

# **Psychological Adaptation of Students from Distant Families to Studying at Universities: How to Stage Personal and Professional Development**

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The article deals with the problem of psychological adaptation of students from distant families to the environment of higher education establishments in the context of personal and professional development. The concept of “psychological adaptation” is also studied. Moreover, professional and personal qualities of the student are analysed.

Theoretical analysis of scientific literature shows that adaptation and personality development can be considered as an integral unity of the process of socialization. Thus students’ adaptation to educational conditions of high school is considered as their degree of socialization, which is accomplished not only by the integration of future professionals in society, but by their professional and personal development. The current definition of the process of adaptation of students from distant families states that a process of adaptation of the personality to the university and its conditions is peculiar for the formation of significant new psychological qualities that ensure the realization of personal potential of any student.

The analysis of theoretical sources suggests that peculiarities of students from distant from universities families are complex phenomena with different problems. Among others there is a dependence of the adaptation from personal qualities of a human being.

Prospects for further research in this area are based on necessity to work out experimental instruments of studying of psychological adaptation of students from distant families to the learning environment at higher educational establishment. Moreover, we have to answer the following questions: how adaptation process

depends on the personality of a student which, in turn, changes during adaptation period, and how the adaptation to college life influences professional development of a personality, etc.

**Keywords:** adaptation, distant family, personal development and training, socialization, student.