

POSITIVE ASPECTS OF SELF-ASSESSMENT DURING THE STUDENT PERIOD

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Annotation

The student period is a unique and important stage in a person's life. During this period, young people develop scientifically, socially, and personally, while also preparing for their future professional activities. Self-assessment is the process through which students evaluate their self-awareness, abilities, and potential. The positive aspects of this process have many benefits. First of all, self-assessment strengthens the student's self-confidence, which helps them overcome challenges and achieve their goals. Additionally, this process enhances self-management, self-development, and effective learning abilities. Students learn from their mistakes and take more targeted actions to achieve success. Self-assessment also ensures the active engagement of the student's mind, allowing them to better understand their role in society and their social responsibilities. This topic is considered a crucial factor in the personal and professional development of students, providing a solid foundation for future success.

Keywords: student period, self-assessment, personal development, self-awareness, self-confidence, self-development

The student years are a unique and important stage in a person's life, where young individuals pay great attention to their academic, personal, and social development. During this period, students identify their abilities and potential, as well as engage in the process of self-awareness and self-improvement, with self-assessment playing a key role. The process of self-assessment plays a significant part in shaping a student's personality and future success.

Firstly, self-assessment strengthens the student's self-confidence, which helps them overcome difficulties and achieve their goals. By analyzing their successes and shortcomings, students create a clear roadmap for improvement in the future. This

process encourages students to develop themselves by identifying their weaknesses and enhancing their strengths. Self-confidence plays a crucial role in a student's personal and professional development. Through the process of self-assessment, students analyze their successes and shortcomings, helping them better understand their strengths and weaknesses. As a result, the process of self-awareness deepens, and students gain a clearer understanding of their potential. This self-awareness strengthens self-confidence, as students begin to trust in their abilities through a realistic self-evaluation.

Moreover, self-assessment enhances a student's self-management skills. This skill is essential for managing time effectively, coping with stress and anxiety, and maintaining a balanced life. Self-assessment becomes a crucial tool for students to stay determined in achieving their goals and continue working on improving themselves.

Additionally, self-assessment helps students understand their role in society and their social responsibilities. By gaining a clear understanding of their social roles and contributions to society, students are motivated to be more responsible and active. In this way, self-assessment strengthens their role in society and enhances their social involvement. The process of self-assessment lays a solid foundation for the student's future success. A student who is aware of their strengths and weaknesses can clearly define their path and work towards achieving their goals with determination. Furthermore, self-assessment is a key factor in both personal and professional growth, providing a boost to future achievements.

At the same time, self-assessment enables students to improve themselves and find their place in society, which significantly influences their overall development and future endeavors. Understanding one's role in society and self-awareness is of great importance in personal and social development. Through the process of self-assessment, students analyze their abilities, needs, and potential, and determine their unique social role and position in society. This process helps increase their self-confidence, as students gain a better understanding of how to establish and develop themselves in society.

Once students understand their role in society, they begin to feel a sense of social responsibility. This encourages them to take responsibility for serving society and establishing positive relationships with others. By defining their contributions to society, social duties, and goals, students act towards fulfilling them. This process, in turn, strengthens their interest in society and ensures a sense of social responsibility. A student who understands their place in society not only seeks personal benefits but also aims to contribute to the community, which makes them a more responsible and active individual.

Self-assessment also helps students strengthen their self-confidence, achieve success, and take up a positive role in society.

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