

incompetent or maybe even uneducated by their coworkers. This fear, that grows quietly, makes communication at workplace strange and sometimes tense. People are not afraid because they lack certain skill. Still, every mistake is a teacher, even the silly ones. It could be seen as a starting point for self-development and a professional growth. The wrong word said in a meeting or some grammar mistake made in a business letter might be quite helpful when a person devotes time and effort to identify and correct them. It is true to the situation when learning a new language or even just new office jargon, this could happen repeatedly.

Overthinking our mistakes helps us see what to fix and why we must fix it. Saying sorry at work and repairing an error shows maturity and a kind of emotional cleverness. Mistakes are not enemies; they are slow teachers, and we should learn from them for real professional growth.

To sum up, breaking down the language barrier in professional communication is a complex process that requires patience and purposefulness. Upon finding based on evidence that the primary challenges do not stem primarily from limitations in vocabulary or grammatical knowledge, but rather from the trepidation about making errors. In such case, a person should not consider mistakes as the main thing; what truly matters is how your colleagues understand your train of thought correctly.

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ABRAHAM MASLOW AND HIS THEORY OF HUMAN NEEDS IN PSYCHOLOGY

С. Цимбал

АБРАГАМ МАСЛОУ ТА ЙОГО ТЕОРІЯ ПОТРЕБ ЛЮДИНИ В ПСИХОЛОГІЇ

When you start learning about psychology, Abraham Maslow is a name that comes up pretty early. He was one of those thinkers who really changed how we look at why people do what they do. His ideas about motivation and what drives us as individuals are well known worldwide. Maslow had this interesting perspective: he believed psychology should not just focus on mental illness or problems. He thought it should also pay attention to the good stuff: what makes people grow, why they get creative, and that deep urge they all have to actually become who they are capable of being.

Maslow was born in 1908 in America, though his parents were immigrants from Eastern Europe. As is well known, his childhood was not exactly easy. He was pretty lonely, had few friends, and spent a lot of time with his nose to books. That solitude pushed him toward learning, and eventually, that curiosity led him straight into psychology. However, he did not start there because he actually enrolled in law school first. Moreover, it did not take him long to realize that law was not his thing and that psychology was where his heart really was. He ended up at the University of Wisconsin, where he dug into psychological science and new research methods. While he was there, he worked with Harry Harlow, a psychologist known for his experiments on social behavior and attachment in monkeys. That experience clearly left its mark on Maslow.

Now, the thing Maslow is most famous for is his hierarchy of needs. It is one of those theories that makes intuitive sense once you hear it. He broke down human needs into different levels and argued that we tend to focus on the most basic ones first. Only when those are taken care of do we start worrying about the more complicated, higher-level stuff.

At the very bottom, the first level, are physiological needs. This is the survival stuff, including food, water, sleep, and breathing. If an individual is hungry or exhausted, it is hard to care about much else. That is his point.

Once those are covered, a person may move up to the second level: safety needs. This is about feeling secure, having a roof over one's head, being healthy, having some financial stability, just feeling like the world will not collapse tomorrow.

The third level is all about belonging. Humans are social creatures, and they need connection, i.e., friendship, family, and belonging to a group that cares about them. Without that, things can feel empty.

Then comes the fourth level, esteem needs. This is about respect, both from others and from oneself. Individuals want to feel confident, want their work to mean something, and want others to recognize what they have done. It is that sense of "I matter".

Moreover, finally, at the very top, is self-actualization. This one is harder to pin down, but it is basically about becoming the fullest version of a personality. It is when a person is focused on personal growth, creativity, chasing goals that feel truly meaningful. It is not about fame or money; it is about realizing one's own potential.

Maslow himself knew the hierarchy was not some rigid rulebook. He understood that life is messy, and people's needs do not always show up in that exact order. Someone might be struggling financially but still feel a deep need for creative expression. Even with its exceptions, the model offers a really useful way to think about human motivation.

Honestly, Maslow's ideas have stood the test of time because they are so relatable. They explain that tension we all feel between wanting safety and stability on one hand, and wanting to grow and become something more on the other. It is a simple framework, but it applies to real life in ways many psychological theories do not. That is probably why we are still talking about him today.

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STUDY OF THE CONTEMPORARY INTERACTIVE FORMATS IN MEDIA

Н. Крикля

ДОСЛІДЖЕННЯ СУЧАСНИХ ІНТЕРАКТИВНИХ ФОРМАТІВ У МЕДІА

Interactive media can be considered an innovation in the media world. It is a field that is fundamentally changing how we consume information and, in itself, expanding the possibilities of the established media.

To understand interactive media, we should look at the difference between passive and active consumption. In traditional media, the user is a viewer or a reader, but still, someone who receives information. However, when a person experiences interactive media, they become a participant.

The foundation of how it works is the collaboration between a human and a machine. It is impossible to imagine even something as basic as clicking a button or moving a character, and the system responds. Because of this, because of enforced user agency, or the power to influence the outcome, interactivity becomes powerful and, truly, an essential advantage of interactive media.

There are several categories of interactive media. While video games are the most famous type, more popular and widely used ones include interactive websites, social media apps, and even educational software. Some researchers suggest that any platform where the user's choice alters the experience can be interactive.