THEORETICAL BASIS AND DIDACTIC FEATURES OF PERSONALISED EDUCATION

Djurayeva Nigina Tognazarovna
Master's student at Asian International University

Abstract: *This article highlights the role and importance of the theoretical foundations and didactic features of person-centered education today.*

Keywords: *person-centered education, innovative methods, creative ability, cognitive development, personal experiences, academic rigor, empathetic collaboration, innovation ability.*

Independence in education means that students solve problems independently, and creativity allows them to solve tasks in innovative ways. Critical thinking is now gaining a lot of attention, but memorization is sometimes considered outdated. However, for higher-level thinking, some basic knowledge may need to be memorized. For example, to effectively solve complex mathematical problems, you need to know the multiplication tables by heart. “In education, the teacher is not limited to imparting knowledge, he also guides the thinking activity of students, develops independence in work, creative abilities in students, and thus achieves conscious assimilation of what is being learned, takes care of their perception and understanding of the material, as well as their thorough memorization”[17]. So, the role of the teacher here is comprehensive. They are not only a source of information, but also play an important role in ensuring that students have the necessary knowledge to develop thinking skills, develop independence and creativity, and support deeper learning. This approach is aimed at holistic education, in which students understand, can creatively apply and retain information for a long time. The teacher’s methods make students aware of the connection between their learning process and knowledge. Thus, the sequence can first ensure that students perceive (receive information) and understand, and then it is important to work on memorizing it thoroughly. This makes sense, because memorization without understanding is not very effective.

The teacher’s role is to guide cognitive development, to facilitate self-reliance and creative problem solving, and to ensure that students not only learn but also retain the material. This dual focus on understanding and memory creates a more robust learning outcome. Teachers do more than just transmit information. They actively guide students’ learning processes, encouraging critical thinking, independence, and creativity. This approach shifts learning from passive reception to active participation, allowing students

[17] Asqarova O‘.M., Nishonov M.S., Kurbanova Z.B., Muminova D.A. Pedagogik va psixologik fanlarni o’qitish metodikasi. -Toshkent: Fan, 2019. -B.36.

to consciously assimilate knowledge by connecting it to their existing context. While promoting deep understanding through activities such as experiments, discussions, and problem solving, teachers also emphasize complete memorization. Basic knowledge (e.g., multiplication tables, scientific terminology) is maintained to support higher-level thinking, which ensures that students can effectively apply concepts. By prioritizing perception (receiving information) and understanding before memorization, teachers help students integrate knowledge in a meaningful way. Developing independence and creativity prepares students for lifelong learning and adaptation. Teachers develop innovative thinking in problem solving, preparing students to solve complex problems outside the classroom.

In essence, the teacher also serves as a guide, ensuring that students not only understand and remember the material, but also develop the cognitive and creative skills necessary for lifelong success.

Interactive teaching methods are methods that actively involve students in the learning process. If traditional teaching is only lectures and memorization, interactive methods encourage students to be more involved, which can develop creativity. "The widespread use of interactive teaching methods in the educational process is considered one of the main pedagogical and psychological factors in the upbringing of creative thinkers"[18]. Interactive methods encourage active participation. When students are part of discussions or projects, they are required to think on their feet, contribute ideas, and even defend their own points of view. This process can foster critical thinking, which is associated with creativity. Group work forces students to hear different perspectives, combine ideas, and negotiate solutions. Exposure to different perspectives can lead to more creative approaches.

Hands-on activities such as experiments, simulations, or art projects allow students to apply what they have learned. Applying knowledge in practical situations can lead to innovative thinking because they are required to figure things out in real time, make mistakes, and iterate, which is a big part of creativity. Technology also plays a role. Using tools such as interactive whiteboards, educational software, or online collaboration platforms can make learning more dynamic. Perhaps game elements or virtual labs provide students with new ways to creatively explore concepts. Vygotsky's theory of social development emphasizes social interaction in learning, which supports the idea that collaborative methods foster cognitive development. Bloom's taxonomy also suggests that higher-level skills such as creating and evaluating are developed through interactive tasks that are essential for creativity. However, there are challenges. Not all students engage equally in interactive settings. Some may excel in discussions, while others lag behind. Teachers need to manage this dynamic effectively. Traditional tests may not be able to capture creative growth. Thus, teachers may need alternative

[18] Karimova V.M., Sunnatova R.I., Tojiboeva R.N. Mustaqil fikrlash. / Akademik litseylar va kasb hunar kollejlari o'quvchilari uchun o'quv qo'llanma. – Toshkent.: Sharq, 2000. – 92.b.

assessment strategies, such as portfolios or project-based assessments, to measure the impact of interactive methods on creativity. Interactive teaching methods promote active learning, collaboration, hands-on application, and a supportive environment, all of which help develop creative thinkers. But successful implementation requires careful planning, teacher training, and appropriate assessment methods.

Project-based learning and experiential learning are also important here, as they allow students to explore their interests and apply knowledge in real-world situations. "Modern trends in the educational process imply a move towards person-centered education, in which the student's personality, natural development and talents, social, creative, and professional self-expression are at the center of the educational system"[19]. Professional self-expression can be linked to career-oriented skills, internships or mentoring programs. It is worth mentioning how these elements prepare students for a future job market that values creativity and flexibility.

Not all schools have the resources for advanced technology or specialized programs. Teacher training is another obstacle; teachers need help moving beyond traditional methods. Assessment methods also need to evolve, moving from standardized tests to more holistic assessments such as portfolios or peer reviews. Examples such as the Finnish education system or Montessori schools can demonstrate successful implementation.

The shift to person-centered education reflects a transformative approach to learning that prioritizes the holistic development of students and is in line with societal demands for innovation, flexibility and emotional intelligence. Adaptive learning technologies (e.g., AI-powered platforms) adjust the pace and difficulty of content based on student activity.

Competency-based learning allows students to progress in skills rather than seat time. Interdisciplinary courses (e.g., combining science and the arts) reflect the complexity of the real world. Digital portfolios demonstrate growth and creativity over time. Culturally sensitive teaching acknowledges students' identities and backgrounds. Standardized testing and rigid curricula often conflict with individualized approaches.

Person-centered learning redefines success as the ability to think critically, collaborate empathetically, and innovate fearlessly. By valuing individuality and nurturing agency, schools prepare students not only for careers but also for meaningful, adaptive lives in a rapidly changing world. This paradigm shift requires systematic collaboration between educators, policymakers, and communities. The learner's own history, feelings, and perceptions are not marginalized, but are central to the creation of meaning. Learners reflect on how the topic intersects with their own identities, values, or concerns. Personal experiences are systematically analyzed from an academically rigorous perspective. "The essence of person-centered learning is to make the learner's personal experiences of the

[19] Fisher A. Developing person centered learning environments in Nursing education. – New York: Springer Publishing company. 2024. – P.78.

topic central to the learning process, to integrate them with the knowledge being taught, and to translate them into relevant academic contexts"[20]. Learning occurs through social interaction, where personal meaning is constructed in collaboration with peers and mentors. Education as an empowerment tool, in which students critique and reshape their world through reflective practice. In short, by respecting students' experiences as a legitimate starting point, teachers foster deeper engagement, critical thinking, and a sense of ownership of knowledge. This approach does not undermine academic rigor, but rather enriches it, as students learn to see science, history, or art not as distant "facts" but as evolving dialogues that can be influenced. Ultimately, it prepares students to navigate complexity by aligning their individuality with collective human understanding.

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