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THE ROLE OF EDUCATORS IN ENHANCING STUDENTS' RESILIENCE AMID MODERN EDUCATIONAL CHALLENGES

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The war in Ukraine has had a significant impact on higher education students, creating unprecedented challenges for their learning and psychological well-being. Not only do higher education students face traditional academic challenges, but they are also forced to adapt to new realities accompanied by psychological stress, emotional tension, and social instability. In such circumstances, an important factor in students' resilience is their educators – not only as a source of knowledge, but also as a support in difficult life situations. Higher education students are significantly affected by stress caused by intense academic workloads, uncertainty of the future, and socioeconomic challenges. In addition, in countries experiencing crisis situations (e.g., war), students face additional stressors such as fear, loss of stability, and changes in the learning environment [1]. Prolonged stress can lead to cognitive and emotional exhaustion, which negatively affects students' academic performance and overall psychological well-being [6]. Therefore, building resilience is an important task of modern pedagogical and psychological science.

The development of resilience requires an integrated approach that takes into account both the personal resources of students and the influence of the educational environment. It is important to create favorable learning conditions that would help reduce anxiety, increase motivation, and develop adaptive behavior skills. Particular attention should be paid to teaching methods, social support and psychoeducation of students. In this regard, it is worth considering the main approaches to the development of resilience in higher education students.

Main approaches to the development of students' resilience:

1. Clarity of requirements and organization of the educational process. Defining transparent assessment criteria, deadlines, and academic workload by teachers helps reduce uncertainty and anxiety among students. This includes a detailed explanation of expectations for the learning process, clear grading criteria, and the use of feedback tools to improve learning [7].

2. Balanced academic workload. Optimizing the volume of assignments allows students to allocate their time more efficiently, avoid overload, and maintain productivity without exhaustion. It is important to evenly distribute control activities throughout the semester, as well as to introduce adaptive schedules to reduce stress [8].

3. Use of active learning methods. Problem-based learning, case studies, and interactive lectures increase student engagement, which reduces stress. Active learning allows students to develop critical thinking, gain practical experience and increase their confidence in solving complex problems [3].

4. Psychoeducation as a factor in the development of psychological flexibility and coping strategies. Psychoeducation aimed at teaching students stress management skills, relaxation and self-regulation techniques is an effective way to increase resilience. Mindfulness practices, breathing exercises and the development of reflection skills help students to control their emotional state in stressful situations [5].

5. Supporting social interaction and creating a supportive learning environment. Student interaction through support groups, mentoring programs, and volunteer activities is a powerful resource in overcoming the effects of stress. Social support reduces anxiety, improves students' emotional well-being, and contributes to their academic performance [4].

6. Accessibility of teachers and psychological support. Regular feedback, openness to dialogue, and willingness to help reduce students' anxiety and promote a sense of security. Teachers play a key role in creating a supportive environment that allows students to feel confident and motivated [2].

Conclusions. In times of war, the role of the educators goes beyond traditional teaching – he or she becomes a mentor, support and moderator of a safe educational space. The formation of students' resilience is impossible without taking into account this pedagogical aspect. Creating flexible teaching

methods, engaging psychological support, and actively promoting social interaction in the student environment are key aspects that can help students adapt to difficult conditions and maintain motivation to learn. Given the growing challenges associated with modern realities, the development of students' resilience should be a priority for higher education institutions. An integrated approach, including adaptive teaching methods, psychoeducation, and social support, is key to ensuring students' psychological well-being. Further research should be aimed at studying the effectiveness of different approaches to building resilience and developing specialized programs. Integration of such programs into the educational process will not only improve academic performance, but also develop important life skills necessary to overcome the challenges of the modern world.

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