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O‘ZINI O‘ZI O‘QITISH (SELF-DIRECTED LEARNING) – MUSTAQIL TA’LIM
OLISH KO‘NIKMALARINI RIVOJLANTIRISH

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Annotatsiya: O‘zini o‘zi o‘qitish (self-directed learning) – insonning mustaqil ravishda bilim olish jarayonini rejalashtirish va amalga oshirish qobiliyatini anglatadi. Zamonaviy ta’lim muhitida bu yondashuv muhim ahamiyat kasb etib, o‘quvchilarning mustaqil o‘rganish ko‘nikmalarini rivojlantirishga xizmat qiladi. Ushbu maqolada mustaqil ta’lim olishning afzalliklari, asosiy tamoyillari va uni rivojlantirish usullari tahlil qilinadi.

Kalit so‘zlar: self-directed learning, mustaqil ta’lim, o‘zini o‘zi o‘qitish, bilim olish, o‘zini rivojlantirish, o‘quv jarayoni.

Kirish

Ta’lim jarayonida o‘qituvchi va an’anaviy darslarning o‘rni katta bo‘lsa-da, insonning o‘z ustida ishlashi va mustaqil bilim olish qobiliyati yanada muhim ahamiyatga ega. Zamonaviy jamiyatda muvaffaqiyatga erishish uchun inson doimiy ravishda o‘z bilim va ko‘nikmalarini yangilab borishi lozim. Self-directed learning modeli shaxsiy rivojlanishni tezlashtirib, har qanday sharoitda ta’lim olish imkoniyatini kengaytiradi.

Asosiy qism Self-directed learning jarayoni quyidagi asosiy tamoyillarga asoslanadi:

1. **O‘quv jarayonini rejalashtirish** – Shaxsiy o‘quv maqsadlarini belgilash va ularga erishish uchun strategiya ishlab chiqish.
2. **Bilim manbalaridan foydalanish** – Kitoblar, onlayn kurslar, video darslar va ilmiy maqolalar orqali mustaqil ta’lim olish.
3. **Tahlil va o‘z-o‘zini baholash** – O‘quv jarayonidagi natijalarni baholash va kamchiliklarni bartaraf etish.
4. **Motivatsiya va o‘zini rivojlantirish** – O‘z-o‘zini rag‘batlantirish va ta’lim jarayonida barqarorlikni ta’minlash.
5. **Amaliyot orqali o‘rganish** – Olingan bilimlarni hayotda qo‘llash va tajriba orttirish orqali chuqurlashtirish.

Self-directed learningdan samarali foydalanish uchun texnologik imkoniyatlar ham muhim ahamiyat kasb etadi. Bugungi kunda ko‘plab onlayn platformalar va mobil ilovalar mustaqil ta’lim olishni yanada qulay qiladi. Bundan tashqari, insonning o‘z ustida ishlashi va ma’lum bir sohaga yo‘naltirilgan bilimlarni chuqurlashtirish jarayoni kasbiy rivojlanish uchun ham muhimdir.

Xulosa

O‘zini o‘zi o‘qitish – zamonaviy ta’lim tizimining ajralmas qismiga aylanib borayotgan yondashuvdir. Mustaqil ta’lim olish qobiliyatiga ega insonlar jamiyatda muvaffaqiyat qozonish imkoniyatiga ega bo‘lib, uzluksiz o‘rganish orqali o‘z sohasida yetuk mutaxassis



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bo'lishlari mumkin. Kelajakda self-directed learning ta'lim tizimida yanada kengroq qo'llanilishi va har bir insonning shaxsiy rivojlanishida asosiy rol o'ynashi kutilmoqda.

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