

Crucial experience as a unit of the personality analysis

A.U. Uzikova

Master of Psychology Department at Saint-Petersburg State University
alterabsence@gmail.com

The analysis of the international and domestic scientific literature on the problem of the Experience Psychology is performed. The definition of the «crucial experience» by L. S. Vygotsky is underlined in the article. Also, the analysis of biography and autobiography of famous people was done. A method of the analysis of the crucial experiences based on essays «The important experience in my life» was developed. A pilot research among school and university students was made on the basis of this method. In addition, the biographic analysis of life experience descriptions and essays, which was focused on extraction of important experience-memory of adults, made it possible to identify some characteristics of the crucial experience. In conclusion, the practical recommendations are made to improve instructions for the mentioned method.

Key words: crucial experience, important experience-memory, biographic method, personality development.