

**“APPROVED”**  
**Vice-Rector for academic and  
administrative affairs of the IUK**  
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## **PLAN**

### **on the adaptation of foreign students to learning conditions in the ISM “IUK” of the Medical Faculty for 2020-2021 academic year**

Adaptation, as a person's adaptation to changing conditions of existence, is the key moment of his life. Disadaptation manifests itself in a feeling of internal discomfort, tension, feelings of anxiety, a decrease in the sense of self-worth and self-confidence, which blocks a person's ability to successfully interact with the environment and can serve as a mental health disorder.

Today, when Kyrgyzstan sets itself the task of achieving a highly effective result of close relations in the field of student exchange with other countries, especially with regard to the export of education, one of the most important tasks is the ability of

universities for foreign students to compete in education with universities in other countries by creating conditions for students contingent, conditions that stand up to competition.

Also, in the conditions of the current level of socio-economic development, the determining factor is the ability of a specialist to quickly adapt to the conditions of competition in professional activity.

At the same time, self-organization, entrepreneurial spirit, and sociability become the main personality traits.

Teenagers who come to a university often experience difficulties in establishing contacts with people around them and in a new environment, organizing their educational activities, and realizing the development of business qualities in themselves. The problem of the future successful educational and then professional activity of the student arises. These issues must be addressed immediately from the moment the applicant enters the university.

The success of their solution will depend on the coordination of the actions of the entire teaching staff. From the moment they enter the university, students are faced with a more complex curriculum, a new system of organizing theoretical and practical training, and are left without direct parental care. In this environment, they need the support of teachers, administration, public structures and senior students. There is a need to develop a system of consistent and purposeful activity of the educational sphere units of the technical school to adapt the new set of students.

## PLAN

### on the adaptation of foreign students to learning conditions in the ISM “IUK” of the Medical Faculty for 2020-2021 academic year

№	Events	Proposals for the implementation of the event	Deadlines	Responsible	Performance
<b>1. SOCIAL ADAPTATION</b>					
1.1	Arrival and resettlement of first-year foreign students	1. Organized meeting of foreign citizens arriving in the ISM for the first time at the airport and railway stations. 2. Prompt resettlement of foreign students in the hostel	On arrival  On arrival	Contractors, agents.	
1.2	Familiarization with the rules and requirements of the educational process in the ISM	Conducting initial organizational meetings with foreign citizens in order to: <ul style="list-style-type: none"> <li>• acquaintance with the structure of the ISM, youth organizations and self-government bodies,</li> <li>• conditions and requirements of the educational process,</li> <li>• internal regulations.</li> <li>• familiarization with the student's code (Students integrity code)</li> <li>• familiarization with the moral and ethical code of the ISM student</li> </ul>	On arrival	ISM Dean, Vice dean for academic and educational affairs, employees of the dean's office.	

1.3	Familiarization with the rules and requirements of living in the ISM hostel	Informing foreign students on the main issues of living in the ISM hostel: <ul style="list-style-type: none"> <li>• translation into Hindi, Urdu and English of the Hostel Rules,</li> <li>• meetings with the leadership of the university and hostel.</li> </ul>	During the year	Vice dean for academic and educational affairs, employees of the dean's office.	
1.4	Organization of cultural and leisure activities of foreign citizens	1. Organization of excursions for foreign citizens at the university, Bishkek and the Republic of Kyrgyzstan 2. Involvement of foreign students in the cultural, leisure and sports life of the university, faculties, dormitories. 3. Involvement of foreign students in the work of student government bodies.	During the year (on schedule)	Senior Curator, curators of groups.	

## 2. PSYCHOLOGICAL ADAPTATION AND SOCIO-PEDAGOGICAL SUPPORT

2.1	Development and organization of events aimed at developing the socio-psychological and personal competence of foreign students	1. Psychological counseling for foreign students. Individual and group counseling on issues: organization of educational activities, team development, cohesion, organization of life, interpersonal relationships, self-knowledge, self-development, self-education,	Regularly	Vice-Dean for academic affairs, Vice-dean for educational affairs, employees of dean's office, Russian and	
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		<p>as well as psychological support in crisis situations</p> <p>2. Educational counseling. Individual and group conversations on the organization of educational activities, leisure, social and everyday problems</p> <p>3. Conducting group training and introductory events for foreign students (trainings, workshops, interuniversity conferences, seminars, etc.) on adaptation problems, sessions, on promoting healthy lifestyles.</p>	<p>Regularly</p> <p>Regularly</p>	foreign language lecturers and teaching staff.	
2.2	Prevention of disadaptation	Accounting for foreign students prone to inappropriate behavior.	During the year (as problems arise)	Vice-dean for educational affairs, pedagog hostel teacher-organizer, employees of dean's office.	
2.3	Organizing and maintaining contact with relatives of foreign students	<p>1. Addressing relatives in problem situations.</p> <p>2. Sending letters of thanks to relatives for high academic achievements and participation in the life of the university and faculty.</p>	As needed	Contractors, agents, vice-dean for educational affairs, employees of dean's office.	

2.4	Prevention of offenses and violations of the rules of residence in a hostel and rented housing	<ol style="list-style-type: none"> <li>1. Acquaintance with the rules of residence in dormitories of the ISM "IUK", studying in English and in their native language for foreign students.</li> <li>2. Organization of interviews, lectures, meetings with employees of law enforcement bodies, lawyers.</li> </ol>	Regularly	Vice-dean for educational affairs, senior tutor of hostel, student council, group curators.	
2.5	Cooperation with specialists of the university medical center	<ol style="list-style-type: none"> <li>1. Provision of information assistance to those in need of medical assistance</li> <li>2. Escort to the "Vedanta" clinic</li> </ol>	During the year	Paramedic of the first-aid post ISM "IUK", group curators, group leaders, employees of dean's office.	
2.6	Consultation with academic staff	Discussion of problematic issues related to the academic performance of foreign students, their living conditions in a hostel, attendance at classes, individual problems and difficulties.	Regularly	ISM Dean, Vice-Dean for academic and administrative affairs, heads of departments, employees of dean's office.	
2.7	Support for youth projects and initiatives	1. Providing assistance to youth projects and initiatives aimed at social relations of the ISM	During the year	Vice-dean for educational affairs, Student	

		students with students of other countries and republics 2. Providing assistance to youth projects and student initiatives.		council, senior curator, curator of groups	
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### 3. INTERCULTURAL ADAPTATION AND INTERACTION

3.1	Formation of a tolerant attitude of representatives of foreign countries to the mentality, culture and national psychology of the country of their stay and study in the Kyrgyz Republic	1. Organization of excursions to the historical and ethnographic museum of the university, the museum of the history of the university in order to familiarize foreign citizens with the history, culture and traditions of the Kyrgyz people. 2. Organization of meetings with representatives of Kyrgyz science and sports, culture. 3. Participation in the student project "Open youth microphone"	Regularly	Vice-Dean for academic and educational affairs, senior curator, curators of groups, Student council, activists.	
3.3	Formation of a tolerant attitude towards representatives of other nationalities and conventions, strengthening the spirit of internationalism in the ISM	1. Conducting events reflecting the national traditions, history and culture of ISM students from the Republic of Pakistan, India, Bangladesh and the Maldives. 2. Organization of meetings with representatives of embassies of host countries of ISM students 3. Organization of photo exhibitions in the gallery "Our	Regularly	Vice-Dean for academic and educational affairs, senior curator, curators of groups, Student council.	

		weekdays", "We are on vacation", etc.,			
3.4	Formation of a space of intercultural interaction	Development of the community of students of Kyrgyzstan and ISM students, assignment to groups of curators	As needed	Vice-Dean for academic and educational affairs, employees of dean's office.	
3.5	Conducting trainings, practical classes, interuniversity conferences and Olympiads	Organization and implementation of psychological and pedagogical events on intercultural interaction for multi-ethnic academic groups, as well as for groups of students living in a hostel.	As needed	Teaching staff, curators of group, leaders of the student scientific club.	
3.6	Sport events	1. Creation of sports student and academic staff of the ISM teams, and organization of university-wide and inter-university competitions 2. Organization and conduct of master classes to demonstrate national sports traditions.	During the year	Assembly Hall	

#### 4. MONITORING

4.1	Assessment of the progress of students of the ISM Faculty of General Medicine during the semester	Assessment and analysis of the progress of foreign students in order to improve the efficiency of the learning process.	During the year	Vice-dean for educational work, heads of departments, employees of	
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				dean office, curators of group, group leaders	
4.2	Supervision	Monitoring the psychological state of the ISM students in order to identify the facts of maladjustment.	Regularly	Vice-dean for academic and educational work, senior curator, curators of group, employees of dean office.	

### 5. LANGUAGE ADAPTATION

5.1	Using the system of teaching Russian and Kyrgyz as foreign languages (RKF)	<p>Development of a set of measures to improve the teaching of Russian and Kyrgyz languages as foreign, foresee;</p> <ol style="list-style-type: none"> <li>1. The use of new technologies in teaching the medical faculty</li> <li>2. Development and implementation of programs in the Russian and Kyrgyz languages for the ISM students, taking into account the specifics of the Faculty of Medicine.</li> <li>3. Writing textbooks for the Russian and Kyrgyz languages in accordance with the developed programs.</li> <li>4. Maintenance, updating and development of the ISM website in the English and Russian, languages.</li> <li>5. Facilitating the exchange of experience among specialists working with foreign students</li> </ol>	According to plan	Teachers of the Russian and Kyrgyz as a foreign language, ESMC	
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## 6. SCIENTIFIC AND METHODOLOGICAL SUPPORT

6.1	Facilitating the exchange of experience among specialists working with foreign students	Organization and holding of a scientific and methodological conference on the problem of adaptation of foreign students.	During the year	Scientific department, ESMC, International department	
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### **Based on this adaptation plan, the Mentoring program was developed for a new recruitment of the ISM students with a 2-week schedule**

Mentoring is a proven approach to learning and skills development in the form of mentoring to accelerate adaptation to the learning process and new living conditions. It is proved in universities that mentoring of students improves student retention, increases the level of psychophysical and social adaptation of students. The Mentoring program was proposed by the ISM administration and the following concepts were developed for it;

#### **1. Purpose of the program:**

Implementation of socio-psychological, pedagogical systemic activities that contribute to the successful adaptation of new students to the educational process in the ISM, optimization of the natural course of adaptation and obtaining positive results.

#### **2. Objectives of the program:**

- preparation for a new social environment, study conditions, life and the characteristics of the future profession;
- determination of the readiness of the new set of students to study in the conditions of ISM;
- formation of positive educational motives;

- creating the ground for the future additional space for self-realization of the individual outside school hours;
- prevention and removal of students' psychological and physical discomfort associated with the new educational and educational environment;
- creating a favorable psychological microclimate in the team.

### **3. Terms of the Program implementation**

The first two weeks of the educational process

### **4. Executors of the Program**

ISM administration, group curators, teachers, educational psychologist, social educator, teacher of additional education, specialists of the international department, students' activists.

### **5. Expected results of the Program**

1. Conflict-free adaptation of students to the new educational environment.
2. Positive dynamics of adaptation of freshmen:
  - 2.1. painless and natural course of adaptation of students;
  - 2.2. securing first-year students at ISM;
  - 2.3. reduction in the dropout rate of new students.
3. More active use of the capabilities of all structures of the educational institution.
4. Increasing the social activity of students.

5. Activation of motivation for training and getting the chosen profession.

### **6. Stages of implementation:**

I block - social and psychological. It includes:

- acquaintance with the social and psychological characteristics of the new set of students through personal affairs;
- social and psychological examination of students, study of individual characteristics;
- psychological counseling;
- psycho-preventive work;
- psycho correctional work of personal characteristics.

II block - adaptation and training. At this stage, it is planned:

inclusion of students of the new recruitment groups in educational activities: acquaintance with the rules, with organizational issues, with the basic student documentation;

inclusion of students of groups of a new set in professional activities: classroom hours about the profession, acquaintance with general professional disciplines; involvement of students from groups of a new set in it; organization of a favorable atmosphere in the classroom:

III block - adaptation and educational.

At this stage, it is planned to: familiarize students with sports achievements, traditions of the ISM;

Familiarization with the educational activities of students at the ISM.

## **7. Mechanism of the Program implementation**

The executors of the Program are the ISM administration, senior curator, group curators, teachers, psychologist, additional education teacher, educational leaders, methodologist. The executors of the Program are responsible for the timely and accuracy of the implementation of activities. The Program Coordinator is the ISM administration. The mechanism for the implementation of the Program involves the improvement of the forms and methods of work of the teaching staff in order to create conditions for creating conditions for the successful adaptation of first-year students.

## **8. Factors influencing the adaptation of students:**

- 1) socio-demographic: gender, age, education, social position;
- 2) socio-psychological: the level of aspirations, the readiness of students, the speed of orientation in a new social environment, self-control, the ability to act rationally, sociability, self-perception;
- 3) sociological: interest in the quality of education and upbringing, the presence of an attitude to improve the level of education;
- 4) general education: level (degree) of intellectual development, readiness for self-development, flexible thinking, ability to think logically, analyze;
- 5) psychological characteristics: the ability to interact with other people, adaptability, self-confidence;
- 6) the system of value orientations: social significance, the prestige of the future profession, the possibility of self-improvement and self-affirmation;
- 7) the organization of the educational process: the formation of specific knowledge, skills and communication skills.9.

## **9. Adaptation activities:**

1. Development and implementation of the adaptation program.
2. Organization of the activities of the participants in the implementation of the program of the adaptation period, the conduct of key events.
3. The choice of diagnostic techniques for studying first-year students.
4. Development of a schedule for the administration to attend classes and extracurricular activities in order to assess the effectiveness of the adaptation period.

## **10. Performance assessment of the Program implementation**

As a result of the Program implementation, an increase in the level of preparedness of the student for the perception of educational material, the comfortable state of the future student at the university, and the development of his personality are expected. Physically, the student must be: organized, healthy, without bad habits, physically active.

Sensory: contact, calm, satisfied. In the intellectual: successful, understanding, interested, creative.

Spiritually: confident, self-possessed, patient, strong-willed, responsible, independent, disciplined, benevolent.

The program is carried out in the system, consistently, purposefully, a unified approach to the issue of adaptation for new students is used and the following schedule is attached to it.

## Schedule of «Mentoring»

<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>	
time	Name	time	Name	time	Name
14.00-15.00	1. Familiarization with the rules of stay at the university (ISM Dean); 2. Familiarization Student's integrity code (Vice-Dean for educational affairs); 3. Presentation of the Code of Ethics for Students of the International School of Medicine "IUK" (Vice-Dean for educational work)	14.00-15.00	Familiarization with the schedule (dean's office employees)	14.00-15.00	Familiarization with the rules of conduct at the university and during lessons. Introductory lesson on ethics and deontology of the healthcare professional. (Senior curator)
15.00-16.00	Etiquette lesson (traditions and rules of conduct within the university)	15.00-16.00	Etiquette lesson (general rules of conduct on the street)	15.00-16.00	Etiquette lesson (general rules in public places)
16.00-18.00	Excursion to the Central Campus. (Orientation when moving and rules of conduct in transport)	16.00-18.00	Excursion to the Central Campus on the street. Lev Tolstoy 17/1	16.00-18.00	Excursion to Morphocorpus (orientation during movement and rules of conduct in transport)

Thursday		Friday		Saturday	
14.00-15.00	Familiarization with the rules for passing modules, tests, exams (dean's office manager)	14.00-15.00	Familiarization with the international department and the rules for submitting documents (dean's office employees)	14.00-15.00	Familiarization with the rules for exemptions from classes (employees of the dean's office)
15.00-16.00	Etiquette lesson (traditions and rules of conduct within the university)	15.00-16.00	Etiquette lesson (traditions and rules of conduct within the university)	15.00-16.00	Etiquette lesson (traditions and rules of conduct within the university)
16.00-18.00	Excursion to places of receiving first aid (orientation during movement and rules of conduct in transport)	16.00-18.00	Excursion to the market	16.00-18.00	Excursion to the locations of the mosques depending on the campus

**AGREED:**

**Vice-Dean for academic affairs**

**Urazalieva N. A. "19" October 2019**

**Vice-Dean for educational work**

**Kongaitieva G. A. "19" October 2019**