

EDITORIAL NOTE

Health and social sciences are intimately linked because they are based on human interactions that are both context, tool, space and opportunity to learn, act, create, influence, and etc.

In this new volume of the Journal the authors of most articles do not link these mentioned above areas, but discuss actual topics that are complex, such as the use of ICT in teaching students English at school, family and career reconciliation, and relationship between leadership and values. One article is focused self-education for healthy life-style.

The value of education is stressed upon us from an early age – starting with our teachers pushing us to achieve higher grades, to our parents' desire for us to continue on to college. Thus all articles in this new issue are related to learning, no matter what environment or space is organized and whoever is leading it. All authors agree that learning is a driving force, regardless of scientific discipline or profession.

What highlight authors of articles?

- Realizing and accepting the fact that ICT and IT in general have become a part of our everyday life, one cannot ignore the importance of it in the field of education. Systematic monitoring and evaluation of the implementation of ICT in education in order to assure its effectiveness as a tool that acts as an aid for not only the pupils but also the teachers should also become an average and a normal part of the educational system. It should be viewed as a means of improving the lesson and as a means of support for those pupils who are in serious need of it. It is unclear what the future of education holds for us, nevertheless we can be certain that Information Technology and ICT will not vanish any time soon.
- Advantage of one of IT tools could be taken for family and work reconciliation. It allows more flexibility in terms of working hours and teleworking as well as tele-counseling could be considered to make career guidance more accessible for young families.
- Career counsellors confirm doubts expressed by parents that employers are not willing to employ young people who are planning to have a baby or already have one. Even though employers say that competency at workplace is more important than family

status research results reveal that this attitude might still demonstrate the lack of family friendly culture on all levels, i.e. personal, institutional and national. Nevertheless, the importance of personal need identification was clearly pointed out by all research participants: parents distinguished it as a tool buffering potential internal family conflict, employers see this as an easier way for employee to stand up for his needs, especially when decisions must be made, and, finally, career counsellors point out that this identification must be made while children are small and at the most vulnerable.

- The need for negotiation and sharing is of great importance so that all target groups participating in the process of family and work reconciliation would share, discuss and be open about their needs, expectations, challenges and other issues important for common welfare.
- Today there is widespread lack of confidence in leadership, in business, government, education and elsewhere. Every leader needs to regain and maintain trust. Positive values based leadership goes beyond leveraging strengths and making meaning. Values based leaders who engage their employees and help them flourish in life. And for their institutions / organisations they boost productivity, creativity and financial returns. Values based leadership may not be a cure for everything that ails us, but it's definitely a good place to start. But leading and evaluating success based on values is the best way to build a high-performance culture in organisation.
- Self-education for healthy lifestyle is defined as a process oriented not only to the conscious and purposeful preservation and enhancement of personal health, but also to personal development and improvement. For the conceptualization of self-education for healthy lifestyle construct, it is best to choose the health (self)education theories that are related to the individual level, emphasizing the person's knowledge and experience, attitudes and motivation for change, the ability to realize and manage this change, to develop and maintain socially important relationships for the self-education process. The Self-Determination Theory reveals the trends of personal development and calls it eudaimony or a path of life based on the satisfaction of general personal psychological needs - autonomy, competence and connection, as well as the pursuit of inner goals and universally recognized values. Realized and satisfied natural psychological needs encourage person's inner energy, internal motivation associated with person's native inclination for development. In pursuit of personal development

and health-oriented goals, a person finds a sense of meaning in his or her activity and experiences a state of well-being.

I wish you an interesting reading.

ŽYDŽIŪNAITĖ Vilma

PhD, Professor (Social sciences, Education, and Health sciences, Nursing)

Chief-in-Editor of the Journal “Applied Research in Health and Social Sciences: Interface and Interaction”

Klaipėda State University of Applied Sciences, Lithuania