

Psychologist of Andijan State University O.Mukhtarov

Working plan for 2022-2023 academic year.

№	The content of the work	Execution mechanism	Execution period	Those in charge (responsible)	Expected result
1	Inform the students about the socio-psychological activities and psychological services of the University, getting to know the 1st year students of the higher educational institution.	Online roundtable discussions, webinars, seminar-trainings	September	Psychologist, dean of group tutors deputies,	Students get acquainted with the type of activity of a university psychologist, propaganda leaflets.
2	In faculties, all departments, the tasks of the psychologist of the higher educational institution, the measures to be implemented, social, individual, and the possibility of providing psychological support through the Telegram bot "Trust your secret" will be carried out.	Interview, (via the telegram channel of the university's online platform)	September-October	Psychologist, group tutors	It helps to form the development of modern "online" adaptation in students.
3	Prevention of external and internal stress caused by some students during the summer vacation, tasks with the motivation of a psychologist, giving therapy methods (singing, dancing, physical education, reading books, yoga, walking, etc.).	The university's online platform is through the Telegram channel	Each month	Psychologist, group tutors, deputy deans, youth agency, deputy deans, chairman of the women's council, group tutors,	Students will be able to spend their free time meaningfully while avoiding the stress that occurs in them.

				psychologist	
4	Organize master classes and trainings for group tutors in cooperation with the chairman and members of the University Women's Council and a service aimed at keeping victims of domestic violence from unpleasant situations and getting out of difficult situations. To establish psych prophylaxis work in cooperation with group tutors	Module platform for training sessions	During the academic year	Psychologist, dean	Working with first-year students, in the process of student adaptation practical help is provided in getting out of problematic situations.
CONTENTS OF PSYCHODIAGNOSTIC WORKS					
5	The press secretary of the university, in cooperation with the tutors, draw up the social-psychological passport of the 1st-year students (the optimal version of the passport form will be delivered online).	Biographical information, determination of character, ability and temperament	October - November	Psychologist, deputy deans, tutors	A social psychological passport of 1st year students will be created.
6	Diagnosis of problems related to social adaptation of students in the process of distance education.	Online Test, Youth and Education Questionnaire (Appendix 1)	October - November	Psychologist, group tutors, deputy deans, youth agency	A list of students with impaired social adaptation will be drawn up and the content of work carried out with them will be determined.
7	Gradual correction of students' mental development, behavioral defects, and damage, for this purpose, conduct training with them to perform neurotic exercises, develop their creative abilities. Conduct psychoprophylaxis of cybercrime	Timely elimination of psychological imbalance in the personality of the student is achieved.	During the year	Psychologist, group tutors, deputy deans, youth agency, deputy deans, chairman of the women's council, group	Specific guidelines are developed and recommended for each person based on their individual psychological characteristics.

				tutors, psycholog ist	
8	Online study of students' educational motivations, personal orientation, value system, trainings aimed at having an educational impact on the students of the group; - conducting training in the form of educational activities with the participation of the pedagogical team	Learning motives, personal orientation, value system learning tests	During the year	Psycholog ist, group tutors, deputy deans, youth agency for work with youth	The educational motivations, personal orientation, value system characteristics of professors and students are determined, and proposals for making corrections to the educational process are developed
9	Psychological diagnosis of social processes occurring in students and pedagogical teams during webinars	Sociometry, tests related to the study of socio-psychological climate	During the year	Psycholog ist, group tutors, deputy deans, youth agency for work with youth	Constructive and destructive processes taking place in groups are identified and proposals are developed to eliminate negative characteristics
PSYCHIC DEVELOPMENT AND PSYCHOCORRECTION					
10	Carrying out practical work on the development of professional interests of 1st-year students through the Zoom program.	Social and psychological training	September, October	Psycholog ist, group tutors	Students specify their professional interests
11	Organization of individual, group, and collective consultations on education, development, training, professional formation and marriage, interaction, behavior and communication secrets, peer relationship and worldview, abilities, talents.	Psychological complex integrity is formed in university employees and students.	During the year	Chairman and members of the Women's Council, group tutors, psycholog ist	Individual group and collective discussions are organized on the issues of education, development, training, social formation and marriage, peer relations, worldview, ability, talent.
12	Work on the development of	Skills are developed	November, December	Psychologist, group tutors	

	general and special abilities of selected students (this includes work with students who are trying to work on themselves and develop their psychological characteristics).	through socio-psychological training.			
13	Carrying out psychological preventive work on the prevention of delinquency and crime among students. Conducting a psychological survey to identify students with delinquency and criminal tendencies	Scientific-popular, spiritual-educational mini-lectures	During the academic year	Psychologist, group tutors, heads of the Department of Internal Affairs and the Prosecutor's Offices	Offenses and cases are prevented
14	Organize a small lecture on "Psychophysiological mechanisms of suicide" for professors and parents and organize educational activities on suicide prevention. Conducting psychological questionnaires to identify students with suicidal tendencies. In cooperation with the chairman of the university women's council, organization of special measures to improve family-family relations (audio, video clips)	Relevant information on the topic	February, March	Psychologist, group tutors	Eliminates various unpleasant situations between students and improves their morale
15	Organize special measures to improve family relationships in cooperation with the chairman of the university women's council	Scientific-popular, spiritual-educational mini-lectures, meetings	During the academic year	Psychologist, advanced specialists in psychology involved	Improve family relationships

16	Providing mental support and psychological support to students with social protection needs, limited opportunities, and disabilities.	Organize individual conversation	During the academic year	Psychologist, group tutors	Increasing self-esteem, helping to overcome various psychological obstacles.
17	Carrying out psychological and psych prophylactic work with students who live in the students' accommodation of the university.	Roundtable discussions, psychological training	During the academic year	Psychologist, group tutor, educators	Practical assistance will be provided to solve the problems of students living in CA
PSYCHOLOGICAL CONSULTATION					
18	Practical demonstration of adaptation skills and environment organization for foreign students at the university.	Individual interview	During the academic year	Psychologist, group tutor, educators	Adaptation skills for gender equality are created at the university and CA
19	Participation in educational seminars for university psychologists organized by the Ministry of Higher and Secondary Special Education (Online)	through the ZOOM program	During the academic year	Psychologist	Increasing the psychologist's knowledge serves to increase the effectiveness of psychological services.
20	Working individually with professors-teachers, management staff, youth	Online, offline and educational	During the academic year	Psychologist, trade union committee, youth agency	There will be an opportunity to individually psychocorrect problems that have not been solved in a group.
21	To ensure that the work carried out on the implementation of this plan is widely covered on the Internet.	On the Internet, Telegram and Facebook networks	Every month according to demand	Psychologist, head of the Information Resource Center	Announcements, propaganda, report
Psychological diagnostics					

22	General psychological analyses of students, including socio-professional adjustment with students of the 1 st stage, identification and formation of interpersonal relationship in groups	Conducting socio-psychological, pedagogical questionnaires	September-october	Psychologist, group leaders	Socio-professional adaptation and the condition of interpersonal relations in groups of students of the 1 st stage
23	Individual work with students who belong to the "risk group" identified as a result of psychodiagnostic organizations of correctional work, determination of the level of depression among high-risk students of the "Danger group" and conducting comprehensive psychotherapy on the diagnosis of psychological crises and the results obtained.	Organizing individual psychoconsultation, hold on special diagnostic methods	During the year	Psychologist, group leaders	Incident of depression among high-risk students will be controlled and all kinds of offense will be reduced
24	Hold on the questionnaire "The personality of the pedagogue in the view of students and demands to him", studying and stabilizing the social and psychological health condition in pedagogical team.	To hold on anonymous questionnaires, organize socio-psychological trainings, using the methods of therapy (Gestalt, Cognitive, bibliotherapy, etc.)	During the year	Psychologist, group leaders	The socio-spiritual condition is stabilized in the educational institution, and a healthy social-psychological condition is formed among the pedagogical team
25	According to diagnostics of mental condition of 1 st year students held on formation and monitoring of their electronic base	Create electronic base of questionnaire according to dividing students to	During the year	Psychologist, group leaders	According to diagnostics of mental condition and character of 1 st year students held on formation and monitoring of their electronic base (psychological portrait).

	(psychological portrait).	green, yellow and red colours.			
26	General psychological diagnosis of the student's cognitive processes.(memory, attention, thinking, perception, imagination, etc.)	Using special methods	October, November	Psychologist, group leaders	Student's cognitive processes are studied and further work is planned based on the general psychological diagnosis
27	To have medical examination while providing psychological support at the university.	Organize interviews	By plan	Psychologist	Students will learn about benefits of medical examinations, treating diseases on time

PSYCHOLOGICAL CORRECTION

28	Hold on correction work with students with difficult upbringing and character defects	Organizing of trainings , interviews	During the year	Psychologist, group tutors	Positive aspects are formed in the education of students with difficult upbringing and character defects
29	Work on the practice work on developing of professional interests of the 1 st year students.	Social-psychological training	September-October	Psychologist, group leaders	Students' interests in their chosen profession will increase
30	Preventing external and internal stress caused by students with mental disorders by motivating them. Also, if the psychologist motivates using social methods through therapy, giving social assignments, setting an agenda, and testing the climate of distance education in the learning process, students and pedagogical teams are connected with	Taking test related to the study of sociometrics and socio-psychological climate through Telegram groups.	Each month	Psychologist, group leaders, members of Womens' council	Processes between students and teachers who have returned from quarantine to adapt to the normal teaching process and their social stress is avoided

	social adaptation of social processes and psychological solution of personal problem.				
31	Conducting individual and group work in mastering the education profession and solving problems related to the motivational sphere of struggling students, as well as stabilizing the process of interaction in the pedagogical team, the relationship between students and teachers.	Conducting interviews, questionnaires, psychocorrective test, sociometric method.	During the year	Psychologist, group leaders	Students who have difficulty mastering the profession will be adapted to the profession and the process of interaction in the pedagogical team and relationship between students and teachers will be stabilized
32	Assistance in ensuring social psychological rehabilitation of orphans and children deprived of parental care.	Conducting interviews	During the year	Psychologist, group leaders	Social protection of orphans and children deprived of parental care will be strengthened
33	Organization of practical application of "Psychotherapy of crisis situations", "Telephone consulting technique" method.	Interviews and consultations	September-November	Psychologist, group leaders	By using these methods students develop the ability to get out of crisis situations
34	Practical use of psychotherapy methods in the correction of students with a tendency to use domestic violence and victims of domestic violence.	Use of therapy methods (ART, GESTAL, Cognitive, Bibliotherapy, etc.)		Psychologist, group leader, employees of military service	The number of students prone to domestic violence and victims of domestic violence will be reduced

35	Carring out methods of determining the level and types of aggression	Use of special methods	September, December	Psychologist, group leader	A list of aggressive students is drawn up, and each of them is deal with individually
PSYCHOLOGICAL CONSULTING					
36	To attract tutors and professors to the psychological service, to organize master classes to improve their initial psychological literacy. Establishing specific measures with the head of the educational institution regarding the identified problems.	Organizing of masterclass and trainings	September	Psychologist, group leader	The psychological conditionamong the pedagogicalteam stabilized
37	To provide an understanding of the specific features of the psychology of adolescence and to conduct individual workwith students who have difficulties in communication and lack self-confidence	Organizing of psychoconsulation	Once in a month	Psychologist, group leader	Students with difficult communication and self-doubt have a high esteem
SOCIO-PSYCHOLOGICAL ENLIGHTENMENT Socio-psychological enlightenment					
38	Maintaining social and psychological documents of students and participating in lecture sand reports on psychological problems at pedagogical meetings.	Get the recommended methodology and tests	During the year	Psychologist, group leader	The pedagogical team is provided with accurate information about the social and psychological condition of the students
39	conducting practical training "Psychological stress in the pedagogical team" and providing	Work out and conducting a training program	November, april	Psychologist, group leader	Through training, psychological support is provided to teachers who are prone to mental exhaustion and burnout

	psychological support to teachers.				
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SOCIAL-PROFESSIONAL ADJUSTMENT

Social- professional adjustment

40	Conducting the "Map of Interests", "Holland" methodology, a special method and analysis.	Using special methods	Based on the plan	Psychologist, group leader	The educational significance of the methodologies is applied to practice
41	Determining students' professional abilities and giving necessary psychological recommendations, regarding the situation, remove development, general and special abilities of selected students, according their talents	Hold on special methods, psychoconsultations	During the year	Psychologist, group leader	To give instructions on choosing professions, orientations to the professions, love for profession

PSYCHOLOGICAL PREVENTION

42	Arranging interviews, training, and correctional work with students with "deviant" behavior and their parents	Use special methods	During the year	Psychologist, group leader	To make effective cooperation "student-parent-education"
43	Improving the socio-spiritual environment in families in cooperation with neighborhood and family support departments in the regions, raising a healthy and well-rounded person by strengthening family values, and preventing negative tendencies in him	interviews	During the year	Psychologist, group leader, MFY (mahalla community) members	To strengthen relations between "family-neighborhood-education" and eliminate the deficiencies

44	Providing psychological assistance and psychological support to family members who have committed suicide or attempted suicide (especially minors in the family) in cooperation with medical associations.	Individual interviews	During the year	Psychologist, medical staff	Developing of students with suicidal tendencies sense of love for life and effective use of given opportunities
45	Providing mental support and psychological support to students with disabilities who need social protection and have limited opportunities	Individual interview	During the year	Psychologist, group leader	Providing of social protection of disabled students
46	Improving the psychological literacy of parents. To hold on regular relations with parents, assistance in psychological solutions to existing family problems, and giving psychological recommendations to parents who find themselves in conflict situations with their children.	Interviews and consultations	During the year	Psychologist, group leader	The psychological literacy of parents is increased and conflict situations that may occur with their children
47	Carrying out psychological work with students living in student's accommodations at the university.	Interviews and consultations	Whole academic year	Psychologist, group leader	The social and spiritual atmosphere in the student accommodation is improved
48	Helping and supporting the process of social adaptation of students studying at the university from abroad.	Round interviews, Psychological training	During the academic year	Psychologist, educators, group tutors	Ensure social adaptation of students from abroad

49	Carrying out with students the questionnaire "Self-evaluation, anxiety, rigidity and extroversion" by D. Maudsley, "Diagnosis of personality accentuation" by K. Leongard. Survey analysis individual work with students who are prone to burnout	Using special methods	During the year	Psychologist, group tutors	Identify and work with students who are prone to mental fatigue.
50	Training "Methods of psychological resolution of conflict situations"	Developing and conducting a training program	During the year	Psychologist, group tutors	Students develop rules of behavior in conflict situations
51	Giving a lecture, report on "Goals, tasks, problems and perspectives of psychological service in an educational institution" in the pedagogical team.	Presentation and report preparation	During the year	Psychologist,	Communication and mutual understanding between the pedagogical team and students will increase dramatically

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