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СУЧАСНІ ТЕНДЕНЦІЇ В ДОСЛІДЖЕННЯХ МОЛОДИХ НАУКОВЦІВ

МАТЕРІАЛИ

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syllable), and even jokes are a memorable way to remember more mundane facts and figures.

Example: English alphabet song.

5. Chunking – Chunking breaks a long list of numbers or other types of information into smaller, more manageable chunks.

Example: Remembering a 10-digit phone number by breaking it down into three sets of numbers: 555-867-5309 (as opposed to 5558675309).

6. Method of loci – Imagine placing the items you want to remember along a route you know well, or in specific locations in a familiar room or building.

Example: For a shopping list, imagine bananas in the entryway to your home, a puddle of milk in the middle of the sofa, eggs going up the stairs, and bread on your bed.

To sum up, we have considered some facts and techniques about our memory which can help to work better, to be healthier and happier. One common thing that you have to remember is to practice more and more working over you memory.

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THE ROLE OF DANCE ART DIVERSITY IN THE MODERN WORLD

Scientific adviser – Razumenko T.O.

Why do people dance? They do it for different reasons but probably the most expected answer is that they dance because they simply like it. It is difficult to say when dance became an important part of human culture.

Dance has been used during different ceremonies, rituals and celebrations since prehistoric times. Dance plays a vital role in many of the world's religions. People have used dance in praise of their gods, in celebration of the seasons, and simply as an outward expression of joy or grief. Native Americans could not imagine their lives without dancing. It was an essential part of their culture and heritage.

For many of us dance is an excellent opportunity to have fun, to express our emotions, to relieve stress, to experience music and to improve our health and fitness level.

Dance can be also a form of nonverbal communication as it helps two people say 'I love you' to each other. That is why many couples celebrate their unions with a wedding dance which is the symbol of their love and affection. A wedding dance is an unforgettable experience and a person remembers this happy moment during all his or her life.

There are many interesting dancing styles and everybody can find something to his liking. There are dancing styles that can be practiced alone (solo dance), as a couple (partner dance), or as a part of a much larger group (group dance).

Ballet is popular with many people and it is best known for its unique features and techniques. Ballet began to develop in Italy and later it appeared in France. The art form went on to be developed in Russia and France, and these countries were the first to present it as an avenue of public entertainment.

The waltz is a ballroom and folk dance. When the waltz was first introduced into the ballrooms of the world in the early years of the Nineteenth Century, it was met with outraged indignation, for it was the first dance where the couple danced in a modified Closed Position – with the man's hand around the waist of the lady. It first became fashionable in Vienna around the 1780s and spread to many other countries.

The different **waltz dance styles** include classic American waltz, International style waltz, Viennese waltz, Cajun waltz and many others.

Tango is often associated with love, passion and romance. This dance form originated in Buenos Aires, Argentina and Montevideo, Uruguay and it became popular in Europe in the early years of the 20th century. Tango has influences from Spanish and African cultures. Tango was in its early days the dance of the poor, the lower class, the dispossessed, and many of those were bandits and criminals. In fact quite a few early tango songs are in **Lunfardo**, which was the language of the criminals that evolved into the Buenos Aires street lingo. In the year 2009, UNESCO declared Tango as an intangible cultural heritage of humanity, bringing together people of different mindset and different cultures. Today, there are many tango dance styles, including Argentine Tango, Uruguayan Tango, Ballroom tango (American and International styles), Finnish tango, Chinese tango, and vintage tangos.

Today many young people, especially boys, are fond of break dancing. It is a street dance style that evolved as part of the hip hop movement among African American and Latin American youths during the early 1970s.

Break dancing originated in New York City during the late 1960s and early 1970s from martial arts moves developed by street gangs. The moves, originally learned as a form of self-defense against other gangs, eventually evolved into the complex and athletic moves that characterize modern break dancing. It is normally danced to funk or hip hop music. Break dance is highly improvisational and physically demanding. It allows dancers to display their skills by showing extremely difficult and complicated elements.

Many people dedicate their lives to dancing and spend years perfecting their dancing skills. But it is not necessary to be a professional. The most important thing is just to love dancing.

There are many reality television shows such as 'Dancing with Stars' and movies such as the one with Richard Gere 'Shall We Dance' that have made ballroom dancing popular and appealing to the average person.

Dance fills our body with energy and makes us feel happier. Dancing is a

wonderful way to exercise while having fun.

Besides, it has a lot of health benefits:

- it increases your muscle tone,
- lowers blood pressure,
- relieves stress and releases endorphins .
- it helps us burn calories and lose weight.

Dance for yourself, your body, mind, emotions. Dance is a language that we have. It's a breath of fresh air, freedom and the end of wild drive that will fill your body and soul.

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VIEW OF A PSYCHOLOGIST ON DIABETES

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Psychosomatics (dr.-Greek ψυχή – soul and σῶμα – body) – a direction in alternative medicine (psychosomatic medicine) and psychology, studying the influence of psychological factors on the onset and progress of somatic diseases. Psychosomatic diseases are illnesses, the causes of which are to a greater extent the mental processes of the patient than directly any physiological causes. If a medical examination can't detect a physical or organic cause of the disease, or if the disease is the result of emotional states such as anger, anxiety, depression, feelings of guilt, than the disease can be classified as psychosomatic.

Even in Greek philosophy and medicine, the idea of the influence of the soul and spirit on the body was widespread.

Sigmund Freud investigated psychosomatic diseases, which formed his theories about the unconscious mind and repression. Many known diseases were previously classified as "hysterical" or "psychosomatic", for example, bronchial asthma, allergies, imaginary pregnancy and migraines. Psychosomatic illness can result from problems in relationships, stress or other non-physiological causes, often caused by external factors or people.

There are five emotions on which psychosomatic theory is based: sorrow, anger, interest, fear, joy. Let`s now talk about causes of psychosomatic reactions.

According to the classification of psychologist Leslie Lecron, the causes of psychosomatic reactions can be: