

Crisis in the 1990's influences the adaptation process of university students today

S.N. Kramarova

Post-graduate student, Assistant of the Psychology Department,
the university psychologist at the International University of Nature, Society and Men «Dubna»
svetlana-kramarova@yandex.ru

The following article provides a brief overview of the adaptation process which university freshmen are faced with during the first year at the university. The topics addressed include: psychological characteristics of incoming first year students; the level of anxiety experienced by students; the influence of the social environment on the forming of students values, norms and meaning; new appearing tendencies in therapy requests; future forecasts.

Key words: university student adaptation, teenage anxiety, forming of values.