



**Program**  
**of adaptation of international students of the 1st year**  
**Adam University School of Medicine**

**I. Introduction**

Adam University School of Medicine (hereinafter referred to as SM AU) annually receives mostly foreign students to study from near and far abroad. Teaching foreign students has its own traditions.

In addition to the educational, methodological, organizational tasks that arise in connection with the arrival of foreign students, psychological problems are also found that need to be paid attention to. Every foreign student experience, after arrival, in one way or another, a "cultural shock" that occurs when a person enters a different cultural environment that is different from his native one. Foreign students who come to study at SM AU should adapt not only to the university as students, but also to life in another country: to its culture, traditions, the existing generally accepted system of norms and values. Therefore, we believe that timely assistance in adapting foreign students to the new educational and cultural environment is an important task of our university. From solving this problem, from providing foreign students with a real opportunity to participate in the social, cultural, mass, sports life of the university, the prestige of SM AU will strengthen. Attracting foreign investments to the university's budget in the future largely depends on how comfortable foreign students feel today within the walls of Adam University. International students are potential partners in the field of medical education. And today, on the basis of student friendship, future business relations and contacts are being established, ready to build relationships based on mutually beneficial cooperation.

**Practical goal:** to create favorable conditions for the adaptation of foreign first-year students to life and study at SM AU, to form a cultural environment, an atmosphere of unity, friendship, cooperation and creativity, genuine hospitality.

**Educational goal:** international education of students, preparation of youth for intercultural interaction, education in the spirit of internationalism, culture of peace and mutual understanding.

**Object:** international students studying at SM AU.

**Subject:** pedagogical conditions of the process of adaptation of foreign students to life and study at SM AU.

### **Tasks:**

- Assistance to foreign students in adapting to life in Kyrgyzstan and studying at Adam University;
- Involvement of foreign students in social and cultural life at Adam University;
- Familiarization of foreign students with the spiritual and cultural heritage, historical heritage of the Kyrgyz Republic;
- Foreign students gain experience in building relationships with representatives of other countries and cultures on the basis of equality, respect, justice and cooperation;
- Acquaintance and mastering of ethical standards of behavior of a future medical specialist.

**Practical dependence:** Successful implementation of the adaptation program will contribute to the formation of a positive image of SM AU and the university as a whole as reliable and serious partners, the development of partnerships in the field of education in the future.

## **II. Theoretical foundations of the program**

### **The process of adaptation of international students includes:**

1. **Didactic or academic adaptation** - adaptation to new forms of organization of the educational process adopted in our university, providing psychological readiness for educational activities in a new socio-cultural environment.

2. **Psychological adaptation** - foreign students have individual psychological characteristics that can also manifest themselves in the adaptation process.

The factors that worsen adaptation should include a lack of information. This factor is the main cause of maladaptation. It is because of the lack of information that emotions can turn on and stressful states can begin.

Internal factors that facilitate adaptation include: human experience, especially in overcoming difficulties, good health and strong-willed qualities.

**For example, academic adaptation involves the purposeful work of the teaching staff to minimize psychological stressors.** The correct organization of training sessions, the establishment of a comfortable microclimate in the classroom, the establishment of a comfortable microclimate in the study group, etc. have a positive impact on the adaptation processes. The main indicator of a person's adaptability is emotional states. Positive emotions that a person experiences in relationships with friends, household sphere, satisfactory well-being, a sense of spiritual comfort - all these factors of personality adaptability. They can act as criteria for diagnosing the effectiveness of the personality, the established system in working with foreign students. Thus, in order for adaptation to be effective and difficulties arising during this period to be minimized, foreign students should have sufficient information on accommodation and training. Relations with teachers and students of the university should be trusting and friendly.

**For these goals, the SM of AU fulfills a number of conditions:**

1. Availability of highly qualified professorial and professional staff. Success in learning is not so much an indicator of the general giftedness of a foreign student or listener, their high ability to work, but also an indicator of adaptability.

2. Teachers authorized to work with foreign students working in an international audience, as well as dean's assistants, must have political and cultural competence, which includes: knowledge about the socio-cultural characteristics of students, socialization, socio-demographic, paralinguistic, non-verbal means and kinetic features of communication with representatives of other cultures, as well as the ability to practically apply this knowledge.

3. The availability of modern educational and methodological support in the educational process, the availability of recommendations for optimizing the learning and upbringing process in the conditions of interaction between representatives of different cultures.

4. Availability of accessible, reliable and adapted information about living conditions in Kyrgyzstan and studying at Adam University; about the history of the country, its customs, life and customs of the Kyrgyz.

5. Availability of a developed leisure system. Ensuring the participation of foreign students in cultural and leisure and sports and recreation events held at the SM of AU, as well as classes in sports sections and in various circles.

6. Monitoring of the adaptation of foreign students to the conditions of study at the SM of AU.

### **Practical foundations of the program**

Oral surveys of foreign students who have arrived to study in our country at our university are conducted about certain difficulties in adaptation. The program is implemented during the academic year, its implementation includes the following stages:

#### **1st stage: Informational and introductory:**

- acquaintance with the traditions of Kyrgyzstan;
- familiarization with the rules of stay and accommodation in the Kyrgyz Republic;
- familiarity with the organization of the educational process at SM of AU;

#### **2nd stage: Cultural and historical:**

- acquaintance with the history of KR;
- acquaintance with the attraction of KR;
- acquaintance with the cultural life of Bishkek and Chui region;
- familiarization of foreign students with the customs, traditions, cultural features, national holidays of the Kyrgyz.

#### **Stage 3: Cultural and leisure and sports and wellness**

- participation in concert programs held at the university;
- participation in exhibitions and competitions held at the university;
- participation in projects, festivals, as well as creative evenings held at the university;

-participation in sports events held at the university.

### III. Methodological principles of the program implementation:

- Social adequacy of education (interrelation of educational tasks and tasks of social development of a democratic society; coordination of interaction of various social institutions; providing a complex of social and pedagogical assistance, taking into account various factors of the surrounding social environment);
- Creating an educational environment (highlighting the dominant goal of the team; determining the leading activity; forming a positive attitude to creativity; Having a "relationship of responsible dependence")
- Cultural conformity (orientation to universal and national values, consideration of national and ethno-cultural characteristics, tolerance to other cultural forms of life, etc.
- Collective creativity (common concern, cooperation and co-creation, unity of thoughts and actions, will and feelings, creativity, not a pattern in activity, etc.)

### IV. Implementation of the program of adaptation of foreign students of the 1<sup>st</sup> year

No.	Events	Proposals for the implementation of the event	Deadlines for execution	Responsible performers	Примечание
<b>1. Social adaptation</b>					
1.1	Admission and enrollment of international students		July-September	International department, admission commission, departments	Admission of foreign students to the university
1.2	Organization of arrival and settlement of first-year international students	1. Organized meeting of students arriving at the University for the first time.  2. Prompt resettlement of foreign students in dormitories.	Upon arrival  upon arrival	Dean's Office, coordinators  Dean's Office, coordinators and Edu Medicine	
1.3	Formation of study groups and whats app groups for electronic mailings		upon arrival	coordinators, HR Dep.	
1.4	Meetings of the rector's office, dean's office, teachers of university specialists with first-year students		During academic year	International department, coordinators	

1.5	Familiarization with the rules and requirements of the educational process at the university	Conducting initial organizational meetings with foreign students in order to: 1. Familiarization of first-year students with the internal regulations, rights and obligations of students	upon arrival	Dean office	
1.6	Organization of cultural and leisure activities of foreign students	1. Organization of excursions for foreign students in the Kyrgyz Republic  2. Involvement of students in the cultural, leisure and sports life of the university  3. Involvement of students in the work of student self-government bodies.  4. Organization of work to promote a healthy lifestyle: -conducting a cycle of thematic conversations, preventive measures that contribute to the prevention of HIV and AIDS and other diseases  5. Involvement of first-year students in the donor movement: -agitation and promotion of voluntary donation; -participation in donor campaigns	November January May  Constantly  Constantly	Dean's Office (Deputy dean of organizational work) and Curators Dean's Office, Curators  Dean's Office, Curators	
1.7	Conducting student meetings at faculties and dormitories in order to identify existing problems with adaptation to the		Constantly	Int. dep., Deans office, Coordinators	

	educational process				
1.8	Individual work with students with low academic preparation for classes, finding out the causes of adaptation difficulties		During academic year	Curators, Assistants to the SM of AU, Dean, HR Department, Educational Department, Program Managers	Action plan, turnout lists, registration log for issuing student tickets
1.9	Conducting individual interviews with students who have arrears in subjects		During academic year	Curators, Assistants to the SM of AU, Dean, HR Department, Educational Department, Program Managers	Action plan, turnout lists, registration log for issuing student tickets
2.0	Identification of the main difficulties encountered by students when doing homework		During academic year	Curators, Assistants to the SM of AU, Dean, HR Department, Educational Department, Program Managers	Action plan, turnout lists, registration log for issuing student tickets

## 2. Psychological adaptation

2.1	Development and organization of activities focused on the development of socio-psychological and personal competence of international students	1. Psychological counseling for international students Individual and group counseling on: the organization of academic activities, team education, team development, cohesion, organization of life, interpersonal relationships, education, as also in crisis situations; 2. Pedagogical counseling, individual and group conversations about the organization of	On a regular basis	Dean's Office, coordinators	
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		academic activities, leisure time, social and welfare problems, etc. (Disagreements between students in the group, on a religious basis in connection with this rotation of students in groups) 3. Organization of group training and introductory activities for foreign students (trainings, workshops, lounges, on the preservation and regulation of mental and physical health).	On a regular basis	Dean's Office, coordinators	
			On a regular basis	Dean's Office, coordinators	
2.2	The prevention of disadaptation states	The formation and monthly updating of the data bank of foreign students in the group of social and psychological care, in the group of risk.	On a regular basis	Coordinators	
2.3	Linguistic assistance to psychological and pedagogical activities	Linguistic accompaniment of psychological and pedagogical activities during the solution of the individual problems of foreign students.	As required	Dean's Office Coordinators Student leaders	
2.4	Organization and maintenance of contact with relatives of international students	Communicating with relatives in troublesome situations (Talking to parents by telephone)	As required	Dean's Office Coordinators Student leaders	
<b>3. Intercultural adaptation</b>					
3.1	Creating the field for intercultural interaction	The implementation of the institution supervision on the Kyrgyz students over foreign students, the assignment of Kyrgyz students to groups of new foreign students for orientation in the city, at the department.	As required	Dean's Office, coordinators.	

**4. Intercultural interaction**

4.1	Development and strengthening of tolerant attitudes to representatives from foreign countries	1. Inclusion of activities reflecting the national traditions, history and culture of foreign students into the work plans of structural divisions of the university. 2. Organizing and interviewing Kyrgyz students about the traditions, customs, and peculiarities of the psychology of representatives of various foreign countries at Adam University.	On a regular basis  On a regular basis	Dean's Office, coordinators, library  Dean's Office, coordinators	
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4.2	Development and strengthening of tolerance of representatives to foreign countries of the mentality and culture of the students from other countries	<p>Interviews, additional information of representatives of foreign countries about the peculiarities of the country of education, national psychology and mentality.</p> <p>The preparation for the holiday event devoted to the Student Day (November 17).</p> <p>Organization and implementation of events on the Defender of the Fatherland Day: Preparation of newspaper walls;</p> <p>Organization of a festive event of the International Women's Day</p> <p>Nooruz Holiday Organization</p> <p>Congratulations with Pakistan's Independence Day</p>	<p>As required</p> <p>October</p> <p>February</p> <p>March</p> <p>March</p> <p>March</p>	<p>Dean's Office (deputy dean for organizational work) Coordinators</p> <p>Dean's Office (deputy dean for organizational work) Coordinators</p> <p>Dean's Office (deputy dean for organizational work) Coordinators</p> <p>Dean's Office (deputy dean for organizational work) Coordinators</p> <p>Dean's Office (deputy dean for organizational work) Coordinators</p>	
<b>5. Socio-psychological assistance during educational process</b>					
5.1	Cooperation with socio psychological centers for foreign students	1. Providing informational assistance for people who need it on the services of the psycho-social center.	As required	Coordinators	

		2. Accompaniment to the polyclinic.	As required	Nurse, Coordinators	
5.2	Consultation with faculty, teachers about the student's problems	Discussion of issues related to academic performance of international students, class attendance, individual problems and difficulties.	On a regular basis	Dean's Office, coordinators	
5.3	Linguistic accompaniment	1. Involvement of senior students with the problems of the adaptation of freshmen.	On a regular basis	Dean's Office, coordinators	
5.4	Promotion of professional adaptation of foreign students	1. Participation of foreign students in research work, programs and projects of key international organizations, international conferences.  2. Compulsory internships, pre-degree internships and other practical training on the basis of institutions of the Kyrgyz Republic.	As required  On a regular basis	Dean's Office, coordinators  Internship supervisor (dean), coordinators	
<b>6. Monitoring</b>					
6.1	Survey	Survey on socio-psychological adaptation, satisfaction with the educational process, social and welfare issues.	Constantly	Coordinators	
6.2	Assessment of international students during the semester	Performing dean's inspections of student attendance	Constantly	Dean, Vice dean for academic affairs, Coordinators	
6.3	Output of additional control of Russian language skills of foreign students.	Organization of control activities for assessing the Russian language proficiency of first-year students.	At the end of the academic year	The Dean's Office Coordinators Department of Humanities disciplines	

