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PSYCHOLOGICAL MECHANISMS OF ADAPTATION OF FIRST-YEAR STUDENTS TO STUDY AT UNIVERSITY

The article describes the essence and importance of adaptation of first-year students to study at university. The components of the mechanism of a designated process are considered. Ways to improve stress tolerance of first-year students to study at university are proposed.

Keywords: adaptation, psychological mechanisms, stress, psychological comfort zone, learning in university, first-year students, psychological and pedagogical support.