



Nilufar  
Yuldasheva

Date of birth: 25/05/1997

Nationality: Uzbek

Gender: Female

## CONTACT

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## WORK EXPERIENCE

02/09/2019 – 15/11/2021 – Tashkent, Uzbekistan

### An assistant teacher of the department "Psychology" Ferghana state university

Teach several subjects in Uzbek such as General psychology, Deviant psychology, Developmental psychology, and Autogenic training.

Gain scientific materials from libraries, analyze them, work with a supervisor and make queries in the dissertation area.

Learn how to work with the latest digital technologies during classes and how to use philosophical theory in practice.

Learn how to use modern, interactive and innovative pedagogical technologies to improve the quality of classes.

Learn the methods of how to learn creatively, today's philosophical issues of science, and the methods of their solution.

Study of modern methods in teaching ethics, creativity, and logic.

05/01/2022 – CURRENT – Tashkent, Uzbekistan

### Doctoral degree

National University of Uzbekistan

#### Field(s) of study

- 19.00.01. - Theory and history of psychology. General psychology. Personality psychology.
- Psychological features of the development of volitional regulation in students

## EDUCATION AND TRAINING

02/09/2014 – 30/07/2018 – Tashkent city, Uzbekistan

### Bachelor degree (Psychology)

Tashkent Islamic University

#### Field(s) of study

- Social sciences, psychology and religion: *Social and behavioural sciences not further defined* | *Psychology and religious psychology* | *Religious sciences and civics* | *Inter-disciplinary programmes and qualifications involving psychology sciences, religion, philosophy and spirituality.*

Bachelor degree | General psychology, sociology and religious psychology | [tiu.uz](http://tiu.uz)

02/09/2018 – 30/07/2020 – Tashkent, Uzbekistan

### Master degree (General psychology)

Ferghana State University

#### Field(s) of study

- Psychological sciences, psychology and cognitive psychology: *cognitive and behavioural sciences not further defined* | *Social sciences and civics* | *Psychology* | *Inter-disciplinary programmes and qualifications involving psychological sciences, extremal situations psychology and behavioural psychology.*

Master degree | Contemporary analyzing of cognitive theories | <https://new.Fardu.uz/>

## LANGUAGE SKILLS

**MOTHER TONGUE(S):** Uzbek

**OTHER LANGUAGE(S):**

English

**Listening**  
B2

**Reading**  
C1

**Spoken  
production**  
B2

**Spoken  
interaction**  
B2

**Writing**  
B2

Russian

**Listening**  
B1

**Reading**  
B1

**Spoken  
production**  
B1

**Spoken  
interaction**  
B1

**Writing**  
A2

## COMMUNICATION AND INTERPERSONAL SKILLS

### **Good communication skills gained through my experience as**

Active listening,

Empathy

Excellent written and verbal communication skills

Confident, articulate, and professional speaking abilities (and experience) Empathic listener and persuasive speaker

Writing creative or factual

Speaking in public, to groups, or via electronic media Excellent presentation and negotiation skills

## TRAINING AND TEACHER SKILLS

### **Teacher**

Group training

Patient with students

Creative thinking

Decision-making

Loves to teach

Possess strong commitment to team environment dynamics with the ability to contribute expertise and follow leadership directives at appropriate times

Thrive in a students' environment and work well with others Enjoy working as a teacher as well training

## DIGITAL SKILLS

### **My Digital Skills**

SELF-ASSESSMENT / Microsoft Office, Microsoft Word, Microsoft Excel, Outlook, Facebook, Google

## PUBLICATIONS

**Differences in students' volitional regulation and willpower according to educational directions**

**2022** <https://frontlinejournals.org/journals/index.php/fsshj/article/view/360/339>

Frontline social sciences and history Journal. ISSN: 2752-7018 Impact Factor: 6.895 Volume 3, ISSUE 1, January -2023. 87-95 pp.

**Психологические особенности процесс аккультурации у студентов**

**2022** Вестник интегративной психологии. Журнал для психологов. г. Ярославль. Выпуск 27. 2023 г. С 409-417

**Aniq fanlar yo'nalishi talabalarida irodaviy regulatsiyaning o'ziga xos xususiyatlari**

**2022** Таълим ва инновацион тадқиқотлар журнали 2022 йил №22.2. 306-311 б.

Wschodnioeuropejskie Czasopismo Naukowe (East European Scientific Journal) #10 (50), 80-84 pages

**Talabalik davrida irodaviy regulatsiyaning o'ziga xos xususiyatlarining o'rganilishi**

**2022** "PSIXOLOGIYA" ILMIY JURNAL \* НАУЧНЫЙ ЖУРНАЛ \* SCIENTIFIC JOURNAL. № Maxsus son. 239-243 bet.