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## ADAPTATION TRAINING FOR FIRST-YEAR STUDENTS

**On September 4, 2019** adaptation training sessions were held in the Center of self-knowledge and self-development at Pedagogical Institute.

The aim of the training is to promote successful adaptation into the learning process for first-year students majoring in "Preschool Education" and "Primary Education" and to reduce the emotional stress caused by the new environment.

During the training, first-year students had the opportunity to meet and share experiences, discuss the difficulties and issues that they encountered during their first classes, look for resources to solve them and learn how to interact effectively.

Members of the Scientific society of students, postgraduates, doctoral students and young scientists of Pedagogical Institute were involved in the training. In particular, Kateryna Lyatsevych, a third-year student of the specialty "Primary Education", introduced first-year students to educational locations at Pedagogical Institute. Also with interest, students made a virtual journey through the Internet portal of the University.

The first-year students were assisted with trainers from the Department of Pedagogy and Psychology: Olena Muzyka – Candidate of Psychological Sciences, assistant professor; Yana Matiushynets – lecturer.

We wish all first-year students to be successful in their studies, and have interesting student life at our University!