

The teachers of preparatory department conduct individual and group conversations about the rules of living in Ukraine, staying in the dormitory, studying at Vinnytsia National Technical University, the passport regime and others. Typically, the supervisor informs and advises students in sufficient detail on all the matters which occur, especially at the beginning of their staying in Ukraine.

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THE FEATURES OF EXTRA-CURRICULAR ACTIVITIES IMPACT ON THE ADAPTATION PROCESS OF TNTU FOREIGN STUDENTS

In modern conditions of society development it is quite important to establish an optimal balance between academic and non-academic activities in higher educational establishments. This is due to academic activities combined with non-academic

(extracurricular) ones could be seen as some factors of ensuring the students academic success. In addition, extracurricular work improves the adaptation process to studying conditions in higher educational establishments. This problem is especially important when it comes to the foreign students adaption.

At the beginning of 21st century this aspect has received a new impetus to study it due to the increased export of educational services (one of the priority areas of higher education), the internationalization of education and therefore it requires further research.

The optimal balance between the problems of studying and education has been a fundamental problem of pedagogy at different times. In particular, the famous psychologist K. Ushinsky thought that the leadership role should be given to education, not studying. He noted that without spiritual personal development all the actual knowledge of the particular studies are not useful and can even harm the individual and his/her environment [1].

The Law of Ukraine “On Higher Education” (Chapter VII; Article 41) states that educational process provides the ability to: obtain individual knowledge and skills in humanities, social, natural and technical sciences, intellectual, moral, spiritual, aesthetic and physical personal development [2].

Educational work with foreign students is related to the organization and participation in activities aimed at:

- reducing difficulties of adaption process;
- increasing motivation to study;
- improving the quality of studying;
- improving student educational achievements and discipline etc.

Extracurricular activities at TNTU are fulfilled in such areas as:

- 1) educational and scientific work;
- 2) organizational work;
- 3) civic and legal student education;
- 4) artistic and aesthetic work;
- 5) intellectual and spiritual education;
- 6) physical education and healthy lifestyle promotion.

Taking active part in the organization of extracurricular activities with foreign students of Ternopil Ivan Pul'uj National Technical University I have noticed some features of this type of work with foreigners:

1. It is known that the adaptation period of Ukrainian freshmen takes one semester – up to the first session. But it takes much more time for foreign students to go through the adaptation process. Therefore, it is considered to affirm the importance of educational work in the foreign students’ adaptation not only for freshmen, but also for students of senior courses.

2. “Cultural shock” – is a concept introduced by K. Oberg to point out the state of acute anxiety of the person caused by the unfamiliar social norms and social

cues. However, it should be noted that not all freshmen feel the “cultural shock”. First of all, it depends on the information which they’ve got about Ukraine and its culture before coming here, and how this knowledge corresponds to the reality after arrival in the host country. Secondly, even if the reality confirms the information they had before, the readiness (and willingness) to accept the reality varies greatly.

3. Duration of the adaptation process depends also on the personal qualities of each student. It can take from one month up to couple of months depending on the individual. Such personal qualities as friendliness, ability to respond quickly to the environment changes, a desire to learn a new culture and work with new people – are those personal qualities which play a very important role in the adaptation process. In addition, being involved in extra-curricular activities helps to raise the students self esteem. There are many students that feel worthless or that there is nothing they are good at. Students struggle with self esteem, and these activities are a way that they can build self esteem. Everyone wants to find something that they are really good at, and extra-curricular activities provide them with a way that they can get involved in something and really shine, giving their self esteem a boost.

Besides that, according to the information mentioned by students themselves, one of the factors that accelerates the adaptation process and facilitates socialization is the fact of having Ukrainian friends. In addition, it helps in linguistic adaptation and in getting known a new culture. To be a member of those organizations where also ukrainians work help to have Ukrainian friends. Foreign students of TNTU are members of such organizations as the European Youth Parliament (EYP, representatives from Ukraine), Global African Dialogue (GADO, Ukraine), “Students for Liberty” (USA), CACTUS (Community Action Ukrainian Style, Ukraine).

4. Passivity to participation in extracurricular activities. But here we are talking about two categories of students: the first one is passive because there is really no desire to participate in any activities not depending on what they will be about; the second one can be passive at the beginning because of fear or other people judgement but become active later. It is equally important to identify students who belong to each of these two groups. Because, if the first category remains passive throughout the period of study, the second one just needs extra work with them to be involved in the activities. Thus, the second category can become active after proper work to be done with it.

5. Senior students play a very important role in involving freshmen to various cultural activities. They give a proper example to freshmen, telling them about the importance of participation in different kinds of work at the university and not only telling but also being a role model showing what benefits it gives to students.

6. Self-organization. It is the undeniable fact that there are people who are active in social work regardless the country of residence been changed. In dealing with such students the main attention should be focused on future cooperation and supporting their work in a new environment. Thus, one of the foreign students of

TNTU is the founder of the International Students Forum which works successfully in Ternopil. The purpose of this organization is active youth intellectual and spiritual development and support. The Forum holds regular conferences, summits, meetings concerning main issues in social development, attracting new students to its activities.

Another example of students self-organization is national associations foundation such as Nigerian Students Association, Association of Congolese students, Association of Students from Cameroon. These organizations also enable first year students adaptation, help students in solving problems that arise during studying at the university, held various activities to support student cohesion in Ukraine, the development of cross-cultural interaction.

7. In most cases it is observed a tendency that students who are successful in studying are also successful and active in extra-curricular activities. They understand the relation between these two types of work: to study and get good marks, and to take part in other non-academic events. The relation is in the fact that a “good student” means that a student, besides having “A’s” and “B’s”, also participates in non-academic events, because the latter makes it possible the spiritual and personal development of students; forms necessary conditions to gain such personal features as team-work, creativity, confidence, hard-working and others – which will be useful in future life. In addition, it looks good “participation in non-academic events” on job applications and shows admissions officers and employers that such candidates are well-rounded and responsible.

8. Extracurricular activities also teach students how to communicate with different people, how to deal with each other which will be a good experience in future when they will have to communicate with new people and break down the barriers between people. And from the other side, students will be able to explore their physical, creative, social, political, and career interests with like-minded people. They will find friends, as trying something different may bring them in contact with people they didn't know who share their interests and curiosity.

So as we can see involving students to participate in various university activities contributes to their self-actualization and self-confidence in a new social environment and consequently to higher results directly in studying.

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