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**MUSTAQIL TA'LIMDA KASBGA YO'NALTIRILGAN  
MULOQOT KO'NIKMALARINI RIVOJLANTIRISHDA KOUCHING  
TEXNOLOGIYALARIDAN FOYDALANISH**

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Nofilologik ta'lim yo'nalishlarida xorijiy tillarni o'qitishning zamonaviy konsepsiyasiga ko'ra universitet chet tili kursi kasbiy muloqot ko'nikmalarini rivojlantirishga yo'naltirilgan bo'lishi kerak. Boshqacha qilib aytganda, talabalar ham ijtimoiy, ham kasbiy muloqot doirasida chet tilidagi og'zaki va yozma muloqotni amalga oshirish uchun yetarli bo'lgan bir qator bilim, ko'nikma va malakalarni egallashlari kerak. Ushbu maqsad ta'lim jarayonini tashkil etishga ijodiy yondashish, o'qitishning an'anaviy va yangi usullarini uyg'unlashtirish, zamonaviy gumanitar fanlarning so'nggi yutuqlarini hisobga olgan holda, kompetensiyaga asoslangan, shaxsga va kasbiy yo'naltirilgan yondashuvlar kontekstida kouching texnologiyalaridan foydalanish maqsadga muvofiq hisoblanadi.

Kouching (*“coaching”* (ing.) – mashg'ulot, *“coach”* – (ing.) murabbiy) atamasi tarjima qilinganda “ko'rsatma berish, mashq qilish va ilhomlantirish” ma'nolarini anglatadi. U shaxs/talabaga ma'lum bir hayotiy yoki kasbiy maqsadga erishishda yordam beradigan mashg'ulot usuli hisoblanadi

Kouching texnologiyasining bir nechta ta'rifi mavjud bo'lib, ularning har biri mazkur texnologiyaning imkoniyatlaridan birini aks ettiradi. Keling, ularning asosiylarini ko'rib chiqamiz:

1. Kouching - bu insonning ish faoliyatini maksimal darajada oshirish uchun uning imkoniyatlarini ochish usuli. (John Whitmore) [1].
2. Kouching - bu natijaga yo'naltirilgan tizimli jarayon bo'lib, bunda inson o'z-o'zini o'rganish orqali o'zgarishlarga erishadi (Anthony Grant) [2].

“Mentoring” texnologiyasidan farqi kouching umumiy rivojlanish o'rniga

## ***Ta'limning zamonaviy transformatsiyasi***

aniq belgilangan maqsadlarga erishishga qaratilgan bo'ladi. Bugungi kunda tadqiqotlarga ko'ra eng samarali kouching modellari sifatida "Grow", "Score" va "Muvozanat g'ildiragi" kabilar tan olinmoqda va ta'lim jarayonida ulardan faol foydalanishni tavsiya qilamiz.

"Xalq ijodiyoti: ashula va raqs" ta'lim yo'nalishi talabalariga ingliz tilini kasbga yo'naltirib o'rgatishda kouching texnologiyalaridan foydalanish:

### **"The Goals-Reality-Opportunity-Will" model**

<b>№</b>	<b>The components of the model "Grow"</b>	<b>Questions</b>
1.	Goals	Why do you learn singing and dancing?
2.	Reality	What is the importance of singing and dancing in our life?
3.	Opportunity	What opportunities can the ability of dancing and singing give you?
4.	Will	Give examples of the benefits of singing and dancing to your life.

"Score" texnologiyasining bosqichlari quyidagicha:

birinchi bosqichda maqsadni aniqlash bo'yicha savollar beriladi;  
ikkinchi bosqichda simptomlar o'rganiladi, muammolar aniqlanadi;  
uchinchi bosqichda sabablar tahlil etiladi;  
to'rtinchi bosqichda yakuniy savol sifatida natijalarga aniqlanadi;  
beshinchi bosqichda "Grow" modeliga amal qilinadi [3].

### **The "Score" model**

<b>Stages of the model</b>	<b>Actions</b>
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## *Ta'limning zamonaviy transformatsiyasi*

“Score”	
1 <sup>st</sup> stage	What is the main purpose of having music awareness?
2 <sup>nd</sup> stage	What kinds of dances do you know?
3 <sup>rd</sup> stage	Why is music so important our modern life?
4 <sup>th</sup> stage	What positive effects of being engaged in music?
5 <sup>th</sup> stage	Use the model of “Grow”

**STEPPA** texnologiyasining bosqichlari quyidagilardan iborat:

- 1 bosqich – mazmun bosqichi.
- 2 bosqich – maqsadlarni aniqlash bosqichi.
- 3 bosqich – hissiyotlar bosqichi.
- 4 bosqich – idrok etish va tanlash bosqichi.
- 5 bosqich – reja bosqichi.
- 6 bosqich – harakat bosqichi.
- 7 bosqich – harakat bosqichi [3].

### **The STEPPA model**

<b>Stages</b>	<b>Actions</b>
1 <sup>st</sup> stage	What is folklore?
2 <sup>nd</sup> stage	What is the role of the folklore in your culture?
3 <sup>rd</sup> stage	How would you explain the importance of folklore in the sphere of music?
4 <sup>th</sup> stage	What do you think about singing?
5 <sup>th</sup> stage	Make a plan of actions to make up a song?
6 <sup>th</sup> stage	Explain each action of your plan

7 <sup>th</sup> stage	You can start singing!
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*FUEL* texnologiyasi quyidagilarni ifodalaydi:

*F* – suhbatni tartiblash;

*U* – hozirgi holatni tushunish;

*E* – istalgan holatni tekshirish;

*L* – muvaffaqiyatli reja taqdimoti [4].

**The FUEL model**

<b>F – framing the conversation</b>	<b>U – understanding the current state</b>	<b>E – exploring the desired state</b>	<b>L – laying out a success plan</b>
Do you think dancing is a popular activity among the youth?	What are the most popular types of dances in your country?	What is your favorite type of dance?	Make a plan of your actions to become a professional dancer.

*ACHIEVE* texnologiyasi quyidagilarni ifodalaydi:

*A* – baho;

*C* – muqobil aqliy hujum;

*H* – maqsadlarni tahlil qilish;

*I* – variantlarni baholash;

*V* – amaldagi harakatlar rejasi;

*E* – rag‘batlantirish [4].

**The ACHIEVE model**

<b>Stages</b>	<b>Actions</b>
A – Assess	Assess the importance of music in our lives.
C – Creative brainstorming	Brainstorm advantages of making music?

## *Ta'limning zamonaviy transformatsiyasi*

H – Hone goals	What are the possible goals of making music?
I – Initiate options	What measures should be taken to improve musical abilities of young people?
E – Evaluate options	What is the best way to develop the musical creativity?
V – Valid action program	Make a plan of the possible measures to develop the musical creativity.
E – Encourage momentum	How can the educational institutions encourage the future music specialists?

*CLEAR* quyidagilarni ifodalaydi:

*C* – shartnoma;

*L* – tinglash;

*E* – o‘rganish;

*A* – harakat;

*R* – mulohaza [4].

### **The CLEAR model**

<b>C – contract</b>	<b>L – listen</b>	<b>E – explore</b>	<b>A – actions</b>	<b>R – review</b>
What can you tell about the singing?	Write the question that interests you about the famous national singers?	What do you study to become a professional singer?	How can you develop your singing skills?	Summarize your ideas about singing.

### **Foydalanilgan adabiyotlar ro‘yxati:**

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2. Баранова О. И. Коучинг-технология как способ формирования умений соуправления учением у студентов – будущих учителей начальных классов и младших школьников // Научно-методический электронный журнал «Концепт». – 2015. – Т. 9. – С. 6–10. – URL: <http://e-koncept.ru/2015/95018.htm>
3. Основные техники и модели коучинга: GROW, Score и другие. Электронный ресурс: Основные техники и модели коучинга: GROW, Score и другие ([andreitysgankov.com](http://andreitysgankov.com)). Дата обращения: 13.06.2021.
4. Сабурин А.А. Коучинг как инновационный инструмент развития предприятий индустрии туризма и гостеприимства и вид бизнеса. – С. 155. Электронный ресурс: Microsoft Word - Статья\_Сабурин.docx ([futureeruss.ru](http://futureeruss.ru)). Дата обращения: 13.06.2021.
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