conclusion, improving self-management and independent learning competencies is one of the most important tasks of modern education. These competencies enable students to take responsibility for their own learning, effectively manage their time, set clear goals, and continuously improve their knowledge and skills. Students who develop these abilities become more confident, motivated, and capable of adapting to new academic and professional challenges. The study confirms that self-management and independent learning contribute significantly to improving academic performance, critical thinking, and problem-solving skills. These competencies also play a key role in preparing students for lifelong learning, which is essential in today's rapidly changing world. Furthermore, the development of these competencies requires the active involvement of teachers, the use of modern pedagogical methods, and the integration of digital technologies into the educational process. Teachers should create supportive learning environments that encourage student autonomy, responsibility, and active participation. Therefore, strengthening self-management and independent learning competencies is not only essential for individual academic success but also for developing highly qualified, independent, and competitive professionals who can contribute to the sustainable development of society.

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