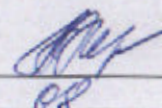


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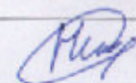

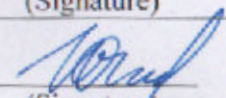
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2021

**THE PROGRAM OF ADAPTATION OF FOREIGN STUDENTS  
AT THE CASPIAN INTERNATIONAL SCHOOL OF MEDICINE**

|                                                       |                                                                                                    |                  |
|-------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------|
| <b>Developed by</b>                                   |                                                                                                    |                  |
| Head of the Students' affairs department              | <br>(signature) | Nurelbaeva A.    |
| <b>Agreed by</b>                                      |                                                                                                    |                  |
| Vice-director for academic and scientific affairs     | <br>(Signature) | Zholdybaeva A.   |
| Vice-director for strategic and international affairs | <br>(Signature) | Chyngyshpaeva Y. |

Almaty, 2021



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### 1. Explanatory note

The relevance of the problem of adaptation of foreign students is determined primarily by the tasks of their further effective training as specialists. Successful adaptation contributes, on the one hand, to the rapid inclusion of students in the educational process, which allows us to solve problems of maintaining the student body, which can be significantly reduced (up to 30%) during the first sessions. On the other hand, it helps to improve the quality of training of foreign students in Kazakhstan's higher school.

Foreign students, having specific ethnic and psychological characteristics, are forced to overcome various kinds of psychological, social, religious barriers, to master new types of activities and forms of behavior.

The adaptation of foreign citizens to new socio-cultural conditions when entering a higher educational institution is a fundamental factor determining in most cases the effectiveness of the educational process as a whole. Therefore, successful management of the educational process for them is an important part of solving the problem of adaptation.

According to the theory, "adaptation" is the process of an individual's adaptation to a new educational and social environment, as a result of which individual's compatibility with this environment should be achieved, new "ways of survival" should be learned – certain knowledge and norms of behavior, certain integration of the individual into the new environment should be achieved.

Based on the analysis, the problems of teaching foreign students in higher education can be grouped as follows:

- linguistic (mastering the local language and professional terminology in the chosen specialty and understanding the language of teaching);
- ethno-cultural (language barrier when communicating with locals and classmates, peculiarities of national cuisine);
- personal security (problems of tolerance, national tolerance and conflict situations with local residents and representatives of other nationalities or religious denominations);
- documentary support (registration and visa support; filling out various documents, questionnaires and forms, without taking into account the low proficiency of foreign students in Russian; nostrification of documents on education received abroad);
- financial (general financial problems during university studies, technical problems during banking operations, etc.)

## 2. Program Structure

The purpose of the program is to create a socio-cultural environment conducive to the successful adaptation of students of the new set to the education process at the university.

Tasks:

1. Creating conditions for the adaptation of foreign students to a new cultural and social environment.
2. Creating a favorable psychological atmosphere.
3. Assistance to foreign students in quick adaptation at the university and finding a common language with Kazakhstani students.
4. Education of a culture of behavior, prevention of offenses of negative social manifestations.
5. Promotion of a healthy lifestyle among foreign students.
6. Familiarization of foreign students with the traditions and culture of Kazakhstan.
7. Assistance in revealing the inner potential, originality and wealth of the individual.

Subjects (participants of the Program): The administration of the CISM, students' affairs department, teachers, curators, students.

Expected result

- formation of a positive image of the Kazakh people and the state as reliable and serious partners, development of partnership relations in the education in the future;
- improving the quality of the educational process of foreign students;
- improving the legal literacy of foreign students;
- establishment of conflict-free interaction of foreign students with university staff and students.

Adaptation activities:

1. Development and implementation of the Program.
2. Organization of the participants' activities for the implementation of the program
3. The choice of diagnostic methods for studying first-year students.
4. Survey of first-year students.

## 3. Program Content

The adaptation program consists of five main areas

1. Social adaptation:

- creating conditions for full-fledged social integration of foreign students, increasing the level of social security in the conditions of their stay in Kazal

2. Psychological adaptation:

-stimulating positive changes in their personal development, supporting the processes of disclosure and self-expression of abilities; -neutralizing negative environmental influences on the student's personality and his development.

3. Intercultural adaptation:

-ordering of interpersonal relationships of students and their influence on the formation of personality;  
-introduction of missing elements of life activity into the life of foreign students, accelerating the process of adaptation;  
-prevention of the negative component in the behavior and communication of students.

4. Professional adaptation:

-assistance in the successful implementation of the tasks of the educational program, professional development.

5. Physical (physiological) adaptation:

-assistance in quick and painless adaptation to local conditions (climate, food, etc.) without harm to health; prevention of diseases.

**4. Action plan for the implementation of the Program of adaptation of foreign students in CISM**

**1. Social adaptation**

| №    | Activities                                                                                        | Format of the event                                                                                                                                                                 | Deadlines for execution             | Executors                      | Control                                 |
|------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------------------|-----------------------------------------|
| 1.1. | Meeting of international students of the 1st year                                                 | Organizing a meeting of students at the airport.<br>Accommodation of the students in the hostel and check-in to the rooms.<br>Catering for the first time                           | On arrival's day                    | Students' department           | affair                                  |
| 1.2. | Organization and holding of the "Orientation Week"                                                | During the orientation tours of the CISM, foreign students are shown the location of all the necessary objects.                                                                     | Within first two weeks upon arrival | Administration of CISM         | Photo reporting                         |
| 1.3. | Familiarization with the current legislation (especially migration) in the Republic of Kazakhstan | Meeting                                                                                                                                                                             | Within first 2 weeks upon arrival   | Students' department           | affair<br>A memo sign each individually |
| 1.4. | Familiarization with the rules and requirements of the educational process in CISM                | Conducting organizational meetings in order to:<br>* acquaintance with the structure of the CISM, youth organizations,<br>* conditions and requirements of the educational process, | Within first 2 weeks upon arrival   | Students' department, curators | affair<br>Protocols meetings            |



|       |                                                                                           |                                                                                                                                 |                                                 |                                       |                       |
|-------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------|-----------------------|
|       |                                                                                           | * internal regulations.                                                                                                         |                                                 |                                       |                       |
| 1.5.  | Familiarization with the rules and requirements of living in a hostel                     | Informing foreign students about the main issues of living in a hostel                                                          | Regularly                                       | Administration of the hostel          | Reports               |
| 1.6.  | Carrying out activities on legal education and prevention of antisocial, illegal behavior | Informational meetings, conversations, curatorial hours in study groups                                                         | In accordance with the plan of educational work | Curators                              | Protocol              |
| 1.7.  | Curatorship                                                                               | Teachers-curators help first-year students to solve academic, social, cultural and personal issues.                             | Regularly                                       | Students' affair department, curators | Reports, Dia curators |
| 1.8.  | Social supervisor                                                                         | In case of danger, students can call the hotline 24 hours a day.                                                                | Regularly                                       | Students' affair department, curators | Reports               |
| 1.9.  | Monitoring of students' living conditions                                                 | Organization of administrative raids into the dormitory in order to familiarize with the life of students, study the conditions | Regularly                                       | Students' affair department, curators | Reports               |
| 1.10. | Monitoring                                                                                | Meetings of curators with discussion of the adaptation process                                                                  | Once in a month                                 | Students' affair department, curators | Protocols of meetings |

## 2. Psychological adaptation

|      |                                                                                         |                                                                                                                                |                                                                                                    |                                       |                       |
|------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------|
| 2.1. | Conducting a survey of foreign students                                                 | Questioning of newly arrived students in order to find out their psychological needs and the success of the adaptation process | At the beginning of the year, at the end of the first semester and at the end of the academic year | Students' affair department, curators | Surveys, a of surveys |
| 2.2. | Providing constant pedagogical support and psychological assistance to foreign students | Conducting individual and group counseling on issues of concern to the student                                                 | In accordance with the plan of educational work and when needed                                    | Students' affair department, curators | Report                |
| 2.3. | Prevention of maladaptation conditions                                                  | Identification of problem situations and their analysis                                                                        | As needed                                                                                          | Students' affair department,          | Report                |



|      |                                                            |                                                                                                                                                                                          |           |                                       |                         |
|------|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------------------------------------|-------------------------|
|      |                                                            |                                                                                                                                                                                          |           | curators                              |                         |
| 2.4. | Accounting for foreign students prone to deviant behavior. | Identification of students who violate discipline and internal regulations, individual work with them                                                                                    | As needed | Students' affair department, curators | Personal fi of a studen |
| 2.5. | Feedback from relatives of foreign students                | 1. Contacting relatives in problematic situations.<br>2. Sending letters of thanks to relatives for high academic achievements and participation in the life of the university, faculty. | As needed | Students' affair department, curators | Copies of l             |

### 3. Intercultural adaptation

|      |                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                            |                                                 |                                       |                      |
|------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------|----------------------|
| 3.1. | Formation of commitment of foreign students to the mentality, culture and national psychology of the host country   | 1. Organization of excursions in Almaty in order to familiarize foreign citizens with the history, culture and traditions of the Kazakh people.<br>2. Organization of meetings with representatives of Kazakh politics, science and culture.<br>3. Organization of exhibitions of Kazakh literature<br>4. Holding events reflecting national traditions, history and culture of Kazakhstan | In accordance with the plan of educational work | Students' affair department, curators | Photo video Reportin |
| 3.2. | Formation of a tolerant attitude towards foreign students, strengthening the spirit of internationalism in the CISM | 1. Holding events reflecting national traditions, history and culture of foreign students.<br>2. Organization of meetings with representatives of foreign embassies<br>3. Organization of photo exhibitions                                                                                                                                                                                | In accordance with the plan of educational work | Students' affair department, curators | Photo video Reportin |
| 3.3. | Formation of the space of intercultural interaction between local and foreign students                              | Inclusion of foreign students in the existing youth associations of the CMSM<br>Organization of its own youth community of foreign students under the auspices of the Youth Policy Center                                                                                                                                                                                                  | In accordance with the plan of educational work | Students' affair department, curators | Reports              |



|      |                                                                                                           |                                                                                                                                                                                                                                                                                                                      |                                                 |                                                             |         |
|------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------|---------|
| 3.4. | Assistance in overcoming the language barrier. Improving the level of local language proficiency          | 1. Development and implementation of a Russian language program for foreign students, taking into account the specifics.<br>2. Writing textbooks in Russian/ Kazakh/English for foreign students in accordance with the developed programs.<br>3. The Russian, Kazakh language club functioning on a permanent basis | In accordance with the plan of educational work | Students' affair department, faculty of language department | Reports |
| 3.5. | Improving the level of English language proficiency as a language of instruction                          | 1. Development and implementation of English language curricula for international students, taking into account their entry level.<br>2. English Language Club functioning on a permanent basis                                                                                                                      | In accordance with the plan of educational work | Students' affair department, faculty of language department | Reports |
| 3.6. | Conducting joint sports events                                                                            | Inclusion of foreign students in sports teams of faculties at university-wide competitions.                                                                                                                                                                                                                          | In accordance with the plan of educational work | Students' affair department, physical education department  | Reports |
| 3.7. | Support for youth projects and initiatives                                                                | 1. Assistance to youth projects and initiatives aimed at developing communication and social ties between local and foreign students.<br>2. Assistance to youth projects and initiatives of foreign students.                                                                                                        | In accordance with the plan of educational work | Students' affair department                                 | Reports |
| 3.8. | Involvement of foreign students in various types of labor and volunteer activities                        | Organization of participation of foreign students in the labor and volunteer activities of youth organizations of the KMSM                                                                                                                                                                                           | In accordance with the plan of educational work | Students' affair department                                 | Reports |
| 3.9. | Organization of thematic photo exhibitions of students based on the results of sports and cultural events | Publication of photos and video reports on pages in social networks, on educational work stands                                                                                                                                                                                                                      | Regularly                                       | Students' affair department                                 | Reports |

**4. Professional adaptation**

|   |                                                                                                                                                    |                                                                                                                                                                  |                                                   |                       |          |                                      |
|---|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------|----------|--------------------------------------|
| 4 | Monitoring the academic performance of foreign students during the semester                                                                        | Monitoring of attendance and academic performance of foreign students in order to improve the effectiveness of the learning process and prevent academic failure | Within an academic year                           | Students' department  | affair   | Reports                              |
| 4 | Participation of foreign students in research work, competitions, conferences.                                                                     | Organization and conduct of scientific student events at CISM.<br>Organization of participation of foreign students in events of third-party organizations       | Within an academic year                           | Students' department  | affair   | Reports                              |
| 4 | Discussion of problematic issues related to academic performance of foreign students, attendance of classes, individual problems and difficulties. | Organization of meetings and conversations with teaching staff                                                                                                   | Within an academic year                           | Students' department, | curators | affair<br>Reports, protocols         |
| 4 | Assistance in mastering the disciplines of the educational program                                                                                 | Conducting trainings, additional practical classes in the most significant or complex disciplines of the EP                                                      | Within an academic year                           | Students' department, | curators | affair<br>Reports, protocols         |
| 4 | Preparation and holding of professional competitions, Olympiads                                                                                    | Подготовка и проведение quiz, competitions, brainring, contests, olympiads                                                                                       | Within an academic year                           | Students' department, | curators | affair<br>Reports, protocols         |
| 4 | Summing up the results of the year, awarding the most active and talented students                                                                 | Identification of students who are most worthy of encouragement. Establishment of relevant nominations.<br>Solemn awarding of certificates and memorable gifts   | June (general meeting on the results of the year) | Students' department, | curators | affair<br>Photo- and video reporting |

**5. Physical (physiological) adaptation**

|      |                                                |                                                                                                                    |                                      |                       |          |                         |
|------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------|----------|-------------------------|
| 5.1. | Conducting a comprehensive medical examination | Conducting a medical examination at a medical center, in order to clarify the state of health of students, disease | Within the first month after arrival | Students' department, | curators | affair<br>Sanitary book |
|------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------|----------|-------------------------|





|      |                                                                             |                                                                                                                                                                        |                                                                |                                                                      |                        |
|------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------------|------------------------|
|      |                                                                             | prevention and obtaining a health record                                                                                                                               |                                                                |                                                                      |                        |
| 5.2. | Conducting "Health Days"                                                    | Organization and holding of Health Days in order to promote a healthy lifestyle among students, develop interest in physical culture and sports                        | In accordance with the education plan                          | Students' affair department, curators, physical education department | Photo-and vi reporting |
| 5.3. | Organization and holding of sports competitions                             | Organization and holding of volleyball and football tournaments, ping pong, checkers, chess, cricket, badminton. Participation in competitions with other universities | In accordance with the education plan                          | Students' affair department, curators, physical education department | Photo-and vi reporting |
| 5.4. | Organization of permanent access to medical care for international students | Conclusion of a contract with a medical center for the maintenance of students on a permanent basis. Information support                                               | Within academic year                                           | Students' affair department, curators                                | report                 |
| 5.5. | Promotion of healthy lifestyle                                              | Conversations, curatorial hours.                                                                                                                                       | Within an academic year. In accordance with the education plan | Students' affair department, curators                                | report                 |