
Adaptation trainings "WE ARE STUDENTS OF GRINCHENKO UNIVERSITY"

The first days of freshmen at the Pedagogical Institute of Borys Grinchenko Kyiv University started with adaptive training sessions at the Center of Self-knowledge and Self-development.

What is the aim of the adaptation training? Its main task is to promote the weakening of emotional tension caused by new and unknown and ensure successful adaptation of freshmen of specialties "Preschool Education" and "Primary Education" to the conditions of studying at the higher educational institution.

During the training sessions that took place on September 4th, 2018, students got acquainted and exchanged their experiences, discussed their first difficulties and problems, sought resources for their solution, and learned how to cooperate effectively. The first-year students were assisted with trainers from the Department of Pedagogy and Psychology: Olena Muzyka – Candidate of Psychological Sciences, assistant professor; Svitlana Podofey – Candidate of Psychological Sciences; Yana Matiushynets – lecturer.

"Our life is inseparable from problems, but as a rule there are no problems unsolvable ", "We have something to learn from each other", "It is important to have a goal and use own resources to achieve it", "New knowledge, new skills, new acquaintances are components of personal growth"- these and many other productive thoughts were provoked in the course of interaction and, hopefully, formed the basis of the movement from "I" to "We": "WE ARE STUDENTS OF GRINCHENKO UNIVERSITY".