

ADAPTATION FEATURES OF 1ST YEAR STUDENTS

Rotko A. V.

Scientific supervisor: Alokхина N. V.

National University of Pharmacy, Kharkiv, Ukraine

alexinanata76@gmail.com

Introduction. Adaptation of a student to new learning conditions is the key to the development of a future professional. First-year students experience a range of problems associated with the lack of psychological readiness for training at a higher educational institution, breakdown of the previous attitudes, skills, habits, values as well as with the inability to perform independent psychological regulation of their activities and behavior.

Aim. The purpose of the research is to describe the features of the first-year students' adaptation to studying at a higher educational institution.

Materials and methods. The methods of theoretical analysis of academic literature have been used.

Result and discussion. Adaptation of students to training at a higher educational institution is an intense, dynamic and complex process which enables the individual to acquire lasting skills to meet the requirements for training and education at a higher educational institution on the basis of appropriate adaptive responses. Often, this process can take from 1 to 6 months. Researchers distinguish three forms of adaptation to training at a higher educational institution. Formal adaptation concerns cognitive and informational human adaptability to the higher educational institution structure. Social adaptation is a process which allows for establishing contacts in a team. Didactic adaptation consists in preparing students for new forms of learning at a higher educational institution.

The adaptation period of a freshman is characterized by certain specific features due to the fact that the student is experiencing a crisis related to the period of transition from childhood to adulthood. The main signs of disrupted adaptation in a freshman include lack of independence, reduced self-esteem, social anxiety, lack of confidence in communication, shyness, feeling of passivity and uncertainty.

Conclusions. Successful adaptation of the first-year students to the training at a higher educational institution requires creating the necessary pedagogical and psychological conditions within the educational process.