



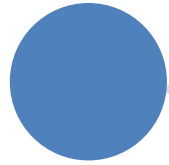
جامعة قطر
QATAR UNIVERSITY

How Can I adapt to university life?

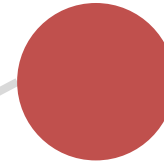


Pillars

How to adapt to university life



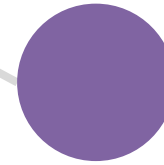
Concept of Adaptation



Adaptation obstacles



Psychological and social aspects of adaptation



Fear of the New Environment

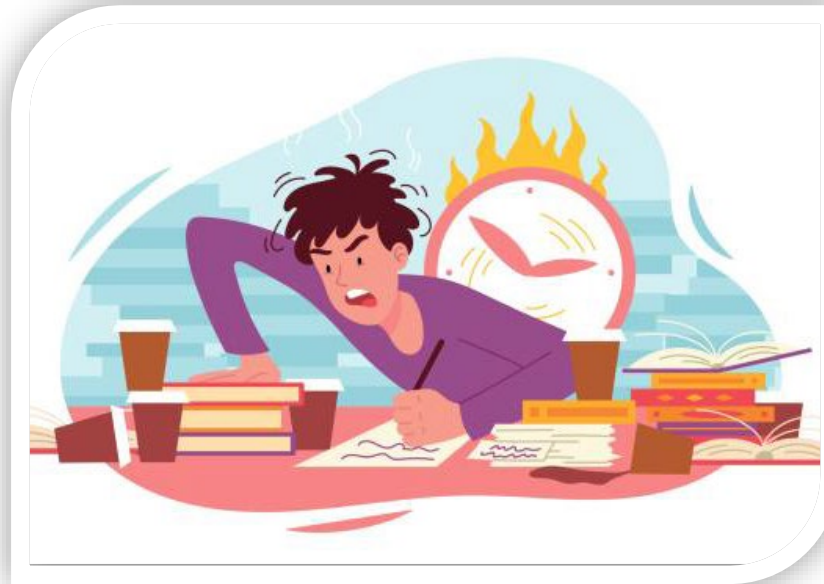
◆ place - distance - volume

◆ lack of sense of belonging

◆ Choosing the right specialization

◆ Fear of not understanding the professor

◆ Fear of time management (many assignments and tests, scattered lecture times)

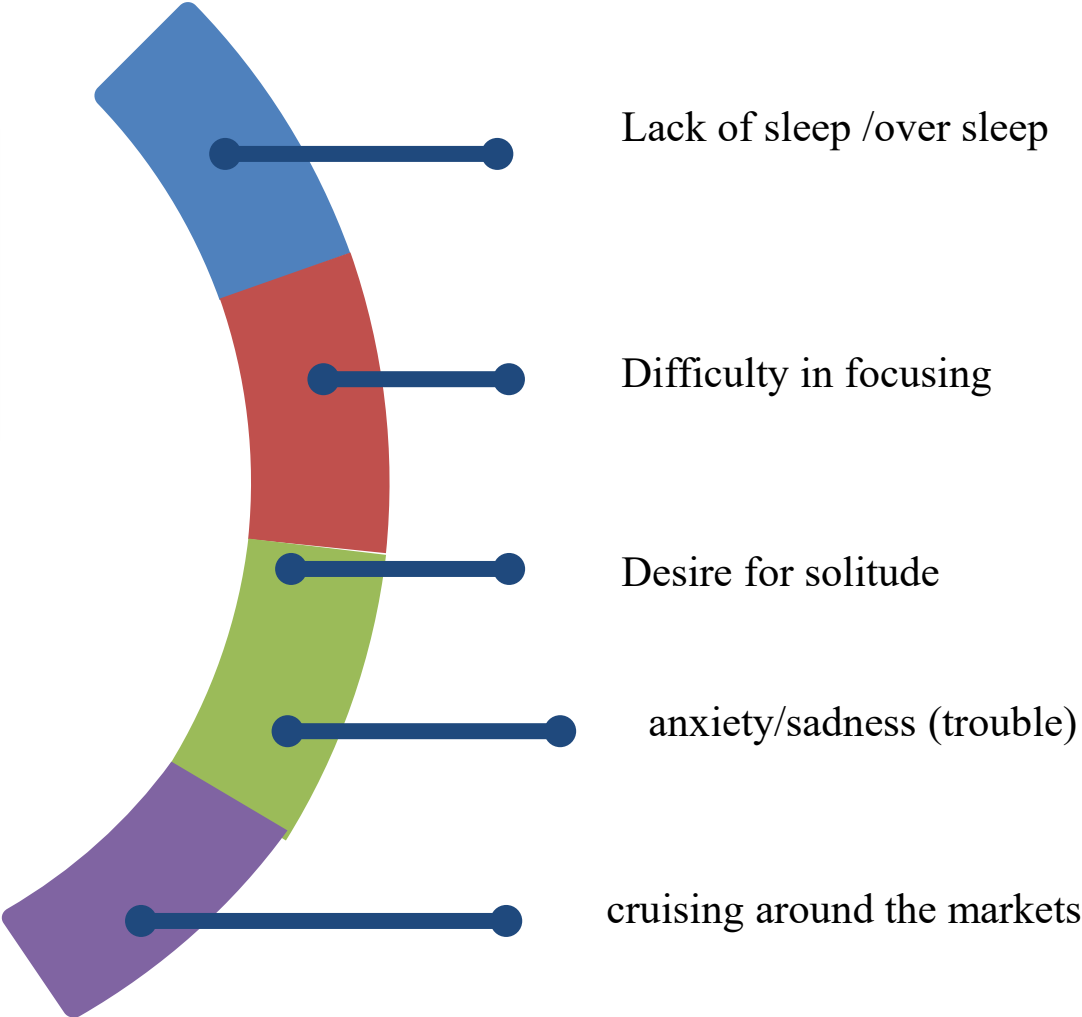


◆ new friends

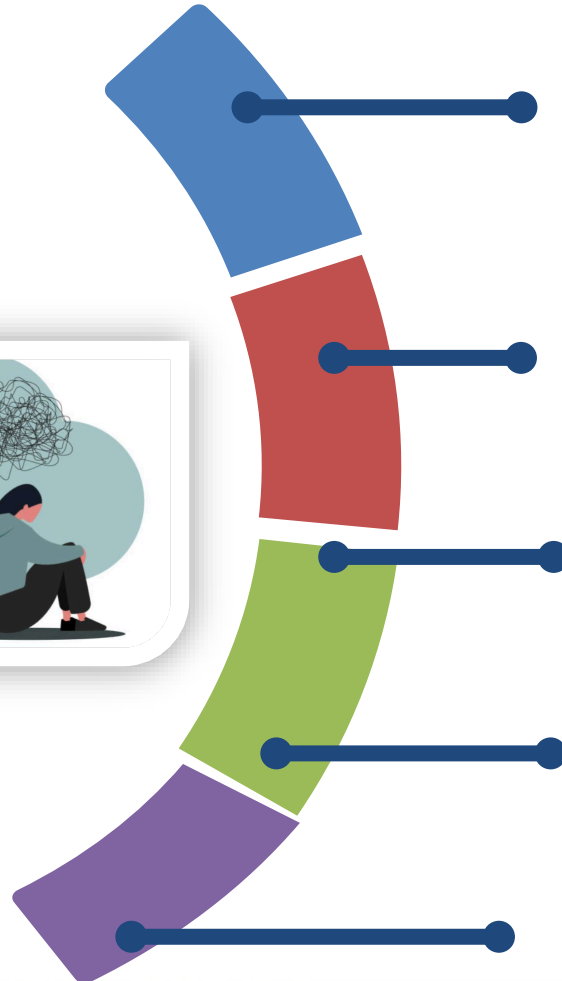
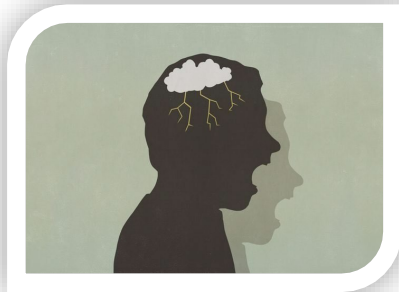
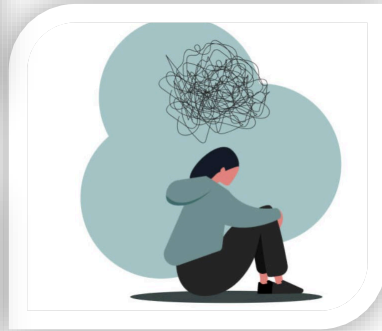
◆ self-reliance



Expected symptoms



Expected symptoms



homesick (International Students)

Rapid anger and irritability

Delusion of disease

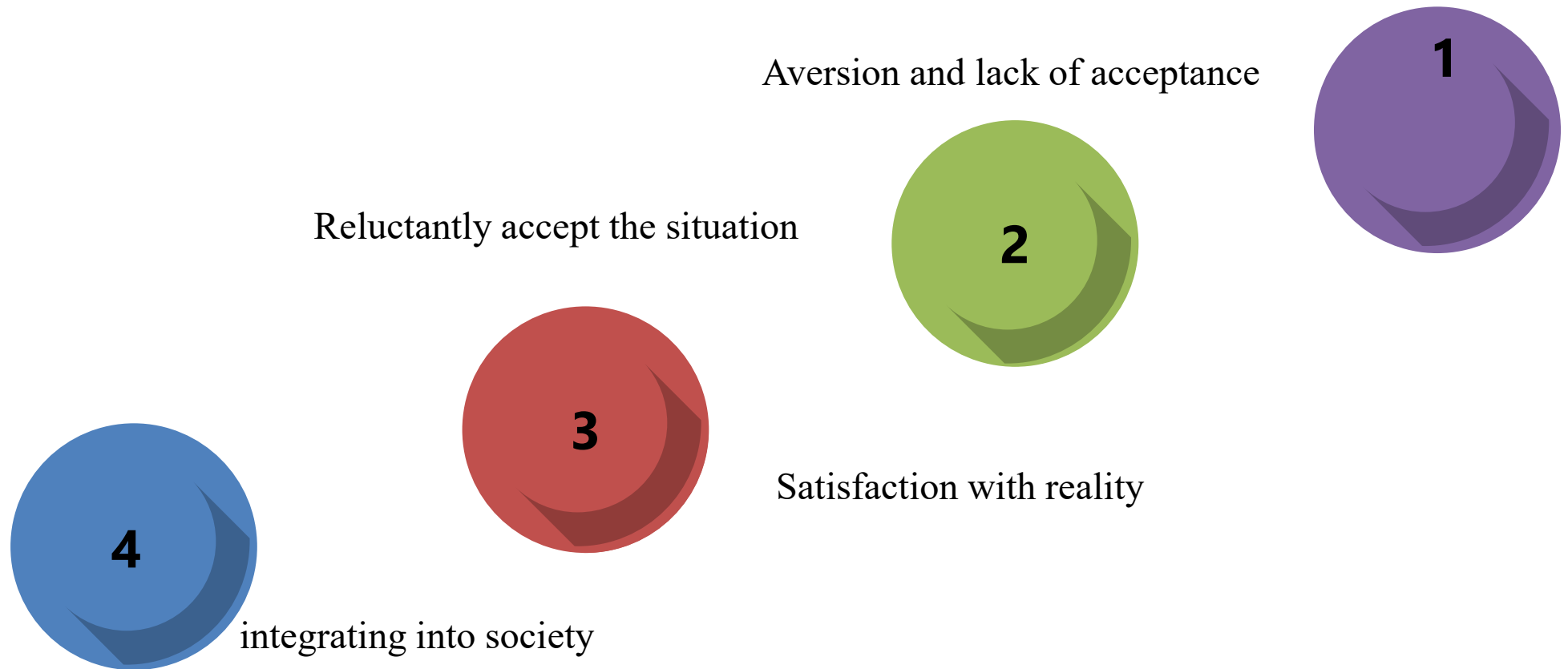
Binge eating or loss of appetite

Unjustified tendency to cry

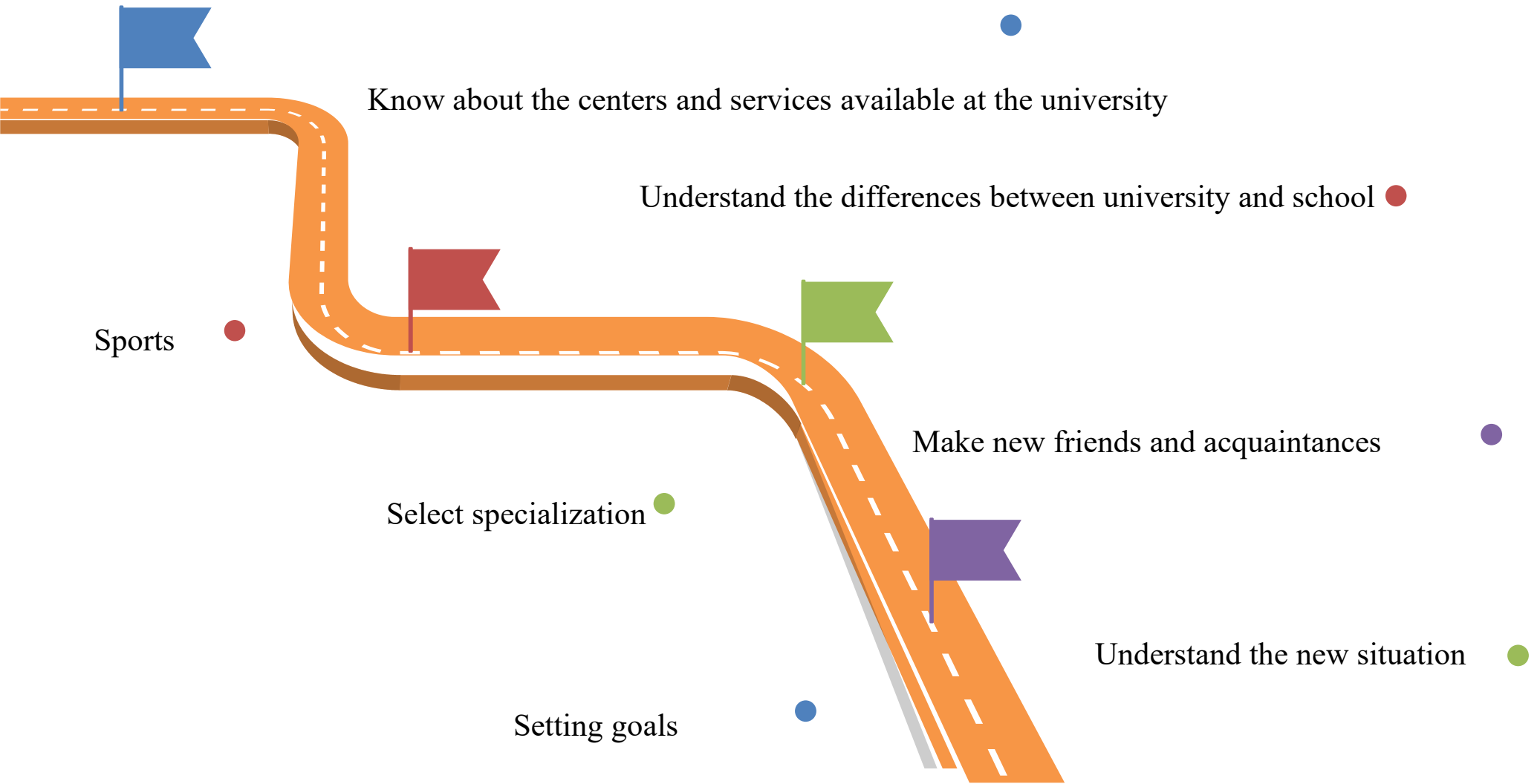


People and the New Environment

In the new environment people goes through four phases



Adaptation Methods



Thank you for your attention

