

## **EFFECTIVE ADAPTATION OF FIRST-YEAR STUDENTS AS A WAY TO ACHIEVE QUALITY OF LIFE**

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**Abstract.** The authors of the article consider the problem of student's effective and quick adaptation to the university life as a key to achieving quality of life and successful well-being in the future. Some tips for better adaptation from the authors' personal experience are presented.

**Key words:** adaptation, socialization, student, higher education, life-long learning, foreign language, emotional intelligence, quality of life, professional self-determination.

## **ЭФФЕКТИВНАЯ АДАПТАЦИЯ СТУДЕНТОВ ПЕРВОКУРСНИКОВ КАК СПОСОБ ДОСТИЖЕНИЯ КАЧЕСТВА ЖИЗНИ**

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**Аннотация.** Авторы статьи рассматривают проблему эффективной и быстрой адаптации студента к университетской жизни как ключ к достижению качества жизни и успешного благополучия в будущем. Приведены некоторые советы по лучшей адаптации, основанные на личном опыте авторов.

**Ключевые слова:** адаптация, социализация, студент, высшее образование, обучение на протяжении всей жизни, иностранный язык, эмоциональный интеллект, качество жизни, профессиональное самоопределение.

It goes without saying that the first year of study is one of the most exciting and difficult at any university the Russian or the foreign one. The changes that the

former schoolboys and schoolgirls face with are usually very dramatic and the purpose of the university faculty members is to help the freshmen adapt as quickly and effectively as it is possible. In our modern life, we often forget that our goal is not only to learn, to earn money and keep our body in good shape, but also to find satisfaction from life. The authors of the article strongly believe that any man is born for happiness. And the students' life is really one of the most exciting and happy life periods. So, if former school graduates quickly adapt to the new conditions of study and communication, very often to a new place of residence (for those who came from villages or other cities), it promotes the achievement of their self well-being and quality of life in any sphere of activity [1], [2], [8].

If the university adaptation is successful and the quality of life is achieved at during this period, the further professional career and personal development of a future specialist will be more effective [4], [9]. Quality of life is sometimes called happiness, and consists of three components: life satisfaction, the presence of the positive mood and the ability to cope with difficulties without negative emotions. Such an approach is based on the emotional intelligence and empathy [3], [11-14].

Adaptation in the general sense is considered as the readiness to adapt to changing external and internal variables [6], [16]. The biological and psychological aspects are identified in the human adaptation process. The biological aspect includes the adaptation of the organism to stable and changing environmental conditions. The psychological aspect of adaptation is the adaptation of a person to exist in society in accordance with the requirements of this society and with the individual's own needs, motives and interests. The process of an individual's active adaptation to the conditions of the social environment is called social adaptation. It is also carried out through the assimilation of ideas about the norms and values of this society. The main manifestations of social adaptation include: interaction (including communication) of a person with other people and active human activity. The adaptation of students to higher education is a complex and multi-factorial process, the study of which must be built in line with an integrative approach.

The main content of the adaptation process of first-year students can be defined as: mastering new educational norms and rules; attitude to the profession; adaptation to a new type of educational team; teaching new types of scientific activity; adaptation to new living conditions in student dormitories, new models of student culture; mastering skills of achieving the quality of life.

The success of adaptation presupposes the student's readiness to overcome various difficulties that will arise in the process of learning and communicating with classmates. Also, for successful adaptation, it is necessary to demonstrate the active position of the student, i.e. the student must find and choose for himself ways and ways to achieve this or that educational goal. The better a student understands why and for what he may need knowledge for a future profession, the better he will study. The level of a student's ideas about the profession (adequate or inadequate) directly correlates with the level of his attitude to study: the less a student knows about the profession, the lower his positive attitude to study.

The authors of the article being the Master degree student and the Post graduate student and having overcome all stages of adaptation in the Bachelor course, think it possible to share their advice and give some tips for the successful adaptation.

- Get to know your fellow students, with whom you will have to maintain pleasant communication for at least the next 4 years.

- Establish contact with the faculty members, at the same time write notes, do not miss the classes, actively participate in the discussion of the topic of the subject and demonstrate the interest in studying. But you should do it sincerely. Faculty members are experienced enough to distinguish sincerity from flattery [7].

- If the subject really interests you try to start scientific and research activity. Write articles, participate in the conferences, apply for scientific and mobility grants. This will promote on the one hand, the ability to conduct deeper research; on the other hand, it will facilitate the development of interpersonal relationship skills.

- Become a member of a trade union, student council; take an active position in the chosen social direction.

- Participate in events, noticeably expanding the circle of new and useful acquaintances.

- Determine the circle of like-minded people with whom it will be comfortable in the future and easy to communicate, then unobtrusively go for rapprochement.

- Maintain friendly relations with the curator of the group, a mentor who, if necessary, will help solve any problem and answer your questions.

- To act as an initiator, but not to impose your unconditional opinion on the team, to be able to compromise in communication.

- Start learning foreign languages. Even though universities cut down the number of contact hours for learning English or German, there are usually additional courses for those who want to develop their foreign language communication skills [5], [10], [15].

- Determine your priorities and adjust to the balance between study and extracurricular activities. Take enough time to fulfill your academic duties, but do not forget about your interests and development. Modern universities provide various types of activities: singing, dancing, humor competitions, sport events, declamation competitions, etc.

- Learn the site of the university carefully. Modern sites are really informative and have such a helpful section as “The Students’ Office”. This section will help to register different documents and to solve various problems.

- Bear in mind that the university is not only lectures, seminars and research. It is also a huge opportunity for social, cultural and sports life. A bright student life is the key to expanding horizons and developing useful skills.

Following these tips you will be able to improve the quality of your life, because you will find the meaning in it. The main thing is to find something that brings joy and satisfaction. To successfully adapt and improve the quality of life, you need to learn how to find a balance between studies, personal life, leisure, health, and

hobbies. The main thing is not to forget that our life is not only studies, work and money, but also the meaning that we choose ourselves.

The faster a student can adapt to a new cultural and educational environment, the more qualitative and meaningful his life is going to be.

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