

UDC 331.44; 378.091

## APPLICATION OF THE KAIZEN PHILOSOPHY BY THE MODERN STUDENT – THE PATH TO PERFECTION

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**Abstract.** This scientific article discusses the Kaizen method and the possibility of its application both in studies and for personal improvement. The Kaizen Method is a Japanese philosophy that focuses on the continuous step-by-step improvement of all aspects of life: increasing efficiency in studies, continuous personal development, eliminating procrastination, reducing stress, and preparing for a future career. However, it is not just a method, but a process-oriented way of thinking that provides a framework for behavior in everyday life.

**Key words:** Kaizen, student, studies, personal development, procrastination, stress, career.

### Introduction.

Today's students are faced with a huge amount of information, high demands, and constant stress. In such a situation, it is important to have effective tools to improve learning activities and achieve success. The Kaizen method provides students with the opportunity to gradually improve their skills, eliminate procrastination, and improve the quality of their studies.

In this article, we'll look at how students can use Kaizen principles to improve academic performance, develop their personality, and prepare them for future careers. Small steps, systematic, focus on quality and analysis will help students achieve success in their studies and in life in general.

The relevance of this concept for modern students is due to the possibility of increasing academic efficiency, continuous personal development, eliminating procrastination, reducing stress, and preparing for a future career. [1-4].

### Main text.

The Kaizen Method is a philosophy that implies continuous improvement and improvement.

Let's take a look at how today's students can use the principles of Kaizen to improve their academic performance, improve their skills, develop their personality, and achieve their goals:

#### 1. Small Steps to Success:

- Students can start with small changes in their study routine. For example, devote 5 minutes every day to reading study material or solving problems.
- It's important not to stop or stop. Even small actions can lead to big results if done systematically.

#### 2. Planning & Organizing:

- Students can formulate specific objectives to achieve academically. For example, "improve your math score" or "improve your writing skills."
- Then make a plan of action. What steps do you need to take to achieve your goals?

### **3. Continuous Training:**

- Every day, students can take time to learn new materials, even if it's just for a few minutes.
- Gradually introduce new knowledge and skills into their educational practice.

### **4. Analysis and reflection:**

- Students can regularly analyze their successes and failures. What did you manage to do well? Where is there room for improvement?
- Openly acknowledge problems and look for ways to solve them.

### **5. Consistency and discipline:**

- The principles of Kaizen will help students develop a disciplined approach to learning. For example, completing small tasks on a daily basis, despite the circumstances.
- It is necessary to follow the sequence and order of actions.

### **6. Focus on Quality:**

- Students can strive to gradually improve their skills. For example, improve your skills in writing essays or solving math problems.
- Every small step should be aimed at improving the quality of learning activities.

As a result, the Kaizen Method provides students with the tools to continuously grow and achieve success both in their studies and in their future professional activities.

Modern students can use the principles of Kaizen to eliminate procrastination:

#### **1. Small steps to overcoming procrastination:**

- Procrastination often occurs due to large and intimidating tasks. Students can break down these tasks into smaller, more doable steps.
- For example, if you need to write a research paper, you can start by making an outline, then writing an introduction, and then gradually adding the rest of the sections.

#### **2. Daily Activities:**

- Students can set aside a few minutes each day to complete tasks that they would normally put off.
- For example, if you need to read a textbook, you can set a goal to read at least one page every day.

#### **3. Consistency and regularity:**

- The Kaizen principle implies daily practice. Students can create a schedule that has time to complete even the smallest tasks.
- Regularity will help you overcome procrastination and make tasks a habit.

#### **4. Analysis and reflection:**

- Students can analyze their procrastination habits. When and why do they start procrastinating?
- Openly acknowledge problems and look for ways to solve them.

#### **5. Constant Forward Movement:**

- It's important not to stop. Even if students take small steps, the main thing is to move forward.
- Procrastination often arises from the fear of failure. The Kaizen method helps

to cope with this fear, as it involves gradual and continuous movement.

#### **6. Environment Support:**

- Students can discuss their goals and progress with friends, family, or mentors.
- Mutual support will help keep you motivated and fight procrastination.

As a result, the Kaizen method provides students with the tools to constantly grow and overcome procrastination.

Students can use the Kaizen method to reduce stress:

#### **1. Small Steps to Psychological Comfort:**

- Students can start with small changes in their daily lives. For example, 5 minutes in the morning for meditation or deep breathing.
- These small actions will help reduce stress and create psychological comfort.

#### **2. Time & Task Management:**

- The principles of Kaizen will help students gradually improve their time organization. For example, make a plan of action for the day or week.
- Break down large tasks into smaller ones and complete them gradually.

#### **3. Focus on Quality of Life:**

- Students can use Kaizen to gradually improve their lifestyle. For example, improve your sleep patterns, nutrition, or physical activity.
- A quality lifestyle helps reduce stress and improve overall well-being.

#### **4. Analysis and reflection:**

- Students can analyze their emotions and state on a regular basis. What causes stress? What points can be improved?
- Openly acknowledge problems and look for ways to solve them.

#### **5. Environment Support:**

- Students can discuss their feelings and stress with friends, family, or mentors.
- Mutual support will help to cope with emotional pressures.

#### **6. Reduction of information noise:**

- Every day we are confronted with a large amount of information. Students can use Kaizen to gradually reduce the flow of information.
- Opt out of unnecessary notifications, filter news, and limit time on social media.

In summary, the Kaizen Method provides students with the tools to continuously grow, reduce stress, and improve their quality of life.

Today's students can use the principles of Kaizen to prepare for their future careers:

#### **1. Get to know your customer:**

- In the context of preparing for a future career, the "client" is the employer or the labor market.
- Students should have a clear picture of the person to whom they are providing their services (in this case, their professional skills) or selling their talents (e.g., in an interview).
- Study employers' requirements, understand their values, expectations, and needs.

#### **2. Get rid of garbage:**

- Kaizen is associated with the idea of lean manufacturing and the elimination of

unnecessary elements.

- In the context of careers, this means that students should strive to use only the knowledge, skills, and experience that are truly needed to achieve their professional goals.

- Eliminate "junk" in the form of unnecessary courses, projects, or activities.

### **3. Go to the "production":**

- The original word used is "gemba", which can be translated as "the place where the work takes place".

- Students should have a good understanding of the work processes in their future profession.

- Put yourself in real-life situations, participate in projects, intern to gain hands-on experience.

### **4. Based on the facts:**

- In the context of careers, this means that students have to make decisions based on statistics, data, and specific numbers.

- Don't rely only on your own feelings or assumptions.

### **5. Inspire your team:**

- In this case, the team is you.

- Set specific goals for yourself and help yourself achieve them.

- Inspiration will help you stay motivated and move forward.

### **6. Reduction of information noise:**

- In today's world of technology, we are faced with a large amount of information.

- Students should be able to filter information, choose only what is really useful for their careers, and avoid information noise.

As a result, the Kaizen method provides students with the tools to continuously grow, prepare for future careers, and achieve success.

### **Summary and conclusions.**

The Kaizen Method is a powerful tool for today's students seeking academic success and preparing for their future careers. It's important to understand that continuous improvement and consistency can lead to significant results. In summary, the Kaizen Method provides students with the tools to continuously grow, reduce stress, and succeed both in studies and in future professional activities. Incremental steps can lead to great results, and every student can use this method for their personal and professional development.

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sent: 16.02.2024

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