

The problem of adaptation of first-year students to conditions of self-isolation

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Adjustment of former school students to studying at the university is a complex and ambiguous problem. A first-year student is affected by a range of factors, the successful adaptation to which depends on the person's psychological stability. This academic year to the difficulties of getting used to the new conditions has been added the factor of distance learning. An unusual nature of the phenomenon of self-isolation has a strong impact on students. The forced transition to distance learning presents a lot of difficulties and causes a certain amount of stress to all the participants of the educational process.

Firstly, quarantine proves hard for those first-year students who are not used to self-discipline and self-control. Many freshmen believe that attending classes that are held online is not necessary, since the subject is either not interesting to the student, challenging or can be viewed in recording. Moreover, studying which consists of virtual imitation of experimental work accompanied by a video demonstration is in itself passive. Freshmen feel a lack of personal contact and do not form an adaptation to student life.

Secondly, in addition to the problems with the self-organization, there appear to be complications with the technical part of the educational process. Not every student possesses the equipment for e-learning such as desktop computers or the necessary headset (headphones, microphones, high-resolution cameras). Though listening to the lecture material is possible on most devices, practical classes pose a problem and conducting them in this format can be inconvenient. Virtual laboratory allows students to remotely do an experiment, but the simulation can only be run on a desktop computer or a laptop and is not supported by some of the browsers. Besides that, while conducting online classes there appear to be technical problems such as inadequate internet connection or bad sound quality.

In conclusion, it can be said that the problem of adjustment to conditions of self-isolation is a process which is formed long and slowly. That's why it's all the more difficult for the first-year students, whose adaptation to the quarantine conditions is complicated by the social adaptation.