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СУЧАСНІ ТЕНДЕНЦІЇ В ДОСЛІДЖЕННЯХ МОЛОДИХ НАУКОВЦІВ

## МАТЕРІАЛИ

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fledged human life. Life without purpose is boring, empty and monotonous. It helps us to grow up, improve yourself and our life.

The person's vital values are very important in his destiny. Because decision-making, the fulfillment of life's purpose, and relationships with other people depend on them.

Everyone has got his own system of values, priorities. But not everyone realize them. Sometimes people use values of others. Confuse them. More often this leads to experiences, doubt and dissatisfaction with life. Everyone should be sure in his system of values and then he can easily to arrive at a vital decision and won't go off one's life way.

The values of each person are individual. For one important things are money, clothes, big house. For the other it's important to live, have fun, live spiritually. We can't appraise them. Because we all are different.

#### LITERATURE

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### **PERFECTIONISM IN YOUTH'S LIFE POINTS: MODERN TENDENCIES**

*Scientific adviser – Razumenko T.O.*

Perfectionism is often mistaken for 'being perfect' or 'doing something perfectly'. Many people assume that it must be a good thing. Other people think of being a perfectionist as being something negative and embarrassing. So is it a good or a bad thing?

Researchers have shown that parts of perfectionism are helpful, and parts are unhelpful. Perfectionism can take a grip anywhere in life, but it is particularly evident in certain areas. The material realm for a start. There can be a yearning for an environment that is entirely neat, clean, harmonious and beautiful. Romantic life is similarly marked by deep longings for perfection. There is the aspiration to be wholly understood by someone who combines beauty, wisdom, grace and kindness. We may similarly dream of the perfect family. There is intense perfectionism around art as well: we may want to paint a picture which perfectly shows mood.

We are perfectionists because our imaginations are so adept at conjuring up improved images of life. This is very useful and necessary in many situations. We need to be able to imagine good scenarios so as to gain the energy and focus to try to bring them about.

Ideally, the imagination would be limited to prompting ambitions which were within practical reach. But the imagination inherently overshoots. It isn't good at tailoring its suggestions to an accurate assessment of both our personal

abilities and how hospitable the outer world might be to our desires.

We're typically invited to imagine that the mature, wise life is one that has shed all links to perfectionism. The very term 'perfectionist' is generally used as a criticism: to point out when someone sets unnecessarily, even ridiculously, high standards for themselves and others. It is in the same territory as fussy, pedantic and obsessive.

But perfectionism is not always wrong. And, strikingly, when we encounter things we do consider perfect (like, perhaps, the music of Bach), we don't usually call their creators perfectionists.

Good perfectionism means being able to tolerate the torments of imperfection – in oneself and others – for long, tumultuous periods. Success means having to forgive oneself the horrors of the first draft.

The trick is to accept that good enough can be good enough. Perfectionists assume that it is only the flawless version of something that is worth having. They feel: if we are late, the evening can't be a success. If the car is scratched, I can't enjoy driving it; if the room is untidy, I can't love my home. To cope, they need to learn how imperfect something can be and yet still retain a great deal of its charm.

Finally, we pay a high price for our furtiveness about our own setbacks. We dwell in a glossy world in which being successful seems almost the equivalent to being an acceptable person. We don't want to look foolish and don't want other people to write us off as failures. But failure in most areas is the (secret) norm. We misjudge how common are our tribulations. Admitting imperfection is part of learning how to have a slightly less damaged and slightly less punitive inner life.

In conclusion, perfectionism isn't bad. Perfectionism isn't good so much. Perfectionism is the engine of progress in a reasonable amount, but in excess becomes destructive to the human psyche. Sometimes you can afford to do something wrong. We all can't be perfect. So why not enjoy your imperfection?

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## **HUMAN'S MEMORY. POSSIBILITIES OF IMPROVEMENT**

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It has been considered that the efficiency of our life depends on our personal abilities and skills. One of these vital skills is the ability of our brain to memorize information. The human's life cannot be imagined without memory; it helps people to act in the environment.

**Memory** is the faculty of the mind by which information is encoded, stored, and retrieved. Memory is vital to experiences and related to limbic systems, it is the retention of information over time for the purpose of influencing future action.

Since information processing perspective there are three main stages in the formation and retrieval of memory:

- Encoding or registration: receiving, processing and combining the received information
- Storage: creation of a permanent record of the encoded information in the