

- Users of network services who desire an understanding of the technology behind the computer communication tools used it in their work environment;
- Students are studying computer communications technologies.

I have taken this book because my scientific work is connected with Distant Education. This work is based on information communications technologies. These technologies can be used with the help of local and global networks.

E. M. Сартанова

A MODEL OF SELF-AWARENESS

Alain Morin, Mount Royal College, AB, Canada, presents his model of self-awareness in his article "A neuro-socio-cognitive model of self-awareness with an emphasis on inner speech". He proposes the existence of three sources of self-information: the social environment, the physical world and the self.

The social milieu includes self-relevant feedback that the individual receives from other persons, a social comparison mechanism leading to perspective taking, and the presence of other persons observing the self. The social environment represents a rich source of self-information and can in different ways initiate self-focus.

The physical environment contains self-focusing/reflecting stimuli such as mirrors and video cameras. It contains stimuli that can, like audiences, remind the person of his or her object status. These stimuli can be conceived of as self-reflecting devices. Looking at oneself in the mirror or seeing oneself on video provide us with important information about the public self-facial features and expressions, tone of voice, body height and weight, etc. Another set of physical stimuli that can produce self-awareness is written material found in books and articles, the media, the internet, radio, CD's, and movies.

A third main source of self-awareness proposed by the model is the self. The self can reflect upon itself with double sensory stimulation, imagery, and inner speech; furthermore, self-awareness is mediated by the prefrontal lobes.

Alain Morin thinks self-recognition appears to be mainly associated with right hemispheric activity. The left prefrontal lobe would be engaged in encoding of autobiographical memory, whereas the right prefrontal lobe would play a role in retrieval of that same self-information. Use of the body image would involve activation of the right parietal region and the prefrontal cortex, especially the ventromedial parts.

Imagery represents the phenomenon of visual experiences in the absence of any visual stimulus from the outside world. Mental images play a significant role in numerous basic psychological activities such as memory, learning, initiating action, reverie, perception, motivation, creative imagination, and emotion. The fact that one can have “autosopic imagery” (i.e., images of the self) suggests that this cognitive process could lead to self-awareness.

Inner speech is usually defined as the activity of silently talking to oneself. Like imagery, inner speech serves many functions. It has been shown to be involved in verbal self-guidance and self-regulation, problem-solving, planning, and memory. One potential function of inner speech is its role in self-awareness and the acquisition of self-information.

Alain Morin offered a multidimensional view of self-awareness. The model portrays self-attention and the resulting acquisition of self-information as complex, multifaceted phenomena shaped by a host of neurological, social, and cognitive processes. The self can reflect upon itself by communicating with itself through the use of inner speech and imagery; self-awareness requires functional prefrontal lobes. The self can also learn about its body with double sensory stimulation and by being exposed to self-reflecting devices found in one’s environment. These also inform one about more public dimensions of the self. People, the media, and self-focusing objects in one’s surroundings can convey self-information and/or initiate self-observation.

The fundamental importance of inner speech can be appreciated by noting that half of the links pertain to it. Without inner speech many parts of the model would be isolated and its internal consistency would greatly suffer. Inner speech can internally reproduce and extend social and physical sources of self-awareness. If we did not have the capacity to talk to ourselves, self-awareness would only be possible in the presence of others or when confronted to physical stimuli. Even then, most perceived self-information could not be cognitively processed.

Т. М. Селиверстова

UNITS IN «INTERIOR DESIGN»

The topic of my dissertation is «Pedagogical designing of units». My Specialization is «interior design». The unit training is defined as the organization of educational process in modern pedagogic. So I want to say that educational information is divided into units. There are a lot of sources of the information on this topic and I used some of them.

The latest information was received from newspapers and magazines, both native and foreign. I also had to read some other books devoted to art and in particular to design.

I used the following lectures on design of the environment:

1. "The History of material culture"
2. "The Basis of the theory of design"
3. "The World of modern design"
4. "The Design in our country and abroad"
5. "The Outstanding designers of the world"

I found out many valuable, interesting and unexpected things about pedagogical designing units of new educational system according to the Thesis of the Education Ministry 11.02.2002 №393.