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**Psychological features of adult training in distance and mixed formats.  
Border aspect.**

Under condition of possible sharp exacerbation of the spread of COVID-19 coronavirus disease in Ukraine in the system of modern psychological and pedagogical education the issue of combining distance and mixed formats in the learning process is quite relevant. Being an independent state our country has become accustomed to the system of education in an ordinary format so with the threat of COVID-19, with the closure of higher education institutions, schools in quarantine there was an urgent need to restructure the format of new knowledge and quality control.

In the system of modern psychological and pedagogical education, various Internet platforms have begun to develop very intensively through which tutors and teachers have the opportunity to transfer knowledge remotely and assess the degree of their acquisition. In addition, the leading Ukrainian teachers have made significant efforts to create a number of educational projects on television, presenting new material in an accessible and visual form, combining its presentation with “engines” (a series of moving exercises for 5-7 minutes that help to restore attention, concentration and contribute to better and more efficient brain function).

At a time when schools and civil educational institutions have been closed for quarantine and could afford to conduct classes in a distance format, higher military educational institutions (hereinafter - HEIs) which are not only educational institutions but also military units due to the specific tasks which they perform could not afford to switch to 100% distance learning format. In this regard, there is an urgent need to use a mixed format of classes with cadets.

A mixed format of cadets` training have been widely used in the National Academy of the State Border Guard Service of Ukraine named after Bogdan Khmelnytsky (hereinafter - NASBGSU) in the process of training of the future border-guard officers in quarantine restrictions. The specifics of training in HEI (to which NASBGSU belongs) is the presence of a military component, namely the need for marching drills, physical training and basics of security and the use of force, fire training, practical training in general tactics, border service tactics, border control, military topography, protection against weapons of mass destruction, dog-breeding, basics of tracing, etc. Theoretical classes (group, seminar) in NASBGSU have been conducted in specialized classes by tutors in compliance with quarantine requirements (tutors have been in the classroom in masks and protective shields, cadets - in masks). Lectures have been held as follows: there is a teacher in one study group; the other study groups have been connected via the Internet using Zoom or Google Meet. Study groups have been in their classrooms to avoid crowds. Practical classes have been held in fresh air at the Field Center for the Educational Process Provision, which is

located on the outskirts of Khmelnytsky. Fire training classes have taken place on a specialized shooting range equipped with targets for both small arms and group weapons` shooting. Marching drills have been held with cadets on the marching place. The presence of a virtual modular environment in the NASBGSU, which is constantly being filled by the scientific and pedagogical staff of HEI, allows the future border-guard officers to acquire new knowledge during self-training qualitatively. Thus in a relatively short period of time the NASBGSU have managed to significantly reform the educational process taking into account all the psychological and pedagogical features while maintaining the necessary components of the curriculum.

In the conditions of strict quarantine restrictions (during stay in a "red" zone) all classes, except practical ones have been carried out remotely, without contact of tutors with cadets. The cadets have been transferred to the barracks regime (only their course officers have contacted them). With the weakening of quarantine requirements, ("yellow", "green" zone) classes have been held in a mixed format.

A number of restrictions which have been imposed during the stay in the "red" zone included restrictions on cadets' communication with their relatives and friends (cadets have been forbidden to be dismissed in Khmelnytsky), only transfers and parcels have been allowed to obtain at the NASBGSU checkpoint after their preliminary disinfection by the health service. Of course, the presence of certain restrictions on the movement of cadets, the lack of opportunity to communicate with civilians in Khmelnytsky had an impact on their moral and psychological condition. In this regard, the psychologists of the faculties, the officers of moral and psychological support department have actively worked with the future border-guard officers.

Thus, the use of a mixed format of classes taking into account the psychological and pedagogical aspects of HEI made it possible to conduct both theoretical and practical classes, educational activities and activities for moral and psychological support that is a part of a continuous and holistic model of the future border-guard officers` training.