

**METHODS OF SELF-ASSESSMENT AND SELF-REFLECTION IN THE
FORMATION OF PROFESSIONAL ERUDITION**

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Abstract: *This article explores the role of self-assessment and self-reflection methods in the process of forming professional erudition. The author discusses the importance of self-understanding and awareness of one's own knowledge and competencies for the development of professional competence. They analyze various methods of evaluating their own knowledge and experience, as well as methods of self-reflection, including reflective diaries, regular introspection and feedback from colleagues and mentors. As a result of the study, recommendations are presented on the effective use of these methods to increase the level of professional erudition and develop the personal qualities of members of the professional community.*

Keywords: *self-assessment, self-reflection, professional erudition, knowledge formation, training and development, personal development, assessment of one's own competencies, self-awareness, development of professional skills, effective learning, reflective thinking.*

Introduction. Professional erudition is one of the key elements of a successful career. It represents not only deep knowledge in a certain field, but also the ability to think critically, analyze and develop oneself. One of the effective approaches to the formation of professional erudition is the methods of self-assessment and self-reflection. Introspection is the process of critically reflecting on one's actions, thoughts, and beliefs. It allows you to identify your strengths and weaknesses, identify areas for improvement and develop an action plan[1]. One of the methods of introspection is to keep a diary in which a person records his thoughts, achievements, mistakes and ideas for development.

Feedback from colleagues, superiors, and even clients plays an important role in the self-assessment process. Receiving constructive criticism, a person has the opportunity to see himself from the outside and understand what is worth working on. This process contributes to the continuous growth and improvement of professional skills. Participation in trainings, seminars and self-development courses helps to broaden horizons, master new working methods and improve professional skills. At the same time, it is important not only to assimilate new information, but also to apply it in practice, and then analyze the results.

Setting specific goals and following them contribute to constant progress. By breaking down large tasks into smaller subtasks and tracking progress, a person motivates himself to further develop and reach new heights[2]. In the modern world, where information flows are steadily increasing, the ability to constantly improve oneself becomes a necessity, especially in the professional field. The formation of professional erudition requires not only the active assimilation of new knowledge, but also a constant analysis of one's own development. In this context, self-assessment and self-reflection methods act as key tools.

The first step in the formation of professional erudition is awareness of one's strengths and weaknesses. Self-assessment methods allow you to analyze your competencies, identify areas in which you need to develop, and plan actions to achieve your goals. One of these methods is the preparation of a SWOT analysis, which helps to identify its own advantages and disadvantages, as well as opportunities and threats of the external environment. However, self-esteem can be subject to distortions due to subjective perception. Therefore, in parallel with self-assessment methods, it is necessary to use self-reflection tools[3]. Self-reflection involves a deeper analysis of one's own thoughts, actions and reactions to certain situations. This may include keeping a diary, analyzing past mistakes and learning from them, as well as communicating regularly with mentors or colleagues to get feedback.

One of the most effective methods of self-reflection is the "5 why" technique, which helps to identify the root of a problem or error by consistently asking the

question "Why?" five times in a row. This approach helps to better understand the causes of the problem and develop effective strategies to overcome them[4]. In addition, it is important not only to analyze your professional experience, but also to constantly update your knowledge. Various educational programs, advanced training courses, reading specialized literature and participation in professional conferences and seminars help in this.

Thus, the methods of self-assessment and self-reflection play an important role in the formation of professional erudition. They help to unlock a person's potential, identify areas for improvement and development, and constantly improve their professional skills and knowledge. These are the key tools for a successful career and achieving high results in professional activity. Professional erudition is one of the key qualities of a successful specialist. It includes not only knowledge of a specific subject area, but also the ability to self-criticism, analyze one's own experience and continuous development. In this context, self-assessment and self-reflection methods play an important role in helping professionals systematize their knowledge, identify weaknesses and strive for continuous improvement.

One of the most effective methods of self-assessment is to keep a journal of professional growth. In such a journal, a specialist can record his achievements, failures, analyze the causes of failures and plan actions to improve his skills[5]. Regular maintenance of such a journal contributes to a deeper understanding of one's own professional processes and helps to identify areas that require additional study. Another useful method of self-assessment is feedback from colleagues and management. Receiving constructive criticism helps a specialist to see his work from a different angle and identify flaws that could have gone unnoticed. It is important not only to accept this feedback, but also to actively use it to improve your work.

Self-reflection is another important aspect of the formation of professional erudition. This process involves analyzing your thoughts, actions, and reactions to various situations. With the help of self-reflection, a specialist can better understand himself, his strengths and weaknesses, which allows him to manage his

development more effectively[6]. It consists in consistently asking the question "Why?" five times to identify the root of the problem or the cause of a particular situation. This approach helps the specialist to understand the reasons for his actions more deeply and make more informed decisions in the future. Methods of self-assessment and self-reflection play an important role in the formation of professional erudition. They help specialists not only evaluate their knowledge and skills, but also constantly develop and improve in their field. Regular use of these methods contributes to achieving high results and professional success.

Professional erudition is not just a set of knowledge, but the ability to think critically, constantly learn and improve yourself. One of the key elements of the development of professional erudition is the use of self-assessment and self-reflection methods. Self-esteem is a person's ability to evaluate their own knowledge, skills, strengths and weaknesses. It plays an important role in the formation of professional erudition, allowing a person to be aware of their current level of knowledge and identify areas that require additional study. For effective self-assessment, it is necessary to use various methods, such as performance analysis, feedback from colleagues and managers, as well as systematic self-analysis.

Self-reflection is a deeper process of understanding one's own experience, analyzing the causes and consequences of one's own actions and taking measures to improve. This process helps a person not only to understand what he knows and can do, but also to realize his motives, values and attitudes that can influence his professional development. Self-reflection requires time, patience and openness to self-criticism, but it allows you to achieve significant growth as a specialist[7]. For the effective development of professional erudition, it is necessary to combine the use of self-assessment and self-reflection methods. For example, after completing a certain project or assignment, a person can conduct a self-assessment of their work, identifying strengths and weaknesses, and then apply self-reflection to analyze the causes of these results and plan actions to improve their skills and knowledge in the future.

Professional erudition is an essential attribute of a successful career in any field. It involves not only deep knowledge in a certain field, but also the ability to constantly develop and improve. One of the key elements of the formation of professional erudition is constant self-esteem and self-reflection.

Self-assessment is the process of analyzing one's own actions, knowledge and skills in order to assess one's own effectiveness and effectiveness. Self-assessment allows you to identify your strengths and weaknesses, identify areas that need improvement, and develop a strategy for their development. There are several methods of self-assessment that can be useful in the formation of professional erudition. One of these methods is the analysis of achievements and failures[8]. This method involves carefully considering one's past successes and mistakes, identifying the causes of successful and unsuccessful outcomes, and learning lessons for the future. This process helps not only to understand where to focus your efforts for further growth, but also increases self-esteem by realizing your own achievements. Another effective method of self-assessment is feedback. Receiving feedback from colleagues, superiors or clients allows you to see yourself from the outside and evaluate your work more objectively. It is important to be able to accept criticism constructively and use it for your own growth and development.

Self-reflection is a deeper process that involves a conscious analysis of one's thoughts, beliefs, and values. Self-reflection helps to understand which ideas and attitudes can influence professional decisions and behavior, and correct them if necessary. It promotes the development of emotional intelligence and the ability to empathize, which is also important for successful interaction with colleagues and clients. In conclusion, the methods of self-assessment and self-reflection play a key role in the formation of professional erudition. They help not only to realize their strengths and weaknesses, but also to develop self-analysis and self-development skills. Constant striving for self-improvement is the key to a successful and eventful professional life.

Conclusion: Methods of self-assessment and self-reflection play an important role in the formation of professional erudition. They help a person to be aware of

their strengths and weaknesses, as well as to understand what steps need to be taken for further professional growth. The correct application of these methods contributes to the development of critical thinking, self-improvement and success in the professional field.

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