

A Brief Analysis on the Adaptive Problems and Solutions of Freshmen

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Abstract

Freshmen will show a lot of maladjustment in study, communication, psychology, personal planning and so on. In view of these problems, we can help freshmen adapt to college life as soon as possible by offering entrance education courses, teacher-student exchange activities, professional education activities, and Home-school joint efforts.

Keywords

Freshman; Adaptability; Solutions.

1. Introduction

Freshmen entering the university, because they have just entered the university from middle school, the learning environment, living environment, social circle and so on have changed, many students in the face of a new environment show certain psychological obstacles, which will seriously affect their studies and life. Freshmen need to adjust their mentality as soon as possible and adapt to college study and life as soon as possible.

2. A Freshman's Maladaptive Performance

2.1. Learning Lacks Initiative and Learning Goals are Unclear

In high school, teachers have specific arrangements for each course, students are more dependent on teachers, teachers' teaching methods are more "indoctrination" teaching, often for a content repeatedly explained, Students repeatedly practice the tactical nature of a content. At the university stage, more attention is paid to the ability of students to think independently. Teachers are more heuristic teaching. The teaching content in a class is often dozens of pages of books. Students need to adapt to the teacher's teaching method with a new learning mode. Some students are the best students in the class because of their excellent grades in high school. After entering the university, they think that they will remain excellent as long as they can pass the final exam smoothly. After a period of comparison, they will find that the students around them are better than themselves.

2.2. Interpersonal Maladjustment, Interpersonal Barriers

In high school, students will be admitted to university as the most important goal, communication skills training has some deficiencies. After entering the university, the surrounding environment is strange, the students around come from different regions and families, there are some differences in ideas, value orientation, lifestyle, study habits and so on between each other. Introverted students are often difficult to integrate into a certain range of social circle, interpersonal relationship discomfort. Some college students are only children, grew up in the love of their families, used to self-centered way of doing things, after entering the collective life to bring them a great sense of inadaptability, and dormitory students are prone to contradictions due to the rest time, lifestyle, study habits. Some families more difficult

students because of family reasons, often inferiority complex, sensitive, do not want to have too much contact with students, afraid of others look down on themselves, despise themselves, do not want to communicate with people too much, in the long run, prone to interpersonal barriers.

2.3. Psychological Maladjustment, Psychological Confusion Increased

College students come from all over the world, affected by geographical location, climate factors, customs, eating habits and so on, some college students are prone to appear after school, eating habits, leading to poor physical condition, making the heart fidgety. Because there is a great difference between the way of learning in college and high school, some college students do not pay attention to the change of learning methods, which leads to the inability to follow the teacher's thinking in class, to understand the content of the teacher, and to feel learning difficulties. College students are in adolescence, eager to communicate with the opposite sex, and free time after entering college, it is easy to meet their psychological needs. If you can not rationally handle the relationship between men and women, easy to produce emotional problems. Light is depressed, depressed, irritable, thin body, overeating, serious indignation, appear harmful to physical health behavior, even feel that life is eclipsed, everything is meaningless, appear suicide behavior.

2.4. Self-cognition is not Clear, Lack of Reasonable Planning

In addition to learning in high school, the rest of the matter is basically handled by parents. After entering university, because of the lack of understanding of self's value orientation, character, interest, advantages and disadvantages, lack of comprehensive understanding of self, and sometimes lack of ability to deal with affairs, often fall into confusion, do not know what self wants to do, what to do. In high school, all things are arranged by parents and parents in advance, students basically do not have their own spare time, but in college more attention to students as the main body, more attention to the development of students' learning and research ability, and students spend more time at their own disposal, some students think that these time can be squandered, busy with all kinds of off-campus part-time, and some students indulge in computer games, often late, leave early, skipping classes and other bad phenomena, but not the planning of college life and study, but the wrong way to waste good youth. Some students do self-planning, but do not follow the planning content, or directly forget the planning content.

3. Solutions to Enhance the Adaptability of Freshmen

3.1. Enrolment Education Courses to Strengthen Enrolment Education

In order to better guide freshmen to adapt to college life as soon as possible, the educational influence of entrance education curriculum is undoubtedly an effective and systematic way to solve the problem of difficult to adapt to admission. Before the freshman start school, colleges and universities need to coordinate all departments to discuss the teaching contents of the entrance education courses, to innovate the teaching methods, to combine the law of the growth of the freshman, and to use the teaching methods that students like to see. For example, in the school discipline school rules education, not only with the student manual, the study guide and so on teaching material inside the theory content carries on the teaching, but also needs to collect the recent student violation discipline real case to carry on the discipline idea, the behavior way guidance to the student. In carrying out safety education, teachers can explain the theory of safety curriculum, comb safety cases, invite teachers of school security departments, government departments involved in security personnel, such as police, firefighters and other students to carry out safety knowledge propaganda, so as to enhance students' awareness of safety prevention. At the same time, colleges and universities can use WeChat, Weibo, QQ and

other new media official platform to publish information related to freshmen, through the network of ideological and political education to do a good job in student entrance education.

3.2. Enhance Communication between Teachers and Freshmen, Senior and Freshmen

Freshmen have just entered the university, more unfamiliar to teachers and students, less communication with teachers and students. When communicating with freshmen, teachers need to understand the students' family background, advantages, interests, college entrance examination results, life habits and so on from the freshmen's files in advance, and have face-to-face conversation with the students; As senior students are familiar with the campus environment, professional study, participation in social practice and so on, they can organize senior excellent student representatives to carry out communication and discussion with freshmen, teach themselves appropriate learning methods, communication methods, behavior habits, professional qualities and freshmen from the perspective of "past", and guide freshmen to draw strength from the experience of senior students and actively face the current of maladjustment problems [1]. As a freshman, in addition to the guidance of teachers and senior students, they need to take the initiative to say hello when meeting with teachers and students, actively seek the help of teachers and students when they encounter life and academic difficulties, and pay attention to the tone and way of communication when communicating with students in order to create a relaxed communication environment. Hope to communicate with teachers and senior students, improve their own communication skills to alleviate the discomfort of freshmen to school.

3.3. Developing Professional Guidance Education and Shaping College Students' Professional Thinking Consciousness

While imparting professional knowledge, professional teachers need to fully realize the importance of curriculum thinking to freshmen to adapt to college study and life in the process of professional curriculum teaching. The so-called curriculum ideological and political education is to integrate socialism with Chinese characteristics and Chinese Dream education, ideal and belief education, vocational culture, craftsman spirit, national defense education, revolutionary tradition education, labor education and so on into the professional course teaching according to the curriculum characteristics in the course teaching. Guide college students to establish correct world outlook, outlook on life, values and lofty ideals. General Secretary Xi Jinping pointed out that in order to make good use of the main channels of classroom teaching, all kinds of courses should be in the same direction as ideological and political theory courses to form a synergistic effect [2]. Professional teachers can integrate moral education, ideal and belief education and so on according to the situation, realize "ideological and political content" and "ideological and political flavor" in the professional curriculum, so as to promote the value leading effect in the freshman professional study, so as to shape the freshmen's professional thinking consciousness and deepen the students' cognition of specialty.

3.4. Through Home-school Education, Enhance the Adaptability of College Students

Healthy growth of college students needs the cooperation of family and school [3]. Family harmony, strong sense of independence of students, after entering university to adapt faster. On the contrary, parents' great involvement in all kinds of things of their children will lead to the increase of their children's dependence on psychology. After entering the new environment, because of growing up under the protection of their parents for a long time, they are accustomed to self-centered. Often appear not active in communication with classmates. Parents need to use their own experience to purposefully educate their children before they

enter college. Parents can use their spare time to take their children to outdoor activities, not only to increase parent-child relationships. At the same time let the child know more friends, improve communication skills. After the child enters the university, the parents can keep close contact with the child, always pay attention to the child's thought, study, life dynamics, and give the child the correct thought and value guidance in time. When freshmen enter school, teachers can use the opportunity of freshmen's report and parents' meeting to communicate face to face with parents, introduce the situation of schools and colleges to parents in time, and answer the questions of study, life, practice, planning and so on that parents pay attention to in time. Moreover, through WeChat, qq and other ways to set up parent communication group, timely feedback of students in school, so that parents from the family level actively cooperate with school management education students, on the other hand, through parent communication group to understand parents' opinions and suggestions, according to the characteristics of students to adjust teaching, management, together to help freshmen adapt to college life and learning [4]. Under the influence of family and school, college students make self-career planning and urge themselves to adapt to college life as soon as possible.

4. Summary

For freshmen, they quickly adapt to college life, quickly adapt to the way of teaching, quickly adapt to the way of learning, is the premise of their good college students. It is of great significance for counselors and academic tutors to carry out targeted education to improve students' adaptability education. Colleges and universities through the introduction of admission education courses, teachers and freshmen, senior students and freshmen exchange activities, carry out related professional education activities, through Home-school education to help, education guide freshmen to maintain an optimistic attitude, do a good job of self-planning to adapt to college life as soon as possible, promote self-growth, so that they become useful talents for society and the country.

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