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## **METHODOLOGY FOR THE DEVELOPMENT OF SANOGEN THINKING IN STUDENTS BASED ON HISTORICAL MATERIALS**

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### **Annotation:**

Sanogen thinking, as a mental health-oriented approach, plays a vital role in developing students' critical and creative thinking abilities. This article explores the methodology of developing sanogen thinking in students through the use of historical materials. The study analyzes various historical events, personalities, and scenarios to illustrate how sanogen thinking can be fostered. The proposed methodology includes a structured approach that integrates critical analysis, emotional reflection, and creative synthesis, providing students with tools to overcome stress and enhance cognitive flexibility.

**Keywords:** Sanogen thinking, Historical materials, Critical thinking, Creative thinking, Cognitive flexibility, Educational methodology.

The modern educational process aims not only at providing students with academic knowledge but also at developing their personal qualities, including their psychological resilience and ability to think positively. One of the essential aspects of this development is the cultivation of sanogen thinking, a term referring to a constructive, health-oriented way of processing information and reacting to various situations.

The relevance of this research lies in the necessity to integrate mental health-oriented approaches in the educational process, especially through innovative methodologies that can enhance students' analytical and creative abilities. Historical materials, due to their rich context and varied perspectives, provide an excellent basis for developing sanogen thinking among students.



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The methodology for the development of sanogen thinking in students based on historical materials can be structured as follows:

- Define Sanogen Thinking: A type of thinking aimed at health promotion, mental resilience, and positive well-being.
- Importance of Sanogen Thinking: Essential for developing students' psychological health and resilience.
- Relevance of Historical Materials: Historical events, figures, and philosophical thoughts provide valuable lessons on resilience, problem-solving, and adaptive thinking.

### Objectives of the Methodology

- To develop students' ability to think in ways that promote psychological health and well-being.
- To enhance critical thinking, emotional intelligence, and positive cognitive strategies through historical analysis.
- To cultivate empathy, ethical decision-making, and stress management skills inspired by historical experiences.

### Principles of the Methodology

- Historical Contextualization: Using historical events to demonstrate adaptive and maladaptive thinking patterns.
- Personalization: Encouraging students to relate historical lessons to their own lives and current situations.
- Reflection and Analysis: Guiding students to reflect on historical experiences and their impact on mental resilience.
- Integration: Combining historical knowledge with cognitive-behavioral techniques that promote positive thinking.

### Methodological Approaches

#### Narrative Approach:

- Use historical stories of resilience and adaptation (e.g., leaders overcoming crises, cultural transformations).
- Discuss how historical figures managed stress, failure, and success.



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### **Comparative Analysis:**

- Compare historical events where societies thrived or suffered due to certain thinking patterns.
- Discuss how different thought processes influenced outcomes.

### **Case Studies:**

- Provide detailed historical case studies that highlight positive thinking, problem-solving, and resilience.
- Engage students in analyzing these cases with guided questions.

### **Interactive Activities:**

- Role-playing historical figures to understand their thought processes and decision-making.
- Creative writing assignments inspired by historical themes promoting resilience and positive thinking.

### **Discussion and Debate:**

- Facilitate debates on historical philosophies related to mental health and resilience (e.g., Stoicism, Enlightenment ideas on human rationality).

### **Practical Implementation**

#### **Lesson Planning:**

- Prepare lessons that incorporate historical events demonstrating sanogen thinking.
- Integrate reflective questions that promote critical thinking about well-being.

#### **Assignments and Projects:**

- Encourage students to create presentations or essays analyzing how historical figures demonstrated resilience.
- Assign creative projects where students reinterpret historical events with a focus on positive thinking.

#### **Assessment:**

- Assess students' understanding through reflections, discussions, and written assignments.
- Provide constructive feedback aimed at enhancing their capacity for sanogen thinking.



## Evaluation and Feedback

- Collect feedback from students on the effectiveness of historical materials in promoting sanogen thinking.
- Adjust methodology based on feedback to improve engagement and understanding.

## Conclusions

The proposed methodology for developing sanogen thinking through historical materials offers promising results in enhancing students' resilience and creative thinking. Educational institutions should consider incorporating this approach into their curricula. Future studies should focus on quantitative analysis of the effectiveness of this methodology and explore its application across different educational settings.

Incorporating diverse historical materials that represent various cultural and social perspectives.

Developing teaching aids and activities that promote critical analysis and creative thinking.

Training teachers to effectively apply this methodology in classrooms.

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