

СЕКЦИЯ «СОЦИОКУЛЬТУРНАЯ, АКАДЕМИЧЕСКАЯ И ПСИХОЛОГИЧЕСКАЯ АДАПТАЦИЯ ИНОСТРАННЫХ СТУДЕНТОВ В СИСТЕМЕ ВЫСШЕГО ОБРАЗОВАНИЯ»

ПРОБЛЕМЫ АДАПТАЦИИ СТУДЕНТОВ ИЗ РОССИИ В АМЕРИКАНСКОМ ОБЩЕСТВЕ (НА ПРИМЕРЕ «WORK AND TRAVEL»)

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Аннотация. В статье исследуются основные трудности и особенности адаптации, актуальные для русских студентов, временно ставших членами американского общества, приехав туда получить образование или работать. Было выявлено 6 основных социокультурных моментов, которые следует учесть студентам из России, отправляющимся в США.

Ключевые слова: адаптация, социокультурное окружение, русский студент как иностранец, американское общество, работа за рубежом.

Abstract. We have examined the basic difficulties and features of adaptation actual for Russian students who become temporary participants of the American society coming there to get higher education or work. We have revealed 6 major social and cultural items which should be taken into account by Russian students going to the USA.

Keywords: adaptation; social and cultural environment; Russian student as foreigner; American society, working abroad.

The problem of adaptation in a foreign cultural environment is actual in modern society when the economic and scientific links between countries become more and more developed [1]. The relevance of problem for us is determined firstly by a large number of Russian students in the USA who arrive not only to travel but also to study and work. This problem is also widely studied at Tomsk Polytechnic University where there are many students from all over the world [2]. From the first days of staying in the USA Russian students are in unfamiliar social, cultural and linguistic environment to which they have to adapt for a short time. Therefore, it is important to learn to adapt quickly to unusual situations to feel absolutely calm and comfortable. The successful adaptation contributes to the rapid achievement of the communicative, behavioral and emotional balance.

My discoveries in this field are based on my personal experience of “Work and Travel” which lasted from June to September 2016. Living for several months in the USA I detected interesting features of the American culture. I have indicated 6 basic items which are presented below.

Social security

A particular importance for any person working in the USA is the availability of “social security”. “Social security” is a small card with a personal number which is given once and forever. Employers will not hire you if you do not have this special card or a receipt which shows you

have already filled in all the necessary applications for it. Usually this process takes about 2—3 weeks and can be done only at place (in the USA). The existence of social security is not a guarantee that you will be hired to work. You should have an interview and wait for an answer from your employer for a long time. Usually the employer does not tell you his answer immediately and likely he will ask you to come again next day. This endless process can drag on for several weeks. This situation can confuse you because you don't know what you should do: either look for another job or wait for decision from your employer. Thus, you should do the social security card as quickly as possible. You should also search other jobs not losing your time.

The relations between employers and employees

For the entire period of staying in the USA I was working at four different employers. I noticed that the relations between employers and employees are more friendly than formal. In the first place your boss is your friend who not only helps you if you have any problems but also can talk to you about absolutely everything and even meets after work in informal atmosphere. So, Russian students should not be afraid of the American employers and not to feel shy.

Individualism

The individualism is the American way of life in which a person puts his own desires, needs and comfort first. It does not mean that the Americans don't listen to the others' opinion but they need to make every effort to realize their ambitions. The positive side of the American individualism is that people get a good opportunity for self-realization. The individualism is also expressed in the appearance of Americans. We are used to give our appearance a lot of attention because we are constantly estimated by friends, workmates and passers. American attitude to this is much easier. The individualism is above all, it is important for them only their opinion about how they look. Thus, you should not give too much attention to your appearance as here in Russia (doing a big problem of it).

American politeness

Why are Russians so serious? It was the first question to me from locals. Americans always have a smile in any situations due to which you cannot avoid a feedback smile. The most popular questions are 'how are you?' and 'how are you doing?' These questions are asked by everyone and everywhere: in the supermarket, restaurant and even on the way home. At first time, it was strange for me when you are walking somewhere and passing by you a person can say "hello" certainly with a gorgeous smile and ask something about your life. Sometimes it looks fake but we just need to get used to this.

One more feature of communication which drew my attention was the habit of Americans to speak on personal topics in public places — telling all the family tree story to the cashier (me) when staying in the shop queue. So, do not be afraid of this attitude to you. Americans understand politeness in their own way, not like Russians or even other peoples of the world.

There are also two topics concerning the material part of life which proved to be very important for our students as foreigners.

Accommodation

The first and one of the most important things for students was the search of lodging because students are going to be in the USA for a long time. As a rule, students are looking for a few simple ways to save money. The housing is not also an exception. Although the rent of even the cheapest housing will cost no less than 100\$ per week, you should take into consideration not only the value of money but also consider many nuances. First of all that is the

presence of laundry and all the necessary furniture, the ability to get to work and the friendly relationship with your landlord. If you don't want to have any problems with your accommodation you should rent a house in advance and be in touch with your future landlord. Don't be shy to ask your landlord about the house and what it includes. Also it will be better if you live with your friends to have fun together.

Food

The first thing that everybody notices on the stalls in the US is high food prices in the supermarkets. That is why Americans eat mostly fast food which is pretty cheap and nourishing. The most interesting thing in American supermarkets is that you can find two types of products on the shelves: organic and non-organic food. The difference is that organic food is produced only from natural ingredients and costs several times more expensive. In the organic department you can find absolutely all types of usual products such as chocolate, fruits, meat. Keep in mind that you have to pay big money for that — if you want to eat healthy food. Some supermarkets have discount cards to save money for the products. You can ask customers such card and they are happy to lend it.

Conclusion. When going to the USA, Russian students should be aware of the previously said social and cultural peculiarities — to go quicker through the adaptation period. We can't say that the culture of this country is always unclear for us and we will never be able to accept it. It is just different. You need only time to adapt to anything. The cognition of new and interesting speeds this process up.

As for me the process of my adaptation took a couple of weeks. I tried to feel and see everything inside of American life by the eyes of locals. When I came back to Russia I had to adapt again but only in my home country: to serious Russian faces, food (that is always lacked) and the attitude to life. Now I can answer this popular question addressed to us: "Why are Russians so serious?" It is explained to the fact that we are always concerned with our own thoughts, thinking about our problems and how to resolve them. We should be more open to others and just enjoy the life. Thus, we can discover a new problem of "double adaptation", which needs a further study.

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СПОСОБЫ ОРГАНИЗАЦИИ УЧЕБНОГО ПРОЦЕССА ПО МАТЕМАТИКЕ, СПОСОБСТВУЮЩИЕ АКАДЕМИЧЕСКОЙ АДАПТАЦИИ ИНОСТРАННЫХ СТУДЕНТОВ В ВУЗЕ

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Аннотация. Статья посвящена проблеме адаптации иностранных студентов в техническом вузе к процессу обучения математике. Установлены те трудности, которые связаны с обучением математике иностранных студентов, в группах со студентами, носителями языка. Описан опыт проведения лекций с использованием учебных презентаций в Томском политехническом университете. В статье описаны результаты анкетирования, в которых установлено, что использование учебных презентаций на лекциях по математике влияет на качество получаемого математического образования иностран-