

Organizing Independent Education in Practical Exercises

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Abstract

This article provides recommendations for organizing independent learning during practical classes, and for independent research by students on topics studied in class.

Keywords: Practical training, independent study, pomodoro method, credit module.

Independent training is a direct continuation of the lesson in the classroom, and they are directly related to each other. Therefore, the effectiveness of independent training depends on the content of the lesson in the classroom.

A student should not blindly obey the instructions and opinions of a teacher of a specialty subject, but should be able to express his personal attitude on a matter through performance.

The lesson conducted under the guidance of a teacher is very important. It is necessary to learn that the time spent on independent training of the student is not wasted. For this, it is necessary to explain to the student how to organize independent training and what to pay more attention to. Effective use of time should be one of the main principles of independent work. One of the main principles is the regularity of training. It is necessary to form the skill of regular independent work in the student from the initial period of performance training.[1.1]

Usually, even if it is difficult to achieve regularity, it is desirable that such activities gradually become a habit. We also see cases where some students do not prepare homework assignments. In many cases, the reason for the homework not being ready is not the student's bad attitude towards the lesson or laziness, but the fact that he does not fully understand the task and does not know how to approach the study of a piece of music. Therefore, the task given for independent work should be explained to the student in detail and clarified taking into account the student's capabilities.

Some students repeat a given piece of music many times from beginning to end during independent practice. In this case, the meaning and specific features of the musical work are not fully and precisely analyzed. The piece is superficially repeated only to be able to perform it in front of the teacher. Another disadvantage of independent training is that students cannot control their own performance during task preparation. For example, when learning the text of a piece of music, a note is learned incorrectly, and the student himself does not notice it. Or a certain performance method is performed incorrectly, and this also goes unnoticed by the student. Such a deficiency will be eliminated by the teacher during the lesson.

The ability to control one's movements and the correctness of sounds during performance does not appear in students by themselves, but is achieved through planned training. Self-control is very important for the performer, it can be used to eliminate shortcomings in performance.

How should independent training be structured and what will it consist of? The clearer the task given for independent study, the easier the student's task. Regardless of how the independent

training goes, it will give good results if it is carried out according to a certain plan. Below is an approximate structure and time of independent training:

1. 10-15 minutes of performing gamma, triads and various exercises.
2. It takes 15-20 minutes to learn a new task.
3. 5 minutes to rest.
4. Repetition of previously learned tasks 20-25 minutes.

The given time limit is approximate, and it can be reduced or, on the contrary, increased, depending on the size of the tasks, taking into account the individual capabilities of the student.

The total estimated time for independent training is 45-60 minutes. This may not seem like much at first glance. But if the exercises are continued regularly, the intended result can be easily achieved.

Memorization of a piece of music is performed by each musician based on his abilities and capabilities. In this regard, it is difficult to have a single instruction for everyone. Sometimes musicians have a strong ability to remember the text of a note by sight, while others have a strong ability to remember it by hearing it. For this reason, their methods of memorizing the work are different. The important thing is that regardless of the style of music, it remains firmly in the mind of the musician.

Currently, the increase in the amount of information to be assimilated in higher educational institutions requires to spend less time and achieve more results. The successful independent training of students will be helped by bringing the lesson closer to this independent training in the classroom under the guidance of the teacher.

There are a number of important aspects of doing homework that the student should remember. First of all, the main task should be to correctly understand the musical piece by the student, that is, to reveal the essence of the piece correctly. Issues such as the choice of performance methods, observance of signs, and the correct placement of appliqués are important for the correct understanding of the meaning of the work. During the student's independent training, his attention must be focused on a specific task. Otherwise, training may be dry, meaningless, and you may not be able to achieve any results.

Some students pay more attention to the text of the sheet music while learning a piece of music, forgetting that the performance should be expressive. In order to prevent this shortcoming, the student's attention should always be focused on the task of expressive performance. In other words, students should pay as much attention to the expressiveness of the performance as they spend on mastering the text of the work.

When the student makes a mistake, he must carefully repeat the passage at a moderate speed. When the student makes a mistake, he must carefully repeat the passage at a moderate speed. Then he will correctly determine the cause of the mistake and take measures to prevent it from happening again. Errors in student performance also differ from one another. It becomes a habit for students to repeat certain cases, and the mistake is repeated almost every time in a certain part of the work. The reason for this may be an incorrectly selected application, execution method or another defect. Correct identification of the cause of such errors is the guarantee of its elimination. Even if the mistakes are accidental, they should not be allowed. Whatever the errors, the student should make it one of his main goals during his independent study to find ways to eliminate them.

As a result of playing the instrument, the student is both mentally and physically tired, so some time should be reserved for him to rest. Otherwise, the quality of performance will deteriorate, and errors and omissions may occur.

It is possible to organize a student's independent work remotely

It is advisable to adapt to his device as much as possible. Nowadays

most students have android mobile devices
using programs compatible with the Android system
It is convenient for the student in every way.

We will talk about a method by which a person can control himself in the independent education of students, in general in all areas. In the field of education, many people think about eating laziness or trying to get things done faster and graduate.

In the 1980s, a student named Francesco Cherillo found a solution to this problem. [3.1.] The name of the solution to this problem was "pomodoro". The Pomodoro method is a really cool method, so simple when you think about it, you'll wonder how you never thought of it before. One thing should be understood well, with the tomato method, not only you can solve some problem, the problem related to laziness, but you will start to notice the time, that is, the tomato method is a time management method. The main content of the tomato method: read something for yourself, don't read but listen, only used knowledge has power. It's not enough to just find out. It is necessary to be able to apply what you know. In the process of integrating knowledge, that is, using it, you can achieve some result. Therefore, the tomato method should always be used during independent training.

What is the tomato method? First of all, in order to better understand the tomato method, you need to understand how the human brain, concentration, and attention work. A person's attention is very scattered. If someone interrupts you while you're doing something, it takes you about 15 minutes to get back to the same thing. That's a lot of time. Imagine you are sitting reading a book, if someone distracts you every 10 minutes, you will not retain any knowledge you have read from the book. That's why you can eliminate this thing through the tomato method.

The first step of the tomato method is preparation. What is the preparation? That is, preparation for independent training is meant here. Therefore, before conducting independent training, it is intended to warn others, that is, people at home or roommates who live on rent, or partners in student housing. The conclusion that follows from this is that you should not be harassed during independent training. Before starting independent training, you should tell your family, I'm working out, don't bother me. As a result of being distracted, you may get distracted from your training and not be able to get back into it. You can get tired quickly. Warn everyone I'm busy, I'll be busy for 25 minutes or an hour, don't touch me, I'm not there if someone calls me. Next, you can turn off your phone or put it on Do Not Disturb mode. No one bothers you.

The second step is the timer. The timer is the basis of the tomato method. You should set the timer for 25 minutes. Here you need to know the conditioned reflex. What is conditioned reflex? For example, if you went to a house and got beaten up, you will have bad memories of that house. That is, a reflex has been formed. A man named Pavlov always gave food to dogs after turning on the light before giving them food. Later, a conditioned reflex was formed to such an extent that after turning on the light in the dog's brain, saliva began to flow. Even if food was not placed in front of the dog, it began to salivate. A similar situation occurs during independent training. You start working out as soon as you hit the timer, and you have to work out for 25 minutes without stopping. If you actually work out for 25 minutes without distractions, your 25 minutes will be very well spent and you will reach your goal. This will teach you to be aware of your time. As soon as you press the time of 25 minutes, you will dive deep into this work and start using your time effectively and qualitatively, that is, you will start to do it quickly and qualitatively when you see that your time is running out.

The third step is not to be distracted. You should not be distracted if someone comes up to you and speaks. You need to teach your family and friends that they should not distract you when you are busy with work. One more thing should be mentioned at this place, as a result of the time running out after the timer starts working, psychological pressure is exerted on a person and the idea that I have to wait until the time runs out makes work faster and more efficient than working without a timer. As time runs out, time starts rushing you. When you work on a timer, you get

more done than when you don't. This is a natural state. That is, there is a timer effect. You start moving faster and faster.

The fourth step is rest. Rest will be about 5 minutes. Rest means real rest. After 25 minutes of working out on the timer, you need to take a real rest for 5 minutes, you need to rest your brain, not look at pictures or telegrams on the phone, or watch TV. After the 5-minute rest, the next 25-minute tomato is transferred.

The fifth step is a big rest. After about 4 tomatoes, you will rest for 30 minutes. 1 tomato is 25 minutes. Rest 5 minutes after each tomato. After 4 tomatoes, take a big rest from 30 minutes to an hour, or you can finish the whole tomato.

After using this tomato method, you will feel that your efficiency has increased. With this method, you will become a multi-tasker in a short period of time. Exactly 25 minutes will become a conditioned reflex for you. The more you use this method, the more you press the timer, and your attention and memory will become stronger. This method should be used every day. Also, one more thing to understand is how many tomatoes you need to do in a day, it's up to you. After 4 tomatoes a day, you can increase the number of tomatoes if you feel like taking rest without forgetting. You will notice that once you start working with the tomato method, you will start working, your brain will be immersed in work, it will be very difficult to stop it. You need to understand one thing, with the tomato method you will get rid of laziness and learn to spend your time productively.

It should also be understood that time is a non-renewable resource. Therefore, it is recommended to effectively use the tomato method in the efficient use of time and pass it on to others. In short, students' voluntary actions in learning are highly effective.

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