

How to help a student to adapt to the university?

Causes of Freshman Depression

As a rule, after entering the first course, the enthusiastic feeling of euphoria disappears already in mid-September, and it is replaced by laziness, blues and depression.

Even students cannot explain such changes in their own mood, let alone teachers and parents who let their children go into adulthood.

Of course, the situation is not the most pleasant, but it has its own compelling reasons, and quite adequate and reasoned from the side of psychology.

The answer must be sought inside, since the behavior of a freshman, his thoughts and actions are a consequence of an internal imbalance that occurs with a sharp change in the environment and the usual routine of life.

So, let's try to figure out why many students, having entered the first year, very quickly lose interest in their studies and no longer want to attend university?

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There are several reasons, and here are the most common ones:

1. New environment. Sometimes it is very difficult to get used to new people, especially since students of various social statuses gather at the university.

It is here that deep inferiority complexes, inner self-doubt, unconscious fears and recognition of one's own lack of communication "float out". That is why the desire to attend couples is reduced to nothing, and the meaning in higher education is also suddenly lost.

2. Strict teachers. If at school graduates are accustomed to the fact that teachers run after them, trying to postpone at least some understanding of their subject in their minds, then at the university the lecturer does not care about your progress.

His task is to give a lecture, and whether understanding has come or not, nobody cares. Of course, new subjects will not be given right away, and therefore the impulse to learn passes.

3. Competition or natural selection. It is not always in the first year that you can meet new friends who will become bosom for the rest of your life.

As a rule, newcomers only look closely at each other, therefore, one does not even have to think about devotion, loyalty and self-sacrifice during this period. Perhaps later a certain circle of friends will form, but for now you will have to get bored, and then the blues are just a stone's throw away.

4. Don't like the group. Graduation at school is held with noise and pathos, and graduates swear to each other in eternal love and friendship.

But the first of September comes, and the newcomers find themselves in a completely unfamiliar team, where everyone has their own views on life and beliefs. There will be not only pleasant interlocutors, but also categorical opponents, in front of whom, one way or another, you will have to defend your position in life.

5. Increased parental pressure. Very often, instead of helping, the closest people for freshmen begin to exert increased pressure, recalling their future profession, duty to the efforts of parents and life choices.

The student, as it were, feels obliged to everyone, so this responsibility certainly crushes and spoils the good mood.

And there can be many such reasons, but it is important to understand that learning and the final result is the primary task of every student.

You need to follow it tirelessly, overcoming the most unexpected and not always pleasant obstacles on your way. But how can you help a student avoid feelings of blues and loneliness, save them from despair and speed up the process of adaptation in a higher educational institution?

Method one: social activities

Entering the first year of the university, a student must understand that he is still in a "gray mass", and a place in the sun will have to be knocked out with his teeth.

The situation is common, but not all students can leave behind a worthy memory. And, nevertheless, this is definitely worth striving for.

So what could it be? Student wall newspaper, sports sections, KVN, trade union. And why not, because this is not only a good opportunity to establish yourself, but also a chance to move up the trade union ladder, find new friends and acquaintances, and feel your own importance and indispensability.

When a student realizes himself as much as possible in all spheres of life, he does not have time to be bored and depressed - every minute is scheduled.

Thanks to such a busy lifestyle, the adaptation process will be quick and barely noticeable, so you won't have to worry about this.

Method two: sports

If a student at school was actively involved in sports, then he can safely transfer this hobby to student life. As you know, in modern universities there is a sports complex with a variety of areas of physical education. All that remains is to visit it, talk to the coaches and sign up for the most suitable sports section.

If you combine business with pleasure, that is, sports and study, then very soon student life will improve, the freshman will get on track, and the daily workload will remove a number of problems, emotional experiences and fears from his head.

Sport is always useful and aesthetically pleasing, but the main thing is that you can meet new people who will also share this love, and there will certainly be something to talk about with them.