

form of student work is the preparation of a report on the topic being studied and the participation of the students in the review of the creative work of their colleagues.

The use of computer technologies and Internet resources is a requirement for the organization of students' self-studying. The Internet helps students not only to observe, but also to take an active part in the search and analysis of the necessary information, activates the perception of students, and it also contributes to the effective learning of educational material. Computer technologies and Internet capabilities ensure the availability of knowledge for any person, the development of students' intellectual and creative abilities based on the individualization of education.

The use of data from the proposed innovative technologies gives them the opportunity to be not observers, but active participants in the educational process. Future doctors are involved in creative work, which contributes to the formation of the logical component of the future doctor's professional thinking. Obvious results of this approach to the organization of self-studying work of medical students are the activation of mental activity, increasing interest in the discipline being studied and, which is important for the future doctor, the development of logical thinking. The use of these pedagogical technologies contributes to the formation of a comprehensively developed, creative and socially active person, provide a higher quality and effective higher medical education.

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**THE INFLUENCE OF THE ADAPTATION PROCESS  
ON THE EFFICIENCY AND QUALITY OF TRAINING FOREIGN  
STUDENTS IN HIGHER EDUCATIONAL ESTABLISHMENTS  
(ВПЛИВ ПРОЦЕСУ АДАПТАЦІЇ НА ЕФЕКТИВНІСТЬ  
І ЯКІСТЬ НАВЧАННЯ ІНОЗЕМНИХ СТУДЕНТІВ  
У ЗАКЛАДАХ ВИЩОЇ ОСВІТИ)**

Attraction of foreign investments to the economy branches and education sphere of any country plays an extremely important role for its dynamic development, especially in the context of the global crisis. An increase in the number of foreign citizens traveling abroad to get higher

education is one of the ways of attracting investment to the economy, which in its turn can be an important factor in increasing competitiveness of Ukrainian education in the world market. The most influential factor is the quality of education that can be defined as a totality of training outcomes that meet the requirements of a potential customer and user of educational service. One of the factors determining the quality of teaching foreign students from the first day of their stay abroad is the success of their psychological and socio-cultural adaptation in the educational institution where they receive education.

Foreign students (educational migrants) are considered to be a special age-related and social stratum with a number of personal specific problems concerning changes in social status and environment, and the necessity to adapt to a new socio-cultural environment.

Western scholars identify four types of adaptive problems, two of which are specific to foreigners (compared to local students), and two are common to all students. Among them there are: the language and communication barriers, discrimination, separation reactions, domestic and financial difficulties, loneliness; the domination of national and religious affiliation in communicating with the representatives of local culture, the necessity to change identification between the socio-cultural values of native and new countries; normative youth problems that arise irrespective of the country of study or educational establishment, and are related to the acquisition of emotional and financial independence, self-sufficiency, responsibility; educational stresses that are exacerbated by household and financial conditions.

To a large extent, the process of adaptation is influenced by the specifics of socio-psychological status of educational migrants in the country of study, which is deepened by a number of additional factors including new climatic and living conditions; accommodation in a hostel with strangers; ignorance of rules, traditions, customs, ideological settings that prevail in a new society; insufficiency and contradictory information about the socio-cultural features of the country of study; the impossibility of using stereotyped decision-making and behavioral models; the need for communication and learning in a foreign language; absence of relatives and the necessity to establish contacts with new people; temporality of social status (status of "a visitor"); full dependence on financial support from relatives, as the law prohibits foreign students to work. The process of foreign students adapting to the conditions of study at a higher education institution in a new country is completely unmanageable and conceals a significant number of socio-psychological, economic, and medical threats. The process of intercultural adaptation of educational migrants is long. It

can last for six months, a year, or even the entire period of stay in the country of study. Therefore, it is necessary to provide them with psychological assistance in a prolonged form, but primarily – at the initial stage, during the first year of study. Scientists consider psychological support as the most effective way of psychological help – a strategy of psychological correction for the optimization of the image of the surrounding world through the activation of personal resources and the development of consciousness. Psychological support helps not only to form positive behavior in different life situations, but also leads to the development of autonomy, creative activity, and willingness to change the conditions of his/her life. For this purpose, it is recommended to create appropriate social and psychological conditions for the successful training of foreign students, to build educational process flexibly taking into account psychological peculiarities of foreigners, to provide them with social and psychological assistance during the process of adaptation. The communicative principle of psychological support, which aims to help establish links between students and teachers in the country of residence and foreign students, is extremely important.

Under conditions of systematic psychological support of foreign students in the organization of educational process in the institution of higher learning, there are significant positive changes in their learning success in mastering the profession, increasing their level of life satisfaction and psychological well-being.

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### **НЕОБХІДНІСТЬ ЗАСТОСУВАННЯ ІНСТРУМЕНТІВ МЕДІАГРАМОТНОСТІ ТА РОЗВИТКУ НАВИЧОК КРИТИЧНОГО МИСЛЕННЯ У ВИВЧЕННІ НУТРИЦІОЛОГІЇ**

Головною ознакою сьогодення є швидка динаміка технологічного і соціального прогресу. Це вимагає від майбутніх фахівців умінь своєчасно адаптуватися до професійної діяльності, змінювати і вдосконалювати її на основі самостійного набуття знань, знаходити шляхи вирішення професійних і соціальних завдань у