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SELF-LEARNING STRATEGIES FOR UNIVERSITY STUDENTS

The topic of self-learning and more effective information delivery has been in the field of view of researchers for many decades. University students encounter problems related to these topics while preparing for graduation exams and later on during their studies at university. This research focuses on better assimilation of acquired knowledge and more effective use of it.

Information is primarily a tool for solving problems. For students it is worth asking the question what information as a tool would be the best. Reflecting on this question, we can conclude that the best tool would be the one that can solve the greatest number of different types of problems, in other words, more universal. It is good to have a formula for any question or problem.

However, unfortunately, there is no perfect formula, each question requires its own answer, each task requires its own algorithm of actions. There are such concepts as understanding the essence and understanding the principle. Having an understanding of the topic and logical thinking, it is possible to build algorithms for a large volume of tasks from scratch. For instance, in geometry understanding the principles of creating figures allows you to derive formulas for finding any parameters of different figures in different conditions.

Understanding the subject also allows to assimilate information which is related to the subject better, and use knowledge more effectively. One of the efficient methods of conveying understanding might be to provide analogies but simpler and more accessible examples. The mentioned method allows to explain the principles of some phenomena or to show the relations between some objects.

Many scientific studies suggest that each person has their own individual traits, and the most effective way of learning is through an individual approach [2–4]. This is a relevant topic in the era of digital technologies and has many advantages. Firstly, no one knows you better than yourself, and it will be easier for you to choose

the right and most effective approach to learning. Secondly, obtaining information independently gives a better understanding of the topic. Thirdly, knowledge obtained or derived independently will be valued much more by the student, thus better memorized. The best way for teachers to implement such a method for teaching is to create the environment for students that will require them to have the same knowledge. That is, in order for students to feel comfortable, they will have to learn.

Motivation is the reason for doing something. The method that involves creating an uncomfortable environment is of great importance. This stimulus acts as motivation, but there are other factors where students are driven not by the desire to get rid of something uncomfortable, but to receive something as a reward. Based on this factor, the self-efficacy theory was created by A. Bandura [1, p. 217]. The self-efficacy theory states that a person will be much more successful in learning when they believe in their abilities. The main factor is motivation. Positive experiences of one's own work increase self-belief, thereby improving results, and conversely, negative experiences can undermine this belief. The best way to use this method is to practice with the learnt material so that you can see the results of your efforts, which can boost self-belief. Another way is to associate learning with some kind of reward.

In conclusion, it should be noted that learning themselves can be difficult for students. Therefore, students should find their motivation, set goals, discover their learning styles, implement the variety of modern learning techniques in order to cope with the university curriculum.

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