

# **FORMATION OF LIFE COMPETENCIES OF FUTURE LABOR EDUCATION TEACHERS IN THE PROCESS OF STUDYING SPECIALIZED DISCIPLINES**

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## **Introduction**

The modern world is in constant flux, requiring new approaches and strategies in education to prepare future generations for the challenges of today. Professional requirements, standards, and technologies are changing, so it is necessary to equip students with the skills and competencies that will allow them to adapt and thrive in a changing world. The issue of developing life competencies in future labor education teachers, who should play a key role in training a new generation of workers, is becoming especially relevant.

However, teaching professional disciplines using traditional methods often fails to meet modern needs and labor market requirements. New approaches and strategies are needed to stimulate the development of critical thinking, creativity, independence, and other key competencies. Thus, this article aims to study the methods of forming life competencies in future teachers of labor education in the process of studying professional disciplines.

The purpose of the study is to identify effective methods and strategies that contribute to the formation of life competencies in future labor education teachers. To achieve this goal, an analysis of previous studies on the relationship between the study of professional disciplines and the development of key competencies was conducted. The study helped identify the advantages and disadvantages of different approaches, as well as opportunities for their harmonious combination.

The importance of this topic lies in the fact that the formation of life competencies in future labor education teachers is crucial for their professional success and readiness to implement the latest approaches in their work. The results of the study can serve as a basis for further development of curricula and methods that will effectively ensure the formation of key competencies in future labor education teachers.

Given the importance of the topic and the need to develop modern educational practice, research focusing on the development of life competencies in future labor education teachers opens new opportunities for improving the quality of education and training competent professionals who will be ready to innovate and contribute to the sustainable development of society.

### **Analysis of previous studies**

Studies emphasize the importance of pedagogical practice and the use of innovative approaches and methods in the formation of the life competencies of future labor education teachers. The researchers note the positive impact of these factors on professional training and the development of the necessary skills for the modern world of work.

It has been found that the development of life competencies has a significant impact on the professional competence of future labor education teachers. Studies emphasize that these competencies contribute to the development of key skills such as critical thinking, communication skills, problem-solving, and self-regulation, which are essential for successful professional performance.

Some studies emphasize the role of pedagogical practice and the introduction of innovative approaches in the development of life competencies. They emphasize the importance of practical experience by involving students in real projects and interacting with practitioners from relevant fields. This helps to enrich their professional background and develop skills that are important for working in the modern world of work.

## **Objective.**

Research and analysis of methods that contribute to the formation of life competencies in future teachers of labor training in the study of professional disciplines.

## **Results and discussion**

The development of life competencies in future labor education teachers in the process of studying professional disciplines is a relevant and significant topic in modern education. In a world where changes are rapid and society's requirements for employees are diverse, the importance of developing life competencies is becoming increasingly evident. Future teachers of labor education should be prepared for the challenges of the modern world of work and have the skills that will allow them to successfully adapt to changes and succeed in their professional activities.

The process of forming life competencies for future labor education teachers is of particular importance when studying professional disciplines. It affects the quality of their professional training and their ability to effectively implement these competencies in their teaching practice. Understanding the connection between the study of professional disciplines and the formation of key skills is necessary to develop effective methods and strategies that will contribute to the development of students' life competencies.

The development of life competencies is understood as the education of a person's ability to act appropriately in appropriate situations, apply the acquired knowledge in practice, take responsibility, and learn throughout life (Puzikov, 2021).

During the study, by analyzing the experience and pedagogical practices that have proved successful in the formation of life competencies in future labor education teachers, effective methods and strategies in this direction were identified:

Effective methods and strategies that promote the formation of life competencies in future labor education teachers during the study of professional disciplines may include the following approaches (Teaching methods that every teacher should know about. CLIL technology, 2021):

- *Application of problem-based learning.* This method allows students to actively engage in solving real-world problems and tasks, which contributes to the development of critical thinking, creativity, and problem-solving skills.

- *Project-based learning.* Through the development and implementation of projects, students can apply their knowledge and skills in practice and develop communication skills, self-regulation, and creative thinking.

- *Use of situational methods.* Creating situations that reflect real-life situations helps students develop adaptation, decision-making, and collaboration skills.

- *Use of technology in education.* The use of modern technologies, such as virtual reality, online courses, and specialized software tools, can make the learning process more interesting, engaging, and active.

- *Development of independence and reflection.* Involving students in self-study, keeping a reflective journal, and self-assessment helps develop skills of self-regulation, self-improvement, and self-analysis.

The importance of these methods lies in their ability to intensify the learning and development process, contributing not only to the acquisition of professional knowledge but also to the development of key skills and competencies. The use of these methods stimulates students to develop independence, creative thinking, critical thinking, communication, and problem-solving skills, which are important in the modern world of work. Identifying the advantages and limitations of different approaches to developing life competencies in future vocational teachers is an important step in determining the most effective methods and practices to achieve the desired results.

The study analyzed various approaches, such as problem-based learning, project-based learning, situational methods, the use of technology in teaching, and the development of independence and reflection.

The advantages of different approaches have been identified depending on the specific goals and context of competence development. Problem-based learning promotes critical thinking and problem-solving; project-based learning promotes

creative skills and communication; situational methods help develop adaptation and collaboration skills; the application of technology in learning stimulates interactivity and student engagement; and the development of autonomy and reflection promotes self-regulation and self-esteem (Ovcharuk, 2004).

However, each approach also has its limitations. For example, problem-based learning can require more time and resources to prepare and deliver; project-based learning can be difficult to plan and coordinate; situational methods may require the creation of realistic situations; the use of technology may require access to appropriate equipment and infrastructure, and the development of autonomy and reflection may require additional support and guidance from teachers.

Considering the advantages and disadvantages of each approach separately is important and necessary to gain a more detailed understanding of their effectiveness and possible limitations (Table 1).

*Table 1. Advantages and disadvantages of approaches to the formation of life competencies in future labor education teachers*

<i>Problem-based learning</i>	
Advantages.	Disadvantages
<ul style="list-style-type: none"> <li>Promotes the development of critical thinking</li> </ul> <p>Problem-based learning requires analyzing, evaluating, and finding alternative solutions. This process develops students' critical thinking by encouraging them to understand a problem in depth and consider different approaches to solving it.</p>	<ul style="list-style-type: none"> <li>Higher time commitment</li> </ul> <p>Problem-based learning may require more time to prepare and deliver lessons. The learning process, which involves studying a problem, analyzing it, discussing it, and finding a solution, can take longer than traditional teaching methods.</p>
<ul style="list-style-type: none"> <li>Stimulates active participation</li> </ul> <p>Problem-based learning engages students in the process of solving real-world problems. They become active participants, seeking information, exchanging ideas, and collaborating to achieve common goals.</p>	<ul style="list-style-type: none"> <li>The need for structured situations</li> </ul> <p>Effective problem-based learning requires creating structured situations to solve a problem. This may require additional planning and organization, as well as a detailed understanding of the problem and possible solutions.</p>
<ul style="list-style-type: none"> <li>Develops creative thinking</li> </ul> <p>Problem-based learning encourages students to think creatively, as it requires them to find new</p>	<ul style="list-style-type: none"> <li>Additional support and training</li> </ul> <p>Problem-based learning may require additional support and training for students, as they may</p>

and innovative solutions. They learn how to generate new ideas, make unconventional connections, and apply creative approaches to solving a problem.	have difficulty finding solutions and solving problems. Teachers may need to be skilled in group work management and support
<i>Project-based learning</i>	
Advantages.	Disadvantages
<ul style="list-style-type: none"> <li>Applying knowledge in a practical context</li> </ul> <p>Project-based learning gives students the opportunity to apply their knowledge and skills in real-life situations. They solve specific tasks that allow them to better understand theoretical material and demonstrate their abilities convincingly.</p>	<ul style="list-style-type: none"> <li>Difficulty in planning and coordination</li> </ul> <p>Project-based learning may require more planning and coordination. Teachers need to define goals, objectives, and deadlines for projects, as well as address issues that arise during project implementation.</p>
<ul style="list-style-type: none"> <li>Development of communication skills</li> </ul> <p>Project-based learning contributes to the development of students' communication skills. They learn how to work in teams, discuss ideas, share information and interact with colleagues, which contributes to their social integration and cooperation.</p>	<ul style="list-style-type: none"> <li>Limited versatility</li> </ul> <p>Project-based learning may be less versatile than other learning methods because it is usually tailored to specific projects and tasks. This can require more flexibility and resources to be used in different situations.</p>
<ul style="list-style-type: none"> <li>Independence and responsibility</li> </ul> <p>Project-based learning encourages students to be independent and responsible. They define their goals, plan their work and make decisions. This contributes to the development of their organizational skills and self-control.</p>	<ul style="list-style-type: none"> <li>Dependence on group work</li> </ul> <p>Project-based learning involves group work, which can be challenging if students have different schedules and levels of responsibility. Coordinating group work and resolving conflicts may require additional effort.</p>
<i>Situational methods</i>	
Advantages.	Disadvantages
<ul style="list-style-type: none"> <li>Applying knowledge in context</li> </ul> <p>Case-based learning gives students the opportunity to use their knowledge and skills in real-world situations. They can explore, analyze, and solve problems encountered in specific contexts, which contributes to a deeper understanding and application of the material.</p>	<ul style="list-style-type: none"> <li>Preparation and planning requirements</li> </ul> <p>Using the case-based learning method may require additional preparation and planning on the part of teachers. They must create realistic situations that meet the main learning objectives and allow students to apply their knowledge and skills.</p>
<ul style="list-style-type: none"> <li>Development of decision-making skills</li> </ul> <p>The case-based learning method helps students develop analysis and decision-making skills. They will learn how to evaluate information, prioritize, and make smart decisions that have practical value.</p>	<ul style="list-style-type: none"> <li>The need for resources</li> </ul> <p>Using a case-based learning approach may require additional resources, such as materials, equipment, or access to real-world environments. This may place limitations on certain educational institutions or courses with limited resources.</p>
<ul style="list-style-type: none"> <li>Development of communication skills</li> </ul> <p>The situational learning method promotes the development of students' communication skills. They learn how to interact effectively with other participants, discuss ideas, collaborate, resolve conflicts, and justify their views.</p>	<ul style="list-style-type: none"> <li>Dependence on the context</li> </ul> <p>The effectiveness of a case-based learning method can depend on the context in which it is used. If the context is not sufficiently realistic or relevant, it may be difficult to achieve the desired results.</p>

<i>Technology in education</i>	
Advantages.	Disadvantages
<ul style="list-style-type: none"> <li>Increased availability and flexibility</li> </ul> <p>The use of technology in education allows students to have access to a variety of learning materials, resources, and tools, regardless of location or time. They can learn at their own pace and in a way that is convenient for them, and they can be self-directed.</p>	<ul style="list-style-type: none"> <li>Accessibility and infrastructure requirements</li> </ul> <p>The use of technology in education requires appropriate infrastructure and access to it. Not all students may have access to the necessary devices and fast internet, which can create inequalities in access to learning.</p>
<ul style="list-style-type: none"> <li>Increase motivation and engagement</li> </ul> <p>The use of technology, such as interactive presentations, video tutorials, websites, and specialized training programs, can make learning more interesting and engage students. They can use a variety of media formats to promote active engagement and improve learning.</p>	<ul style="list-style-type: none"> <li>Competency requirements and training for teachers</li> </ul> <p>Effective use of technology in education requires teachers to have not only subject-matter knowledge, but also competencies in using digital tools and pedagogical approaches. Teachers should be prepared to teach in virtual and hybrid environments.</p>
<ul style="list-style-type: none"> <li>Strengthening cooperation and communication</li> </ul> <p>Technology enables students to communicate and collaborate with each other and with teachers, regardless of geographical boundaries. They can exchange ideas, work on joint projects, and learn in virtual communication environments.</p>	<ul style="list-style-type: none"> <li>Distraction and dependence on technology</li> </ul> <p>The use of technology in learning can cause distractions and reduce students' attention spans. An increased reliance on technology can also affect important skills such as focus and independence.</p>
<i>Development of independence and reflection</i>	
Advantages.	Disadvantages
<ul style="list-style-type: none"> <li>Stimulates an active learning process</li> </ul> <p>The development of autonomy and reflection encourages students to take an active role in their own learning. They become responsible for their own learning, able to plan their own actions, set goals, and monitor their progress.</p>	<ul style="list-style-type: none"> <li>It takes time and support</li> </ul> <p>Developing autonomy and reflection takes time and support from teachers and institutions. Students may need support in setting goals, planning, and reflecting on their learning, which can be a challenge for teachers to provide.</p>
<ul style="list-style-type: none"> <li>Develops critical thinking</li> </ul> <p>The development of independence and reflection contributes to the development of critical thinking in students. They learn to analyze their actions, evaluate results, and look for ways to improve their learning. This contributes to critical thinking and the development of analytical skills.</p>	<ul style="list-style-type: none"> <li>Requires motivation and self-discipline</li> </ul> <p>The development of independence and reflection requires a high level of motivation and self-discipline on the part of students. They must be ready to take responsibility for their learning and manage their time and resources effectively.</p>
<ul style="list-style-type: none"> <li>Ensures the deep assimilation of knowledge</li> </ul> <p>Autonomy and reflection help students learn more deeply. They learn to research and find additional information on their own, as well as to review their own mistakes and improve their skills.</p>	<ul style="list-style-type: none"> <li>May require self-assessment skills</li> </ul> <p>Developing reflection requires the ability to self-evaluate one's actions and achievements. Some students may find it difficult to critically evaluate their work and accept constructive criticism.</p>

Analyzing the advantages and limitations of different approaches helps identify the most effective methods and practices, considering the specific goals and characteristics of teaching future teachers of labor education. This allows us to make informed choices and develop curricula that will most effectively contribute to the development of students' life competencies.

Identification of needs and goals helps to find out which life competencies are most important for future labor education teachers, taking into account the current requirements of the labor market and the peculiarities of their professional activity (Fig. 1). Given the rapid development of technology and changing labor market requirements, future labor education teachers should be prepared to continuously improve their competencies and use innovative teaching methods. Particular attention should be paid to preparing teachers for the digital transformation of the educational process, the introduction of technologies, and the development of digital competencies. In addition, it is important to improve communication skills to help teachers create a positive and motivating learning environment for students. Given these factors, the development of life competencies becomes a key task in preparing future vocational teachers for professional activity.

Evaluation of effectiveness allows you to find out what methods and approaches have already been used in practice and how they have influenced the development of students' life competencies. This helps to determine which ones were most successful and whether they should continue to be used. In their teaching practice, labor education teachers use different methods and approaches to develop life competencies in their students. The main ones and their impact on the development of life competencies were discussed above, and their advantages and disadvantages are analyzed in Table 1. These methods and approaches include problem-based learning, project-based learning, situational methods, use of technology in teaching, development of independence and reflection. The use of these methods and approaches in the educational process can have a positive impact on the development of students' life competencies, contributing to their

professional training and increasing their competitiveness in the labor market. At the same time, the successful implementation of these approaches depends on the ability of labor education teachers to harmoniously combine them and consider the individual needs and characteristics of each student (Leonova, 2021).



*Figure 1. Life competencies of future labor education teachers*

Taking learning differences helps to identify which methods and strategies are more effective for students with different learning styles and backgrounds. For this purpose, vocational teachers can use a variety of teaching methods and strategies. In general, the successful acceptance of teaching methods depends on how well they meet the individual needs and learning styles of students. A flexible approach that takes individual characteristics into account can help ensure more effective learning and increase success in the process of developing life skills.

A harmonious combination of approaches and knowledge of their advantages and limitations allows you to create a successful combination of methods that complement each other, ensuring the comprehensive development of students.

Increasing the effectiveness of learning helps to select the most appropriate methods and practices to achieve specific learning objectives for future vocational teachers, which contributes to the growth of their professional skills and competencies.

Thus, analyzing the advantages and limitations of different approaches helps to focus on the most effective methods and practices that take into account the specific goals and characteristics of teaching future labor education teachers and contribute to their successful professional development.

Recommendations and practical tools for teachers aimed at effective implementation of these methods and strategies in the learning process:

*1. Creating a stimulating learning environment.* This is a method aimed at creating optimal conditions for students' learning and development. This approach is actively used in pedagogical practice to stimulate interest in learning, increase student motivation, and ensure their success in learning activities. Creating a stimulating learning environment promotes students' active involvement in learning and increases their interest and motivation to succeed. This method helps to create a positive classroom atmosphere and promotes the comprehensive development of students as individuals and professionals.

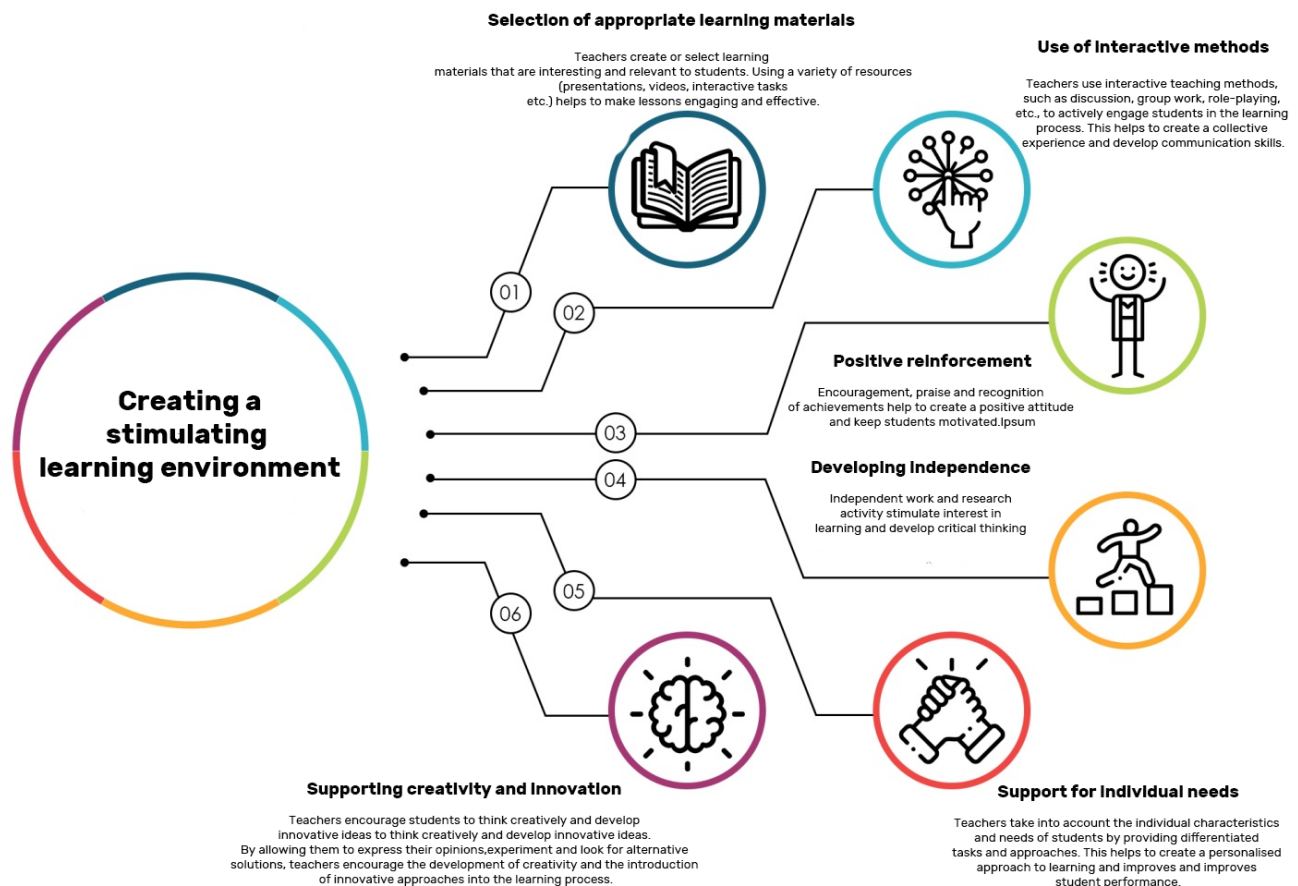


Figure 2. Key aspects of creating a stimulating learning environment

2. *Application of active learning.* This is a teaching methodology that emphasizes the active participation of students in the learning process. It aims to involve students in active activities and promote the development of their critical thinking, creative skills, communication skills, and social skills. Active learning improves learning and skill development, promotes critical thinking and independence, increases motivation to learn, develops communication and social skills, and stimulates creativity and innovation.

However, to successfully implement active learning, it is necessary to establish cooperation with students, provide them with appropriate support, and ensure that lessons are planned and structured to accommodate interactive methods.

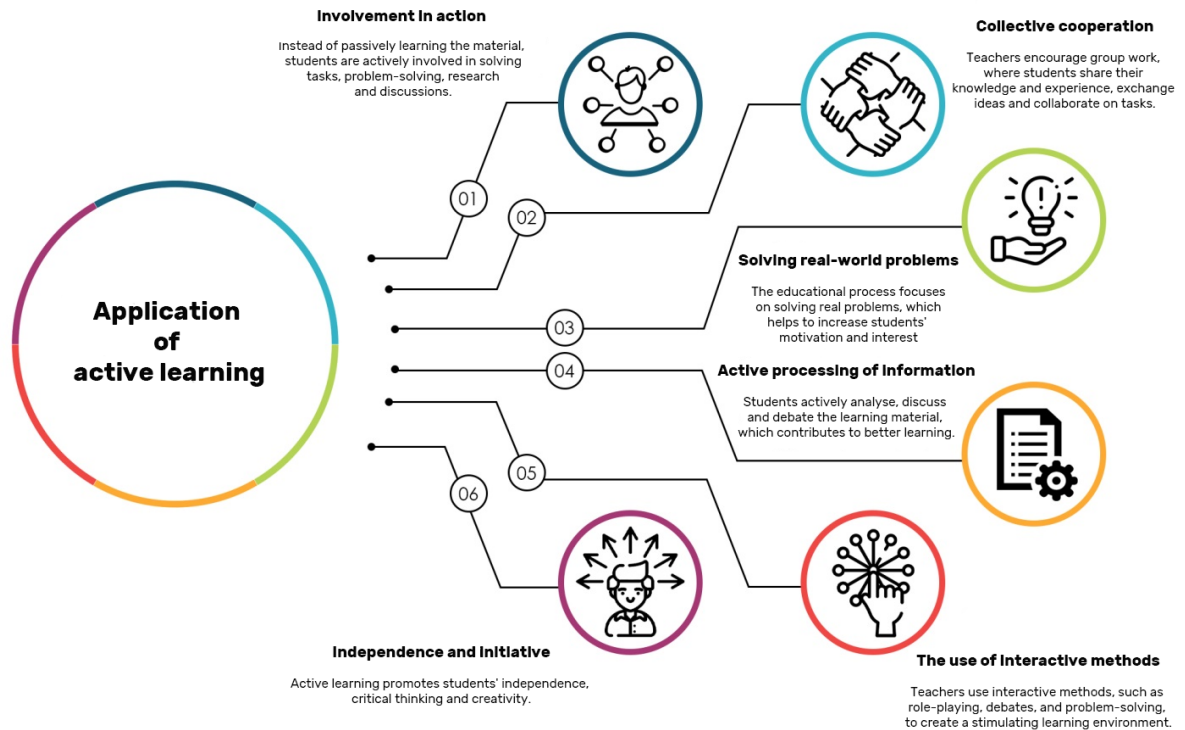


Figure 3. Basic principles of active learning

3. *Reflection and self-assessment.* This is a method that promotes an active process of self-knowledge and self-improvement for students through a critical review of their learning activities, achievements, and progress. This approach is actively used in educational practice to increase students' self-awareness, analysis, and self-control skills. Reflection and self-assessment develop students' self-awareness and critical thinking, promote the development of analysis and self-control skills, encourage interaction and mutual support in a group of students, and help to realize personal development and achieve goals. However, to successfully implement reflection and self-assessment, it is necessary to create a trusting and supportive atmosphere where students feel free and supported to express their opinions and see ways to improve. Teachers can assist students in developing reflection skills by holding regular discussions and reflection sessions.

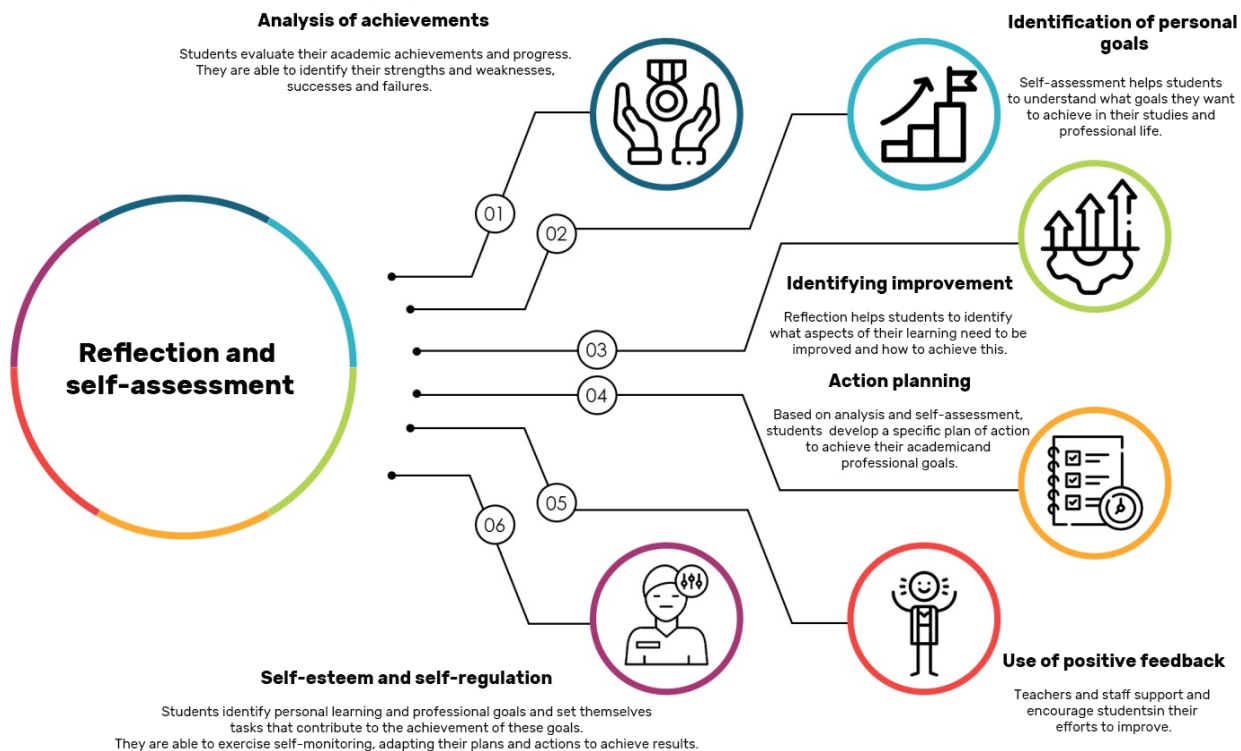


Figure 4. Key elements of reflection and self-assessment

4. *Use of technology.* This is an approach that involves the integration of modern information and communication technologies (ICT) into the educational process in order to improve the quality of learning and promote the development of students' life competencies. The use of technology in education improves the accessibility and quality of learning, promotes student engagement and motivation, allows for an individualized approach to learning, makes the learning process more interesting and exciting, and increases the level of computer literacy among students. However, when using technology in education, possible limitations should be taken into account, such as insufficient computer equipment, access to the Internet, the possibility of distraction from learning through social media, etc. Teachers need to strike a balance between traditional teaching methods and the use of technology, ensuring that these tools are effectively integrated into the learning process.

Various computer technologies can be used to improve the learning process and develop students' life competencies (Leonova, 2021):

- Electronic textbooks and learning materials. Electronic versions of textbooks, training presentations, video tutorials, and audio materials help students better absorb the material, promote more efficient learning, and help them understand complex concepts.

- Interactive platforms and online courses. Online courses, webinars, and interactive platforms allow students to choose topics for study and knowledge acquisition according to their interests and needs.

- Computer games for learning. Special games designed for learning allow students to learn material through engaging interactive tasks and scenarios.

- Multimedia presentations. Using multimedia presentations helps to visualize information and make learning more interesting and accessible.

- Video and audio materials. The use of video and audio materials helps increase students' concentration on the learning material and ensures a deeper learning experience.

- Virtual reality (VR) and augmented reality (AR). The use of VR and AR can create immersive learning environments where students can interact with virtual objects and situations.

- Interactive whiteboards and tablets. The use of interactive whiteboards and tablets allows teachers to deliver interactive lessons, engaging students in active activities and collaboration.

- Online services for collaboration and communication. The use of online collaboration services, such as Google Docs, Slack, and Zoom, allows students to work together on projects and communicate in a virtual environment.

These technologies help students become more engaged in their learning, understand complex materials, and develop important competencies such as critical thinking, collaboration, self-regulation, and technological literacy. They create

a dynamic and stimulating learning environment, contributing to a more successful learning process and student development.

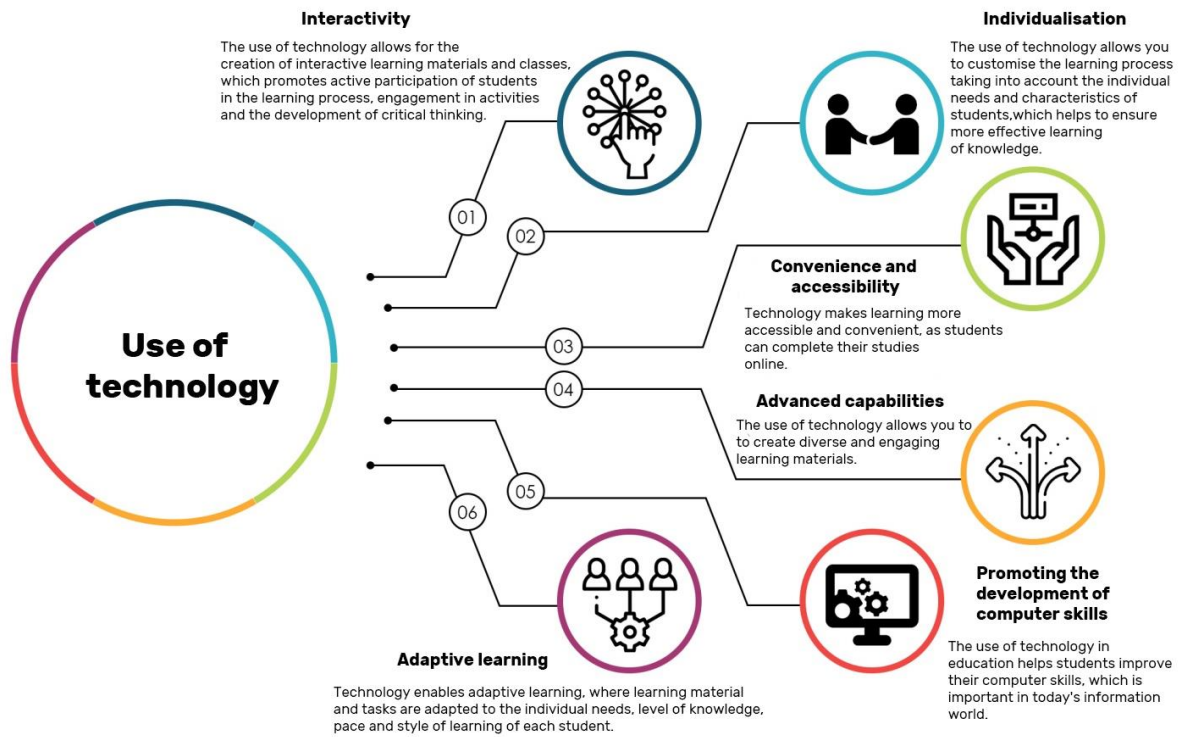


Figure 5. The main aspects of using technology in education

5. *Providing support and feedback.* This is a method that aims to create a favorable and supportive atmosphere in the learning environment for students and provide them with the opportunity to receive feedback on their learning and professional development. This approach involves active interaction between faculty and students, assistance in solving problems, and support in achieving personal and academic goals. The benefits of providing support and feedback are: motivation to learn (positive communication and support from teachers stimulate students to be active in their studies and achieve the best results); confidence building (support and feedback help students develop confidence in their abilities and beliefs about their own success); creating a supportive learning environment (support and feedback help create a positive and friendly learning environment that promotes effective learning); and enhancing the learning experience.

Providing support and feedback is an important element of the learning process, as it provides students with support and motivation to achieve their learning goals and helps teachers create a supportive learning environment for effective student learning and development.

6. *Examples and demonstrations.* This is a method that involves the use of real-life examples, demonstration materials, and practical exercises to actively engage students in the learning process and identify the practical applicability of theoretical knowledge. This approach is aimed at creating a connection between theory and practice, which helps students better understand and memorize the material. The advantages of the example and demonstration method are: active student involvement (the method allows students to be actively involved in the learning process by researching examples and observing demonstration materials); better understanding of the material (real examples and demonstrations help students better understand theoretical material and its practical applicability); memorization (the use of examples and demonstrations helps students to better remember the material); and creating a connection between theory and practice (the method helps to create a connection between theory and practice). The method of examples and demonstrations is a valuable tool for teachers, as it helps to make the learning process more interesting, meaningful, and effective, contributing to a deeper understanding and memorization of the material by students.

7. *Group work.* This is a method that involves organizing students into groups to solve problems together, discuss a topic, research a problem, or create a project. This approach promotes the active involvement of students in the learning process, development of communication skills, cooperation, critical thinking and problem-solving through collective efforts. The advantages of the group work method are: development of communication skills (students have the opportunity to improve their communication, listening and expression skills while working together in a group), expansion of knowledge (group work allows students to combine their knowledge and experience to solve complex problems and research), overcoming conflicts (participation

in group work allows students to develop skills of constructive cooperation and conflict resolution), search for creative solutions (group work can help to find new, unconventional solutions). The group work method is an important element of the educational process, as it contributes to the development of key life competencies, such as communication, cooperation, critical thinking, and problem-solving, which helps prepare students for successful professional activities and achievement of high results in the future.

8. *Formative assessment.* It is an assessment method that focuses on collecting, analyzing, and using information about students' academic progress throughout the learning process to promote their learning and improve their knowledge. The main aspect of formative assessment is not only to establish a learning outcome assessment but also to provide a surface for students, teachers, and faculty to grow and develop. The advantages of the formative assessment method are: individualized approach (formative assessment helps to take into account individual needs and characteristics of students in the learning process), growth (students receive feedback and the opportunity to improve their knowledge and skills, which positively affects their academic progress), engagement in their own learning (formative assessment encourages students to actively participate in their learning, promoting greater independence and responsibility), increased motivation (feedback and understanding of the student's Formative assessment is an effective tool for supporting students in the learning process, helping them to grow as professionals and succeed in their future careers. Its use contributes to the creation of a favorable learning environment where academic progress and self-improvement become key aspects of student learning.

9. *Support for interactive learning.* This is a method aimed at active interaction between students and teachers during the learning process. It stimulates student engagement and activity, providing them with the opportunity to take an active part in their learning, exchange opinions and ideas with colleagues, and develop critical thinking and problem-solving skills. Interactive learning helps to increase motivation,

improve comprehension, and develop independent skills. Advantages of the interactive learning support method: engagement in learning (interactive learning encourages students to take an active part in their learning, which contributes to better learning), development of communication skills (interaction with colleagues and teachers contributes to the development of effective communication skills), critical thinking (during discussions and debates, students develop critical thinking and analytical skills), increased motivation (active participation in learning and the opportunity to exchange views with colleagues increase student motivation). The interactive learning support method opens up new opportunities for active involvement of students in the learning process, which allows them to better absorb knowledge, develop as professionals, and achieve high results in their professional activities.

*10. Resource provision.* This is a method aimed at providing students and teachers with the necessary material and educational resources for effective learning and the educational process. This approach includes providing students and teachers with modern teaching aids, access to the necessary equipment, literature, software and other resources. The advantages of the resourcing method are: improving the quality of learning (access to modern teaching materials and equipment helps to improve the quality of learning and develop a deep understanding of the educational material), engaging in active learning (the availability of resources encourages students to actively participate in learning and improve their skills), empowerment (resourcing expands the opportunities for students and teachers to conduct research, practical training and other learning activities), professional development, and professionalism. The resourcing approach plays an important role in creating a favorable learning environment where students and teachers can achieve high results and develop as professionals. This approach contributes to ensuring effective learning, developing life competencies and preparing future teachers of labor education for the challenges of the modern labor market.

*11. Organization of training projects.* This is a method that promotes the practical application of theoretical knowledge in real-life situations. In this approach, students are involved in practical projects that may include research, creative tasks, solving real-world problems, or creating specific products or services. The organization of learning projects allows you to stimulate students' activity and independence, develop their creative and analytical skills, promote teamwork, and develop practical experience. The advantages of the method of organizing educational projects are: practical application (students get the opportunity to solve real problems and apply their knowledge in practical activities), development of critical thinking (projects contribute to the development of analytical and critical skills of students), cooperation and communication (working in groups helps to develop communication and team skills), motivation (practical projects increase students' motivation to learn because they see the practical value of their knowledge), development of creativity (projects The organization of educational projects allows for the comprehensive development of students, the formation of key life competencies, and preparation for professional activities. This method promotes students' active involvement in the learning process, develops their creative and analytical skills, and helps them gain practical experience for their future professional careers.

*12. Use of differentiated learning.* The use of differentiated instruction is a method that aims to provide an individualized approach to each student, taking into account their characteristics, abilities, level of preparation and learning style. Instead of the traditional "one size fits all" approach, where the entire class receives the same learning material, the teacher uses individualized approaches to ensure that each student receives optimal learning. The advantages of using differentiated instruction are: provides an individualized approach (this method allows you to meet the individual needs of each student, helping them to better absorb the material), stimulates motivation (differentiated instruction provides students with a positive experience and stimulates their motivation to learn), develops independence (students learn to work independently on their tasks

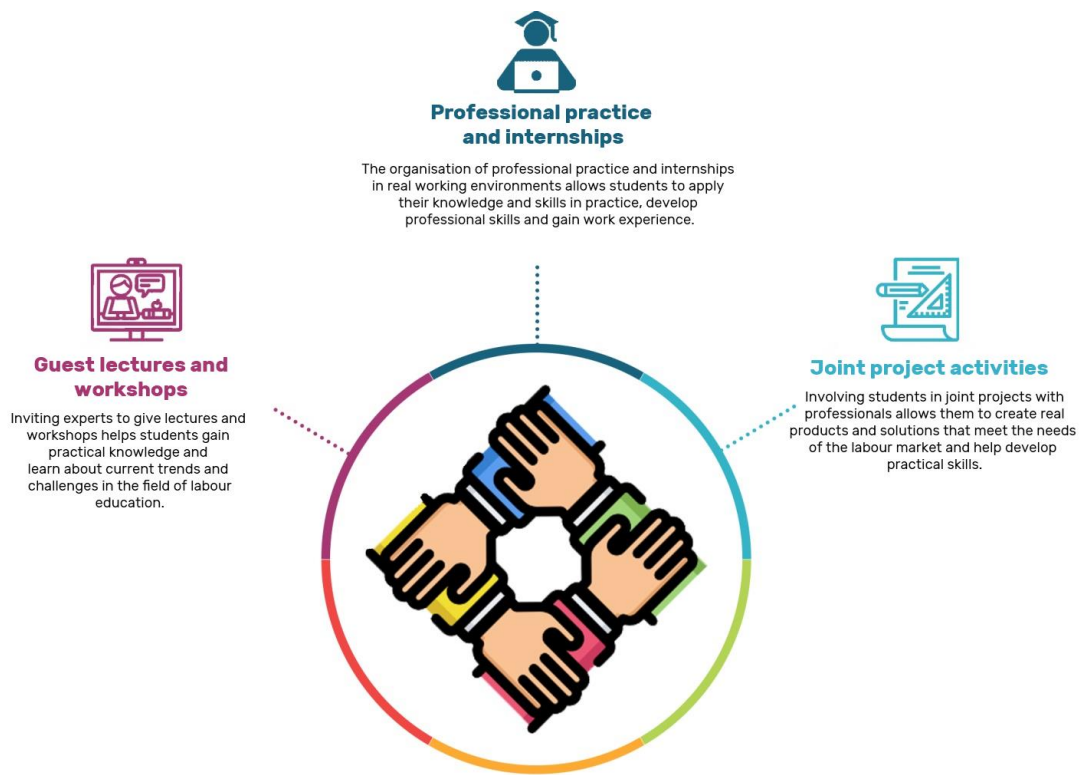
and solve problems), increases learning success (an individualized approach helps to improve the quality of learning and achieve The use of differentiated instruction can improve the quality of learning and develop students' life competencies by creating a more favorable learning environment and ensuring their individual development. This method can be especially useful for future teachers of labor education, as it helps prepare them to work with different students and adapt to different learning styles.

*13. Active involvement of students.* The method involves the active participation of students in the learning process, including interaction, discussion, collaboration, and solving various tasks. The use of this method helps to make learning more engaging, understandable, and effective and contributes to the development of key skills and competencies in students. Advantages of the Active Student Engagement method: engagement in learning (encourages students to take an active part in the learning process, which increases their motivation and interest in the subject); skill development (stimulates the development of communication, critical thinking, problem-solving, creativity, and cooperation); increasing the level of learning (active student engagement helps to better absorb and understand the learning material); reducing passivity (prevents passive perception of information and ensures a more effective learning process). The method is an effective tool for developing students' skills and competencies, shaping their life competencies, and preparing them for the challenges of the modern labor market. This approach helps to create a favorable and balanced learning environment that ensures the successful development of future labor education teachers.

*14. Mentoring support.* The method of education provides for the presence of an experienced and competent mentor who provides students with professional support and advice and contributes to their personal and professional development. The mentor can be a teacher, a senior student, a specialist in the practical field, or another qualified person who has experience and knowledge in the field of study. Advantages of the supported mentoring method: development of professional skills (mentoring promotes the development of professional skills and provides practical experience in working with

real-world tasks); optimization of the learning process (mentoring helps students to better absorb the educational material and understand its application in practical activities); increased motivation (mentoring stimulates students' motivation to learn, develop, and succeed); preparation for work in real life (working with a mentor helps students to prepare for the real world). The method contributes to the development of students as professionals and personalities by helping them acquire the necessary skills, experience, and knowledge for a successful professional career. Implementation of this method in the educational process contributes to the creation of a favorable learning environment and supports the professional development of future teachers of labor education.

*15. Cooperation with practitioners and specialists.* This is a method that involves interaction of students and teachers with practitioners and professionals in the field of labor training. This approach aims to bring academic learning closer to the real conditions of work and learning in a modern professional environment. Cooperation with practitioners and specialists provides practical orientation (students have the opportunity to apply their knowledge in real conditions, which contributes to better learning and development of professional competencies), relevance of information (cooperation with specialists allows students to receive up-to-date information on current trends and requirements for professional activities), connection with the labor market (students have the opportunity to build relationships with specialists and employers, which contributes to later successful employment), development of social and professional skills), and development of social networks. Collaboration with practitioners and specialists is an important element of developing life competencies in future labor education teachers, as this method allows for the creation of more realistic and applicable knowledge and skills. It helps students to prepare for the challenges of the modern labor market and become successful professionals in their chosen field of activity.



*Figure 6. Forms of cooperation with practitioners and specialists*

*16. Continuous professional development.* This is a method defined as a systematic and purposeful practice of learning and developing personal and professional skills for future vocational teachers after graduation from the program. This approach is designed to encourage students to continuously seek new knowledge, improve their skills, and enhance their pedagogical skills. The benefits of continuous professional development include increased competence (students acquire additional knowledge and skills that help them become better teachers and professionals), relevance (discovering new knowledge and practical solutions allows students to apply the most modern methods and strategies in their work), development of critical thinking (regular analysis of their own work contributes to the development of critical thinking and the search for optimal solutions), and satisfaction from professional growth (constant development of skills and achievements). Continuous professional development is an important component of the pedagogical process, as it helps prepare future labor education teachers for the challenges of the modern labor market, ensuring high quality and efficiency of teaching.

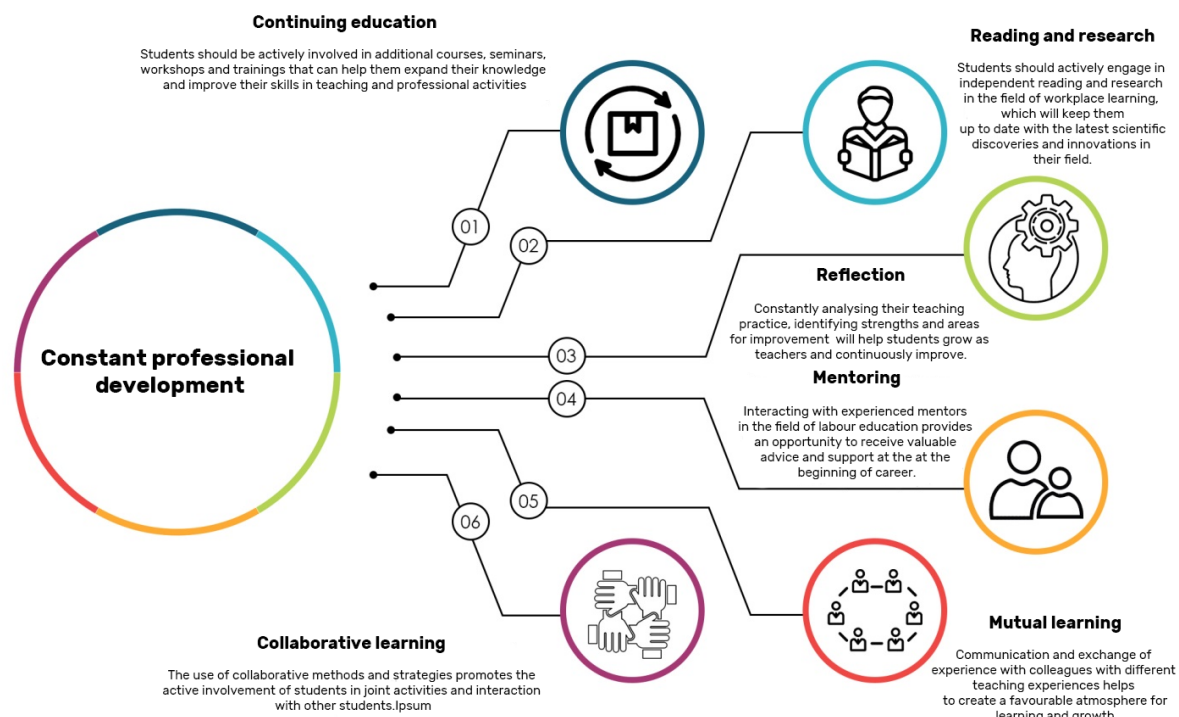


Figure 7. The main aspects of the method of continuous professional development

17. *Involvement of students in research.* The method involves the active participation of students in scientific and practical research. This approach provides students with the opportunity to explore and investigate various aspects of their discipline on their own, which contributes to the development of their analytical, research, and creative skills. The advantages of the "Engaging Students in Research" method are: development of analytical and research skills (this method promotes the development of skills in analysis, data collection, use of scientific methodology, and formulation of conclusions); motivation to learn (research can be exciting and stimulating for students, which increases their motivation to learn); application of theory in practice (students learn to apply theoretical knowledge and skills in real situations); and development of creativity (the method allows students to unleash their creativity and ability to solve problems). The method helps to create a favorable learning environment where students can actively develop, use their knowledge and skills in practical activities, and prepare for the challenges of the modern labor market. This method

ensures the preparation of future teachers of labor education who will be able to work effectively in a professional environment and contribute to the development of their students.

*18. Implementation of interactive exercises and tasks.* The method involves the active involvement of students in the learning process through the use of various interactive exercises and tasks. This approach stimulates the active exchange of ideas, cooperation, discussion, and the development of students' critical thinking. The advantages of the "Implementation of Interactive Exercises and Tasks" method are: involvement of students in learning (interactive exercises and tasks stimulate students' interest and active participation in the learning process); development of communication skills (group work and discussions promote the development of communication and cooperation skills); critical thinking (debates and analysis of different points of view help students develop critical thinking and argumentation of their views); and active learning (interactive exercises allow students to better learn and understand the material). The method is an effective tool for ensuring students' activity and interest in the learning process, as well as for developing their critical and communication skills. The implementation of this method contributes to improving the quality of education and achieving the desired results in the process of training future teachers of labor education.

*19. Use of modern technologies.* The method of teaching involves the integration of modern information and communication technologies (ICT) into the educational process in order to increase the effectiveness of learning and involve students in active practical activities. The use of modern technologies makes learning more interesting, accessible, and interactive for students. The advantages of the "Use of Modern Technologies" method are: engagement in learning (modern technologies make learning more interesting and exciting for students, stimulating their activity and interest); accessibility of information (students can get the necessary information from any source and at any time); development of competencies (the use of modern technologies contributes to the

development of information, media, and communication competencies); and reduction of barriers to learning (technologies allow students to study remotely, which reduces the geographical distance). The method has great potential to improve the quality of education and helps prepare future labor education teachers for the challenges of the modern labor market. Implementation of this method will allow for effective implementation of curricula and the training of competent specialists in the field of labor education.

20. *Involvement of guest teachers and experts.* This method involves the involvement of professionals from the real labor market or experts in relevant fields in the process of training future teachers of labor education. This method allows students to gain knowledge and experience from people who are already successfully working in the field of labor education and have practical experience in this area. Advantages of the method "Involvement of guest lecturers and experts": practical experience (students get the opportunity to learn from experienced professionals with practical experience in the field of labor education), relevance of materials (lectures and master classes of guest lecturers allow students to get acquainted with current trends and innovations in the field), increased motivation (interaction with successful professionals encourages students to be more active in their learning activities and develop professional competencies), expansion of contacts (involvement of guest lecturers in the field of labor education), and The method can become an important element of successful training of future labor education teachers and ensure their preparation for the challenges of the modern labor market.

21. *Cooperation with employers and practical partners.* The method includes active interaction between the educational institution and employers and organizations working in the field of labor training. This method is aimed at ensuring the practical orientation of education, developing cooperation between the university and practical activities, and preparing students for the real challenges of their professional careers. Advantages of the method "Cooperation with employers and practical partners":

practical experience: (cooperation with employers allows students to gain practical experience and develop real skills in the field of labor training), relevance of training (alignment of training programs with the requirements of the labor market allows preparing qualified specialists who meet the current needs of the market), cooperation with specialists (interaction with experts from the real labor market helps students to get a realistic view of their professional career and enrich their knowledge), The method contributes to the practical orientation and preparation of future labor education teachers for the challenges of the modern labor market.

22. *Supporting group cooperation and team learning.* The method is aimed at developing cooperation and interaction between students in group projects and collective learning activities. This approach actively uses group work, where students combine their knowledge, experience, and resources to solve learning problems and achieve common goals. Advantages of the method "Supporting group cooperation and collective learning": development of communication skills (students learn to communicate effectively, listen to others, and express their ideas); increase of motivation (group work stimulates students to be more active in learning and achieving common goals); expansion of knowledge and experience (communication with different students allows them to get acquainted with different approaches and experiences, which enriches the learning process); preparation for real challenges (group work helps students to develop teamwork skills). The method supports students' interactivity and activity in the learning process, which contributes to more effective learning and the development of competencies necessary for future teachers of labor education.

23. *Development of individualized curricula.* The method consists of creating personalized curricula for each student that meet their personal needs, interests, abilities, and level of training. This approach actively involves the student in the learning process and promotes self-development and the achievement of desired academic and career goals. The advantages of the individualized learning plan method are: balanced learning (students have the opportunity to focus on those subjects and projects that are most

important for their education and professional development); increased motivation (individual learning plans encourage students to actively learn and achieve their personal goals); development of independence (students learn to plan their own learning, which develops their independence and responsibility); and optimization of efforts (individual learning plans help to optimize their efforts). The method supports the student's active position in the learning process and contributes to the achievement of optimal results in professional and personal development.

24. *Support for self-organization and self-regulation.* The method is aimed at developing students' skills of independence, planning, and control over their own learning process. This approach helps students become active participants in their learning, able to effectively organize their time, acquire knowledge, and develop skills. The advantages of the "Support for Self-Organization and Self-Regulation" method are: creation of active participants in the learning process (students become active participants in their learning, which contributes to deeper learning and development of their own independence), development of independent work skills (students learn to plan and organize their activities independently, which is an important aspect of their further personal and professional development), increased motivation (contributes to greater motivation of students to succeed and achieve their personal and educational goals), The method promotes an active, independent and responsible approach to learning, which helps students achieve high results in their professional and personal development.

25. *Constant feedback.* The educational process involves systematic, two-way communication between teachers and students. This approach ensures a constant exchange of information, opinions, assessments, and recommendations between the parties, which helps to improve the quality of learning and ensure the optimal process of acquiring knowledge and skills. The advantages of the "constant feedback" method are: ensuring an individual approach (allowing to adapt the learning process to the personal needs and requirements of students); improving the quality of learning (feedback helps to identify problems and shortcomings in the learning process in time and make

adjustments to solve them); motivation to succeed (a sense of support and interest of teachers in student success increases motivation to learn); and openness to change (feedback supports a culture of openness that promotes continuous improvement of learning). The method is implemented in the educational process to improve the effectiveness of learning and the development of personal and professional qualities in students.

26. *Development of interpersonal skills.* The method is aimed at developing students' communication, social, and emotional skills and abilities. This approach contributes to the formation of the ability to communicate effectively with others, resolve conflicts, cooperate in a group, and develop emotional intelligence. The advantages of the method "Development of Interpersonal Skills" are: improving social adaptation (development of interpersonal skills helps students cope with difficult situations in personal and professional life); strengthening teamwork (students learn important skills of cooperation and building positive relationships in the team); increasing the effectiveness of communication (the method helps to improve mutual understanding and solve communication problems); and ensuring success in professional activities (development of interpersonal skills is important for a successful career). The method helps to create a harmonious atmosphere in the learning environment and improves the quality of learning and the development of key competencies in students.

27. *Provision of resources and materials.* The method involves providing students with the necessary resources, materials, and tools for successful learning and development. This approach contributes to improving the quality of the learning process by expanding opportunities for practical exercises and professional development. The advantages of the Resource and Materials Provision method are: improving the quality of learning (ensuring the availability of resources and materials helps to transfer knowledge and skills to students more effectively); practical orientation (access to materials and equipment promotes practical learning, increases the level of skill acquisition, and prepares students for professional activities); stimulating creativity (the

use of resources allows stimulating a creative approach to solving problems and developing students' ideas); and developing professional skills (the availability of infrastructure and tools for professional development). The method helps provide students with optimal conditions for learning, development, and success in their professional activities.

28. *Creating opportunities for reflection and self-assessment.* The method is aimed at encouraging students to actively improve themselves by analyzing their academic performance, professional abilities, and personal achievements. This approach supports the importance of continuously evaluating one's own work, addressing challenges, and developing personal qualities. The benefits of the "Creating Opportunities for Reflection and Self-Assessment" method include: self-awareness (developing reflection skills helps students better understand themselves, their needs, and their perspectives); independence (the method promotes independence and responsibility for their learning and professional development); improved results (regular self-assessment allows students to identify their progress and respond to possible problems with timely corrections); increased motivation (the ability to be confident about their own achievements and shortcomings helps to improve their performance); and increased self-esteem. The method allows students to actively engage in self-improvement, which is a key element of successful professional and personal development.

29. *Promoting the integration of theory and practice.* The method is based on the combination of academic knowledge and skills with real-life practical situations. Its main goal is to enable students to apply the acquired theoretical knowledge in real-life situations as well as develop practical skills that help them become professionals in their field. The advantages of the method "promoting the integration of theory and practice" are: practical experience (students get the opportunity to apply their knowledge in practice, which increases their professional competence); real challenges (the method allows you to face real problems and challenges, which contributes to the development of creative and analytical skills); professional contacts (students will be able to establish

contacts with professionals in their field, which will help them find a job or build a successful career in the future); and motivation (the practical orientation of training increases students' motivation). The method helps prepare students for effective professional activities, as it combines academic knowledge with practical skills that are important in the modern labor market.

30. *Regular updating of programs and methods.* The method involves continuous improvement and updating of curricula, materials, and methods used in the process of training future teachers of labor education. This approach is based on recognizing the rapid development of technology, changes in labor market requirements, and new discoveries in the fields of pedagogy and labor training. The advantages of the "Regular Updating of Programs and Methods" method are: relevance (ensuring that the curriculum is in line with current trends and labor market requirements); quality of education (helping to ensure a high level of quality of education and training of qualified specialists); innovation (stimulates the introduction of innovative approaches and technologies in the educational process); and competitiveness (provides graduates with competitive advantages in the labor market due to the modern level of training). The method helps to ensure the effectiveness of teaching and the high quality of training of future labor education teachers, which is a key factor in their success in their professional activities.

These recommendations and practical tools will help teachers effectively implement these methods and strategies in the classroom. It is important to adapt them to your context and students' needs, providing sustained support and a stimulating learning environment. It is important to keep in mind the individual needs and characteristics of students to achieve the best results.

These guidelines can be used individually or in combination to develop an ideal, relevant curriculum that takes into account the life competencies of future vocational teachers. Their harmonious combination will create a stimulating learning environment that will promote student development and achieve the desired results.

For example, the use of interactive exercises and assignments (recommendation 18) can be combined with the organization of learning projects (recommendation 11) to create interesting tasks where students will apply their knowledge and skills in real-life situations. Such a combination will allow students to develop creativity, problem-solving skills, and teamwork.

Ongoing feedback (recommendation 25) can be used in conjunction with support for self-organization and self-regulation (recommendation 24), where students receive feedback on their progress and learn to set goals, plan their learning process, and self-assess their achievements.

Involvement of guest lecturers and experts (recommendation 20) can be combined with cooperation with practitioners and employers (recommendation 21), where students will have the opportunity to meet professionals in their field, gain valuable experience, and perceive the practical aspects of their profession.

Use differentiated instruction (recommendation 12) along with opportunities for reflection and self-assessment (recommendation 28). You can offer students individualized assignments and materials based on their needs and skill level, and then give them feedback and opportunities to self-assess their progress.

Use of technology in teaching (recommendation 22) in conjunction with active student engagement (recommendation 13). You can use digital tools, such as discussion forums or web conferencing, to allow students to actively engage in discussions and communication even outside the classroom.

Creating learning projects (recommendation 11) combined with mentoring support (recommendation 14). You can offer students projects where they will have the opportunity to work under the guidance of a mentor who will provide them with individual support and advice.

To create an ideal curriculum that ensures the effective development of life competencies in future vocational teachers, it is important to combine several methods and strategies. Each method has its own advantages and limitations, and their

combination allows for a balanced learning process and the multifaceted development of students.

Combining different methods allows you to take into account the specifics of learning and the individual needs of students. Depending on the learning characteristics of a group of students, the teacher can choose the best methods to help them learn the material and develop their skills.

Combining methods can provide:

- Enriching the learning process. The combination of interactive exercises and group work with elements of independent work and research allows students to develop creative thinking and perceive learning as an exciting process.

- Individualization of learning. Combining differentiated learning with mentoring support helps each student work at their own pace and get the support and advice they need.

- Use of modern technologies. The inclusion of computer technologies and electronic resources in the learning process allows for greater access to information and makes learning more engaging.

- Development of interpersonal skills. Combining group work with formative assessment allows you to stimulate cooperation and mutual learning among students.

- Formation of reflection. The combination of reflection and self-assessment methods with the organization of learning projects helps students analyze their activities and strive for self-improvement.

The combination of different methods in the curriculum allows for the creation of a dynamic and stimulating learning environment that promotes the comprehensive development of students and ensures their success in future professional activities (Practical application of innovative technologies. Integrated lessons, 2019).

It is important to consider the specifics of a particular context and the needs of students and to adapt these recommendations to a particular situation. This approach to curriculum design will contribute to creating an effective and purposeful learning

environment for future teachers of vocational education. Below is an example of how these recommendations can be harmoniously combined with each other to create an ideal learning environment (figure 8).



*Figure 8. Learning environment with a combination of recommendations*

The harmonious combination of these approaches and strategies creates a learning environment where students can develop key life competencies such as critical thinking, communication skills, independence, and creativity.

## **Conclusions.**

The study of the formation of life competencies in future labor education teachers in the process of studying professional disciplines has shown that the effective formation of these competencies requires the use of various methods and strategies that promote active involvement of students in learning, practical application of knowledge, and the development of independence.

The analysis of previous studies has confirmed the importance of problem-based learning, project-based learning, situational learning, and the use of technology in education to achieve the desired results. Each of these approaches has its own advantages and limitations, but their harmonious combination allows for the creation of a learning environment that promotes the development of key life competencies.

Problem-based learning stimulates critical thinking and collaboration but may require additional effort from students to solve complex problems. Project-based learning promotes the practical application of knowledge and creativity but requires organization and planning by the teacher. The situational method allows students to encounter real-life situations and solve problems but may require access to specialized resources. The use of technology in education increases the efficiency and accessibility of the learning process but requires training and organizational support.

For the effective implementation of these methods and strategies, recommendations and practical tools for teachers were provided. It is important to create a favorable learning environment, provide access to the necessary resources, maintain constant feedback, and develop students' interpersonal skills. Reflection and self-assessment help students define their goals and develop independence. Constant updating of programs and teaching methods considers current trends and ensures the relevance of the educational process.

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