

УДК 159.923-057.875:378

**PSYCHOLOGICAL CHARACTERISTICS  
OF MODERN FIRST-YEAR STUDENTS IN THE PROCESS  
OF ADAPTATION TO THE EDUCATIONAL ACTIVITIES AT  
HIGHER EDUCATIONAL INSTITUTION**

**Barsukova Zhanna Anatolyevna**

Могилевский государственный университет имени А. А. Кулешова  
(г. Могилев, Беларусь)

*В статье рассматривается психологический аспект формирования отношения студентов-первокурсников к учебным мероприятиям.*

**Ключевые слова:** студент-первокурсник, адаптация, эмоциональное и ценностное отношение к учебным мероприятиям, мотивация.

*Various aspects of the cognitive and personal sphere, the attitude of first-year students to educational activities (emotional and evaluative attitude to educational activities, to the chosen specialty, the predominance of internal or external motivation) are considered, which require consideration in the adaptation period to the educational space at higher educational institution.*

**Keywords:** first-year student, adaptation, emotional and evaluative attitude to learning activities, motivation.

In the process of psychological and pedagogical support in the adaptation of first-year students to the educational process at higher education institution, it is important for teachers to take into account the psychological characteristics of the modern generation, as well as to maintain or form a positive attitude to educational activities, future profession, and internal motivation of students, which can act as compensating factors for the success in educational activities.

Modern first-year full-time students of higher education are bright representatives of the “digital” generation. Unlike previous generations, currently schoolchildren who do not have sufficient life experience surpass the older generation in the ability to use the achievements of scientific and technological progress.

This situation imposes new requirements on teachers, including foreign languages. High erudition, willingness to cooperate, the ability to use modern information technologies, knowledge of age psychology, continuous professional development of teachers is the key to success in the formation of a future specialist.

The Internet makes it difficult for students to form theoretical and project thinking. Despite a sufficient level of erudition, clip perception and thinking, instability in concentration, even with good development of its switchability and distribution, make the modern generation of students less knowledgeable.

A large amount of information accompanying a modern person requires well-developed skills in finding the necessary information, processing, storing and transmitting it. The most successful modern generation of students copes with the search for information, in this regard, it is necessary to apply more widely in the educational process tasks that require information retrieval. The features of attention indicated above, characterizing in general a decrease in the ability to concentrate, the dominance of visual perception, necessarily require the introduction of new educational material in small portions using

visual images, followed by consolidation. But the clippiness of thinking makes it difficult for students to comprehend the information received. The use of reading, primarily in the native language, will help to develop the possibilities to analyze and synthesize any information. According to the results of the questionnaire described below, unfortunately, more than 44.4% of first-year students of the Faculty of Foreign Languages do not independently read additional literature, in addition to textbooks and recommended literature.

It is necessary to remember about the insufficient development of communication skills, the inability to express their thoughts clearly and distinctly in the process of oral and written communication. Therefore, it is necessary to pay attention to the fact that in modern conditions it is necessary first to teach how to express your thoughts in your native language, and only then teach how to do it in a foreign language.

The characteristics of the cognitive sphere also determine the personal characteristics of modern students: hyperactivity as a result of clip consciousness, a tendency to autism and introverted individualism, which also require consideration by teachers.

The experience of the first-year students in the process of adaptation to new learning conditions may be associated with a negative attitude to learning activities. Studying the attitude of students to educational activities, students of the Faculty of Foreign Languages were offered the methodology "My studies at the university" [1]. Under the attitude of students to learning activities we understand "a special kind of connection of the subject of learning with the activity being carried out, characterized from the emotional side by its acceptance or rejection, with the content – a system of motives and manifested in behavior through the results of activity" [1, p.160].

The survey was conducted in the middle of the adaptation period, after the fifteenth week of training, when students got acquainted with different types and forms of educational activities, their specifics in the conditions of higher education institution, took the course "University Studies" and the second intermediate certification. They had the opportunity, if necessary, to overcome the difficulties encountered in educational activities, and increase the rating marks.

The results of the survey indicate that, in general, the educational activity of first-year students arouses interest and desire to learn, accompanied by positive experiences: "I am interested in learning" – 100% of respondents answered "true" or "perhaps true". All students are quite satisfied with the level of professionalism of our university teachers. 88,9% of respondents are confident in the correctness of their professional choice, 11% would already like to

change the specialty they have chosen. In the educational activity of students, internal motivation prevails, which means a high level of cognitive activity, the coincidence of motive and purpose in terms of mastering educational material. Having met with the first difficulties in academic activity, 94,5% of students in general believe that they can overcome all difficulties in their studies. For only 5,5% of students, assessment is more important than knowledge.

Statistical processing of the survey results indicates the absence of correlations between the indicators of emotional and evaluative attitude to educational activities and the chosen specialty, motivation and the average score of intermediate certification, the total score based on the results of centralized testing and the score of the certificate of general secondary education, the score based on the results of centralized testing in the discipline “Foreign Language”. The only statistically reliable correlation was found: the higher the level of internal motivation, the higher the average score according to the results of intermediate knowledge control.

The improvement of the system of future specialists’ training should be carried out taking into account the characteristics of modern generation of students, which is significantly different from the previous ones due to rapidly changing living conditions.

## References

1. Voronina, O. A. Diagnostics of students’ attitude to educational activity / O. A. Voronina // Bulletin of VyatSU. 2008. – No. 3. – pp.159-163. – Access mode: <https://cyberleninka.ru/article/n/diagnostika-otnosheniya-studentov>. – Access date: 5.02.2023.