

What characterize international students from other sojourners are the academic goal and school environment. During cross-cultural adaptation processes various challenges they may face, such as finding living commendations, learning the academic culture and different education system, making new friends and developing a new social support system.

However, the most salient challenge for international students is to make a successful intercultural transition as quickly as possible and still remain focused on their academic mission. When failing in adapting to a new culture, international students may suffer both psychologically and physically, such as sleepiness, appetite disturbance, indigestion, physical exhaustion, homesickness, depression, disorientation, and feelings of isolation and alienation.

The adaptation problems vary among different international students and several factors have been indicated that influence their adaptation process, such as demographic factors, (age, gender, marital status, country of origin), individual factors (prior international experience, predicator knowledge, language competence students' goals, personality characteristics, such as self-efficacy, extroversion, sensitivity, flexibility, assertiveness), contextual factors (availability of resources, social support network, size of community, racial and ethnic diversity on campus). Those factors could also give insights to assist facilitate the cross-cultural adaptation process of international students. For example, host countries could provide social support network and international students could establish their goals and improve language ability.

In conclusion; to solve the mystery behind the social adoption of foreign students when it comes to organizational and educational activity, the higher institution should be able to inculcate various activities that maybe compulsory for foreign students to take part in as that could determine their progress in the system. Having an International club could go a long way in helping International students to achieve most of their goals. The club could be responsible for sports, tourism, information, counseling, government aids and student union government. In-depth analysis should be done as this topic is vital to the development of an institution. It is important to note that an institution policy governing foreign students is based on the countries educational system. Learning is complex, simple solutions are not realistic. Adaption is a process and should be considered as such.

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**Tochukwu Udeh**

Ternopil Ivan Puluj National Technical University, Ukraine

## **PROBLEMS OF INTERNATIONAL STUDENT ADAPTATION**

Adaptation to a new culture (sometimes referred to as “culture shock”) is one of the common problems facing International Students studying abroad. This is not only common to human beings but to every living organisms in general. The survivability of an individual depends on how comfortable she/he adapts to his or her environment. When students migrate abroad to study there are lots of factors to consider in this

journey to an unknown environment. They are not fixed and they often find themselves in one of those stages. These include:

1. Honeymoon stage in the beginning, when you are excited by the novelty of the situation and you know little of how things work in the new culture.
2. Disenchantment stage when you face the realities of the new culture.
3. Beginning resolution stage when you try new behaviors in order to fit into the culture.
4. Effective functioning stage when you become comfortable in the new culture.

These processes differ from one person to another based on the individual's personality. However, as a foreign student I had similar problem when I travelled for study abroad. But, I have always learnt that everything teaches and these are the common exigencies of life, and we have to face it, provided we are living for study in a foreign country. So, in my own perspective and experience I can summarize the problems facing international students' adaption in the following sub-headings:

1. Language Problem.
2. Financial Problems.
3. Health.
4. Subjective attitude to international students.
5. Reluctance to participate in school and class activities.
6. Administrative incompetency in handling students matter.
7. Psychological, physical and Emotional Disorders.
8. Lack of Motivation and Incentives.
9. Culture.
10. Learning System.
11. Starting Life all over again.
12. Transport System.

In conclusion, I believe that the solutions to the problems are not far-fetched. The parties involved must work hand-in-glove to see that cultural integration is promoted.

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**Геннадій Онищенко**

Дніпропетровський національний університет імені Олеся Гончара, Україна

## **РОЛЬ НАРОДНИХ УКРАЇНСЬКИХ ТРАДИЦІЙ У МОВНІЙ АДАПТАЦІЇ ІНОЗЕМНИХ СТУДЕНТІВ**

**Gennadiy Onyshchenko**

Oles Honchar Dnipropetrovsk National University, Ukraine

## **THE ROLE OF THE UKRAINIAN FOLK TRADITIONS IN THE FOREIGN STUDENTS' LANGUAGE ADAPTATION**

Як відомо, сьогодні до України прикута особлива увага всієї світової спільноти. В умовах зростаючої євроінтеграції, коли українська вища школа