СЕКЦИЯ 9
«ИНОСТРАННЫЕ ЯЗЫКИ»

ASSESSMENT OF STUDENTS' MEMORIZATION PROCESSES

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Introduction

Learning and memorizing a great amount of information is a challenge for a first-year student. How to make this process easier? Are there any secrets of good memory? These questions are to be studied to help students study more efficiently.

Aim

To determine the dominant kinds of the memory in first-year students. To identify the common characteristics of the memory. To determine the most effective memorizing techniques.

Material and methods

Our study involved 120 first-year students of the Departments of General Medicine, Pediatrics and Dentistry of Smolensk state medical university. They were given a questionnaire and their answers were statistically processed and analyzed. Besides, we analyzed literature on this problem.

Results and discussion

Most students (55 %) think that they have a well-developed memory. The most dominant type of memory in students is visual memory (42 %); associative memory takes the second rank (30 %). The most effective memorizing techniques are mnemonics (45 %).

The students were also asked what beneficial techniques for memorizing they would like to use or develop in future: 27 % students would like to use tactile techniques of memorizing; 24 % students prefer to use techniques connected with associative memory; 13 % students say that they have very good visual memory and prefer techniques based on visualization.

As for the other students, 11 % believe that they have a good auditory memory and always rely on it; 10% prefer rhyme and rhythm, 8 % like abbreviation, 6 % like flash cards and only 1 % would like to use emotional techniques.

We were surprised to identify that to prepare for a practical class or a seminar a great number of students (40 %) review their lecture notes only once.

Conclusions

Students have different types of memory and so they prefer the techniques which suit them personally most of all. The most dominant memorizing techniques is mnemonics (42 %). The most unpopular technique is flash cards (6 %) or emotional techniques (1 %). But we managed to find out that most students do not transfer their knowledge into long-term memory, so the memorization process will not be successful. The study also needs further assessment and literature view to work out certain recommendations in the form of information leaflets to make the educational process more efficient.

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MEDICAL STUDENTS AND THE INTERNET ADDICTION

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Introduction

The Internet has made life a lot easier by making information more accessible to all and creating connections with different people around the world. However, it has also led a lot of people to spend too much time surfing the Internet, so much that it becomes the center of their lives. This can lead to the Internet addiction. Studies show that the majority of the Internet addicts suffer from emotional problems such as depression, mood disorders, social disorders, and anxiety disorders. They tend to use the fantasy world of the Internet to psychologically escape unpleasant feelings or stressful situations. Research in this area also shows that Internet addiction can even change the volume of the brain. That is why it is very important to know if our students are addicted to the Internet.

Aim

The aim of the study was to find out how often and what for the students of Smolensk State Medical University (SSMU) use the Internet and how many of them suffer from the Internet addiction. We wanted to obtain our own statistics about the students of SSMU.

Material and methods

Theoretical — the analysis of the literature on the research topic. Practical — a questionnaire, observation and interviewing students. A study was conducted among first year students of the faculty of Dentistry. They were asked 5 questions about the amount of time they spend in the Internet and about their aim.

The questions were:

1. How much time do you usually spend surfing the Internet?
2. How much time can you spend without the Internet?
3. How often do you spend much more time in the Internet than you have planned?
4. What do you usually do in the Internet?
5. Do you think you are addicted to the Internet?

Results and discussion

There is a statistic for 2018 around the world:

1. The number of the Internet users in 2018 became very large: more than 4 billion people. This is 7% more than a year before.

2. As for 2018, 3.1 billion people — roughly one-third of the global population — use social media. On the whole, the number of social media users has grown by 13% (362 million) in the past year.

3. 47 % of Russian people are signed to different social media.