*Ponomaryova A.*

**IMPORTANCE OF EXTRA-CURRICULAR ACTIVITES FOR SELFIMPROVEMENT OF HIGH SCHOOL STUDENTS**

Kharkiv National Medical University

(Department of Hygiene and Ecology №1)

Research advisor: associated professor Gerasimenko O.I

Kharkiv, Ukraine

**Introduction.** Extra-curricular activities of high school students have great educational and learning importance. They are aimed at the use of educational materials in life situations, it creates conditions for the realization of abilities, expands the methods of activity, and encourages self-education and self-improvement. Extra-curricular activities should satisfy the constantly changing interests of adolescents, create ample opportunities for doing what they like.

**Materials and methods.** Such methods as psychological testing, interview, conversation, screening test can be used to study the influence of extracurricular activities on the way of life of high school students.

**Results of research.** Modern society needs well-educated, enterprising, all-round individuals who can make decisions quickly and confidently in a difficult situation. To meet such requirements, it is necessary to expand schoolchildren activities both in classes and during after-hours. During growing-up years, the control over one’s behavior and emotions is increasingly developing, and, when engaging in activities, senior pupils are guided by their own points of view and experience. Therefore, educational work carried out after classes should help supplement and consolidate skills and abilities obtained during learning activities. The purpose of this work is to form moral, spiritual and aesthetic values of senior pupils, to assist in determining the abilities for one or another type of activity, to develop social activity. Involved are various forms of students’ organization: hobby groups, sports classes, lectures or talks, excursions, etc. Team work of high school students has great advantages. Firstly, group experience helps solve interpersonal issues and prevents from becoming self-absorbed.

Secondly, team work simulates such vital situations in which a student can test his knowledge and skills. Various forms of personal education create conditions under which each senior student can efficiently accumulate his or her own personal experience. They also promote independent perception of universal human values; give students the opportunity to show their initiative, creativity, independence; inspire their natural self-expression and self-realization, which, in turn, facilitate the full personality development.

**Conclusions.** At the present time, afterschool activities are considered to be the main links in the continuing educational process of upbringing an all-round personality, creating conditions for development and maintenance of abilities in science, technology, art, etc. At the same time, creation of conditions for free choice of the activities, which a student is interested in, paves the way for manifesting one’s personal abilities.