

Sukhorukov D. V., Sorokina L. A.

**THE WAYS FOR ACTIVATING PUPILS' COGNITIVE ACTIVITY
AND MENTAL CAPACITY**

Abstract. The paper discusses various methods promoting the cognitive activity of secondary school pupils, whose psycho-physical conditions are adversely affected by the changing realities of educational process: its acceleration, growing amount of the required information, increasing number of disciplines, declining moral of the educational environment, etc. The authors emphasize the need for the urgent systematic and complex measures for pupils' health promotion and working capability restoration with the reference to the age profile and specificity of the particular educational environment.

The definitions of the main categories and ways, activating the knowledge acquisition, are given along with the basic groups of methods facilitating the mental activity. They include traditional didactic methods; psycho-emotional methods, used for emotional adjustment and optimization of pupils' perception; and pharmacological methods for increasing the mental work capacity by means of various medications. In conclusion, the authors demonstrate a project model of the complex method for activating the cognitive abilities of secondary school pupils.

Keywords: educational process, cognitive activity intensification, ways for raising mental work capacity.

References

1. Bujnov L. G. Statokeneticheskaja stability and approaches to its pharmacological correction. *Obzory po klinicheskoy farmakologii i lekarstvennoj terapii*. [Reviews on clinical pharmacology and medicinal therapy]. 2002. V. 1. № 2. P. 27–50. (In Russian)
2. Bujnov L. G., Bahtin Ju. K., Vilejto T. V., Makarova L. P., Morozov M. A., Plahov N. N., Sorokina L. A., Stankevich P. V., Syromjatinikova L. I. A way of increase of intellectual working capacity of the person: the patent for invention RUS 2435617 from 23.03.2010. (In Russian)
3. Bujnov L. G., Ivanov C. G., Makarova L. P., Plahov N. N., Sorokina L. A., Stankevich P. V., Suhorukov D. V. A way of increase of intellectual working capacity of the person: the patent for invention RUS 2437689 from 04.06.2010. (In Russian)

4. Bujnov L. G., Matusevich M. S., Popova R. I., Sorokina L. A., Stankevich P. V., Tarasov A. M. A way of increase of intellectual working capacity of the person: the patent for invention RUS 2453346 from 27.04.2010. (In Russian)
5. Vekker L. M. Psychological processes. Thinking and intelligence. V. 2. L.: Publishing house LGU, 1976. 715 p. (In Russian)
6. Ljendret G. L. Game therapy: art of attitudes. Moscow, 1994. 280 p. (In Russian)
7. Mastjukova E. M. Medical pedagogics. Moscow, 1997. 405 p. (In Russian)
8. Nemov R. S. Psycholog of formation. Moscow, 1995. 456 p. (In Russian)
9. Novikov V. S., Shustov E. B., Goranshuk V. V. Correction of functional conditions at extreme influences. St-Petersburg: The Science, 1998. 544 p. (In Russian)
10. Ordynskaja T. A. Wave therapy. Moscow: Yksmo, 2008. 496 p. (In Russian)
11. Osipov A. A. Introduction in practical mentality-correction: group methods of work. Moscow, 2000. 240 p. (In Russian)
12. Solovev A. V., Chatterer M. И., Golovanov A. E. Konstitucionalnye aspects of stability of the person to kinesia. *Rossijskaja otorinolaringologija*. 2007. № 6. P. 51–54. (In Russian)
13. Solovev A. V., Savchuk O. V., Hartanovech I. A. Anthropological aspects of professional selection of persons of exposing sign-variable accelerations. *Novosti otorinolaringologii i logopatologii*. 2002. № 4. P. 46–48. (In Russian)
14. Syromjatnikova L. I., Borisov L. P., Borisov A. A. organizational of a condition of teaching медико-валеологических disciplines to the future experts of a security of ability to live. *Molodoj uchenyj*. 2012. № 5. P. 507–509. (In Russian)
15. Chistjakova M. I. Psihogimnastika. Moscow, 1990. 217 p. (In Russian)
16. Jel'konin D. B. The selected psychological works. Moscow: Pedagogics, 1989. 705 p. (In Russian)

17. Javoruk O. A. Knowledge. Didactic problems of the decision
знаниевой problems. Khanty-Mansiysk: to the SOUTH, 2009. 170 p.
(In Russian)
