

Організація різноманітних спортивних заходів, один із прикладів впровадження фізичного виховання під час воєнного стану. Проведення групових тренувальних занять, змагань, челенжів та спортивних марафонів сприяє підтримці морального духу. Також організація дистанційних практичних занять. Використання онлайн-платформ для проведення тренувань з видів спорту дозволяє здобувачам вищої освіти підтримувати фізичну активність навіть в умовах обмежень. В умовах військового стану заняття з фізичного виховання для здобувачів вищої освіти, як правило, здійснюються дистанційно, більшість часу виділяється на самостійну роботу. Вони можуть мати різноманітні форми, але спрямовані на зміцнення здоров'я, впровадження здорового способу життя, підвищення працездатності, оволодіння необхідними вміннями та навичками, удосконалення професійної підготовки, а також розвиток соціальної активності [1].

Отже, фізичне виховання є одним із ключових інструментів підтримки ментального здоров'я в умовах воєнного стану. Регулярне заняття фізичною культурою, фізичними вправами допомагає знизити рівень стресу, покращує адаптацію організму до сучасних умов. Впровадження спортивних заходів та розробка реабілітаційних програм є важливими складовими підтримки здоров'я студентської молоді у складний період воєнних дій.

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SOFT AND HARD SKILLS FORMATION DURING FOREIGN LANGUAGE CLASSES IN UKRAINIAN HIGH SCHOOLS

The article describes the importance, as well as analyzes the features and methods of forming “soft skills” and “hard skills” during foreign language classes in Ukrainian higher educational institutions.

Key words: “soft skills”, “hard skills”, group tasks, teamwork, speaking, reading, writing, listening.

Nowadays with the development of artificial intelligence and automation of all human life spheres, such human qualities as the ability to empathize, think creatively and inspire others became the most valuable for employers. Analysts of global companies determine that these skills will be a key factor in the success of employees in the labor market in 2025. The world's largest businesses – from technology giants to innovative startups – are now looking for not just good specialists, but people who can communicate effectively, work in a team, and adapt quickly to change [1]. Thus, in the modern world, where technologies are developing at a rapid pace, the so-called “soft skills” are becoming a determining factor in the professional success of any future specialist, and therefore, we consider their formation and development in higher education students to be very important during studies at higher education institutions, including foreign language classes.

“Soft skills” are defined as a set of general, non-profession-specific qualities and skills. A person who possesses them copes with their tasks more effectively, builds communication with the team, partners, and clients, and also successfully advances up the career ladder or develops their business. Some believe that the term “skills” is not entirely correct, since a “skill” is an ability that

has been practiced to the point of automatism. They use the word “abilities,” because it includes experience, knowledge, and skills. It can also be called tools and technologies that allow you to be productive and successful in various fields. “Soft skills” are independent of cultural and linguistic contexts and play an important role in professional development and in everyday life for personal success. However, in our opinion, “soft skills” can still be attributed to skills, since they can be formed in a person who did not have them from the very beginning.

The term appeared in the English language as the opposite of “hard skills” – specialized practical skills that can be mastered. They are necessary to become a specialist, for example, a pilot or an economist with a diploma. Unlike “hard skills”, which use logical thinking, “soft skills” are guided by the emotional one. The requirements for “hard skills” remain the same regardless of the company and corporate culture where a person works. “Soft skills” are variable, they depend on the situation. When an employee is just starting out as a professional, he needs more “hard skills.” But as he grows and develops in his profession, he is forced to communicate with people, and “soft skills” become increasingly useful to him.

Let’s analyze examples of “soft skills” that can be successfully formed and developed during foreign language classes in higher educational institutions of our country. For example, completing group tasks that the teacher usually gives in foreign language classes contributes to the ability to work well with others in a group or team. Interacting with a team, a person constantly learns new things, learns to understand different people, and acquires new habits. Teamwork develops people both in the corporate world and in everyday life. People in friendly relations with colleagues work much more efficiently and productively than people who have only working relationships [2].

During a foreign language lesson, basic speech skills are developed through various exercises: speaking, reading, writing, and listening. For example, speaking skills are developed during monologue and dialogical speech of higher education students. Exercises for the development of monologue speech include telling a topic, making a report on a previously prepared topic, making presentations. During such exercises, active listening is developed, the ability to use facial expressions and gestures to confirm words, which makes communication more expressive; the ability to convince the interlocutor, the ability to present the project and speak publicly, the ability of storytelling. Writing exercises develop skills in report writing and business communication. Critical thinking skills, empathy, emotional intelligence, and leadership skills are developed during game activities and situational tasks. Properly allocating time for homework helps develop time management, streamlining and organizing activities (experience in organizing one’s work), etc.

Therefore, the labor market of 2025 will require future professionals to constantly develop soft skills. “Soft skills” are thus transformed from additional advantages into a key factor of competitiveness. Finding a good job requires more than a perfectly composed resume. Today, soft skills are as important as hard skills. “Soft skills” are something that needs to be developed continuously, regardless of employment [2]. The successful ones will be those specialists who can combine technical knowledge with developed social competencies and adaptability to changes [1]. That is why the “soft skills” formation of higher education students is extremely important during their studies in higher education institutions, as well as directly in foreign language classes.

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