**Guidelines for the implementation of the Theme of Self-work**

**on the subject "Cross-cultural characteristics related to health"**

**Specialization: «6D50300 -« Psychology »**

**Theme 1. Cross-cultural psychology as an interdisciplinary branch of scientific knowledge**

1.Attentively learn lecture material.

2.Write an essay: "The relevance of cross-cultural research in the modern world." An oral presentation and formulate conclusions.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

 In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others.

**Theme 2. Evolution approach cross-cultural research in the history and development of socio-psychological concepts**

1.Attentively learn lecture material.

2.Write an essay on the topic: "The evolution of approaches to cross-cultural studies," an oral presentation and formulate conclusions.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

 In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others.

**Theme 3. Theoretical orientations of modern Russian, Kazakh cross-cultural research**

1.Attentively learn lecture material.
2.Write an essay "The Evolution of approaches to cross-cultural research in the history of socio-psychological concepts in Kazakhstan and Russia." An oral presentation and formulate conclusions.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

 In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others.

**Theme 4. Subject categorical apparatus cross-cultural research**

1.Attentively learn lecture material.

2.Make glossary and logical knowledge base (LBZ) on "Basic concepts and categories of cross-cultural psychology." An oral presentation and formulate conclusions.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature, Internet sources, as well as psycho tests.

Glossary - a glossary of certain concepts or terms with a common specific subjects. This term comes from the Greek word "gloss", which means that the language in question. In ancient Greece, called glosses unintelligible words in the text which are interpreted by a number of the fields. Collection glosses later became known as a glossary. Glossary is necessary in order that anyone who reads your work, could easily find an explanation for themselves erudite words and complex terms, and that is teeming with your document.

How to create a glossary? To get started please read and familiarize yourself with its operation. Surely, you will find there are many different terms that are available on this topic. Once you have identified the most common terms that you should make a list of them. The words in this list have to be arranged in strictly alphabetical order, as the glossary is not nothing but a dictionary of specialized terms. After this, the work on drawing up a glossary entries.

**Theme 5. The basic principles of cross-cultural research**

1.Attentively learn lecture material.

2.Make logical knowledge base (LBZ) "Basic principles of cross-cultural research."

**Guidelines for the assignment:**

When performing tasks Theme of Self-work refer to the list of recommended literature and Internet sources.

**Theme 6. Features of cross-cultural research in psychology**

1.Attentively learn lecture material.

2.Make compendium of the project and conduct applied cross-cultural study of representatives of 2-3 cultures and draw conclusions. (Oral presentation).

**Guidelines for the assignment:**

When performing tasks Theme of Self-work , refer to the list of recommended literature and Internet sources, as well as psycho tests.

**Theme 7. Psychological dimensions of culture**

1.Attentively learn lecture material.

2.Сonduct psychological dimension 2 crops (your choice) on the following parameters: Simplicity - Complexity; Individualization collectivism; Opening and closing; Avoiding uncertainty; Power Distance; Masculinity-femininity. Formulate conclusions. (Oral presentation).

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources, as well as psycho tests.

**Theme 8. Environment, population and health**

1.Attentively learn lecture material.

2.Make and protect the project "Impact on the ecosystem related to health." An oral presentation and formulate conclusions.

**Guidelines for the assignment:**

 When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

Special mention should be on explaining the general approaches to the preparation of the project:

1. Always start with the selection of the theme of the project, its mission, purpose, type, number of participants.

2. Further, teachers need to consider possible options for problems that are important to investigate in the framework of the intended subject.

3. Search algorithm for solving the tasks set in the project.

4. Distribution of tasks in groups to discuss possible research methods, information retrieval, creative solutions.

5. Self-study of the project participants in their individual or group research, creative tasks.

6. Protection projects.

8. Team discussion, conclusions.

Protecting groups of the projects in the form of presentations and business games, trainings and other. In order to make their projects more vivid and interesting students selected visual material, video material.

 Thus, each student equally responsible for the project and must submit the results of their work. Student Activities is focused and intelligent character.

**Theme 9. Subject Culture and Health**

1.Attentively learn lecture material.

2.Make case study on "The impact of culture on cardiovascular disease." An oral presentation and discuss the findings.

**Guidelines for the assignment:**

 When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

In compiling case studies you have to describe the real situation, explore it, understand the essence of the problems, propose possible solutions and choose the best of them.

 The case is based on the real factual material or close to the real situation. In this case you can use as a structured case studies, involving a certain number of correct answers, and

Unstructured cases does not preclude a finding of non-standard solutions.

Theme 10. The influence of culture on the views and beliefs related to health and disease

1.Attentively learn lecture material.

2.Write an essay on the example of cultures living in the Republic of Kazakhstan: "Cross-cultural study of attitudes to the disease." An oral presentation and discuss the findings.

Guidelines for the assignment:

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources. In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others.

**Topic 11. Culture and physical health**

1.Attentively learn lecture material.

2.Make a case study on "Culture and the concept of the body." An oral presentation and discuss the findings.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

 In compiling case studies you have to describe the real situation, explore it, understand the essence of the problems, propose possible solutions and choose the best of them.

 The case is based on the real factual material or close to the real situation. In this case you can use as a structured case studies, involving a certain number of correct answers, and

Unstructured cases does not preclude a finding of non-standard solutions.

**Topic 12. Culture and Mental Health**

1.Attentively learn lecture material.

2.Make case - studies on the theme of "Culture and suicidal behavior." An oral presentation and discuss the findings.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources.

 In compiling case studies you have to describe the real situation, explore it, understand the essence of the problems, propose possible solutions and choose the best of them.

 The case is based on the real factual material or close to the real situation. In this case you can use as a structured case studies, involving a certain number of correct answers, and

Unstructured cases does not preclude a finding of non-standard solutions.

**Theme 13. Psychopathology in different cultures**

1.Attentively learn lecture material.

2.Write an essay "Problems of norms and pathology in different cultures." An oral presentation and discuss the findings.

**Guidelines for the assignment:**

When performing tasks Theme of Self-work**,** refer to the list of recommended literature and Internet sources.

 In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others.

Theme 14. Cross-cultural studies of pathological behavior

1.Attentively learn lecture material.

2.Write an essay "Cultural differences in relation to psychopathology." An oral presentation and discuss the findings.

Guidelines for the assignment:

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources. In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others.

Theme 15. Cross-cultural psychotherapy

1.Attentively learn lecture material.

2.Write an essay, "The treatment of pathological behavior in different cultures."

Guidelines for the assignment:

When performing tasks Theme of Self-work, refer to the list of recommended literature and Internet sources. In carrying out doctoral essay will perform the following activities: a plan of the essay; selected sources to collect and analyze data on the problem; organize and analyze the information gathered on the issue; present the analysis with their own conclusions and proposals. Depending on the form of the essay topics vary. This could be an analysis of available statistical data on the problem under study, the analysis of material from the media and a detailed analysis of the problem situation with detailed views, selection and detailed analysis of examples to illustrate the problem, and others

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## Main Bibliography

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2.Berry, J. W. [The Directories of Cross-Cultural Psychology (1968-1970): Building a Network](http://scholarworks.gvsu.edu/orpc/vol1/iss1/4).

3.Hofstede G. (1984) Culture's consequences: international differences in work-related values. - Beverly Hills.

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**Additional Bibliography**

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Canada. Ltd.

2.Valsiner J. Culture and its Transfer: Ways of Creating General Knowledge Through the Study of Cultural Particulars.

3.Welzel, C., & Inglehart, R. (2011). Values, agency, and well-being: A human development model. Social Indicators Research, 97, 43-63.

4.Welzel, C., Inglehart, R. & Klingemann, H. (2003). The theory of human development: A cross-cultural analysis. European Journal of Political Research, 42, 341-379.

5.The Online Readings in Psychology and Culture. International Association for Cross-Cultural Psychology [http://scholarworks. gvsu. edu/orpc/vol1/](http://scholarworks.gvsu.edu/orpc/vol1/); <http://dx.doi.org/10.9707/2307-0919.1010>

***Internet resources***

1. http://www.azps.ru
2. http://www.koob.ru/
3. <http://www.psychology.ru>
4. <http://www.flogiston.ru>
5. www.gumer.info