

ADJUSTMENT STRATEGIES FOR NEW STUDENTS

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Abstract

The new student is that child who gained admission into a new school outside his former environment. A lot has been written and said about adjustment. No final conclusion appears to have been reached. The nature of the concept itself is such that universal approaches cannot be evolved. This paper attempted to examine the issue as it affects the movement from primary to secondary school.

In doing this it was considered appropriate to examine also the roles of a guidance counselor in the school to get new student adjusted. Consequently it was concluded that except all concerned (functionaries school authority) co-operate with the school counselor adjustment will remain a serious problem in our schools.

Introduction

There is the general awareness of problems (adjustment) of new students and the implications for the growth and development of such students. -To admit, maintain and keep children in new environment, efforts would need he made to attract the new students to stay. Provisions would also be made to resolve difficulties encountered while in school; the students would need to see progress¹ in their new environment. To achieve these goals, guidance arid counselor to help remedy the situation.

Meaning of the Term Guidance and Counselling

Guidance, as a concept has been defined in many ways and the term still sound vague to lay persons, who may see it as an effort to guide, direct and advice. According to Shertzer and Stone (1976) guidance is the process of helping individuals to understand themselves and their world. As an educational construct, it refers to the

provision of help for pupils to understand themselves while in their new environment. Durojaiye (1972) saw guidance as a complex process, which encompasses the total, needs of the individual, student to be directed or guided. This guide is to assist 'the student in educational, social, moral, emotional, health and leisure time needs and for the individual's preparation for a suitable career in future.

The term counseling, on the other hand, has been wrongly used. Counselling may be defined as a learning process in which individuals learn about themselves, their interpersonal relationship and behaviours/ that advance their personal development. Olayinka (1972) defined counseling as a process in which one person assists another person in a. person- on-person or face-to-face encounter. This assistance may take many forms: it may be educational;

vocational, social; recreational; emotional and or moral.

Guidance and counseling services for new entrants in schools today seems to be or should be organized around the following.

Warmth Receiving: This concern her new students were received on arrival; so that the people and the place does not look strange as new students does not have any friend.

Information: Norris, Zeran & Hatch (1976) defined educational information as valid and usable data about all types of present and probable future educational or training opportunities and requirements including curricular and co-curricular offerings requirements for success and problems of student life.

Orientation: Organizing a programme, where people come and talk to the new entrants about the school, academic works and interpersonal relations, etc,

Placement: Promoting the development of the students and aid him in the selection of subjects.

Appraisal: Collection and analysis of various data on the individual for the purpose of understanding of the

individual and assisting the individual to understand himself

Training: This includes academic and coping mechanism; skills in human relations and personal adjustment and remedial needs.

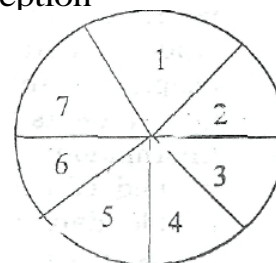
Counseling: Facilitation of self-understanding through group counseling, individual counseling etc.

Fig. 1 Adjustment Circle.

Key:

Warmth Reception
Information
Orientation

Placement
Appraisal
Training
Counseling



The figure 1 above is an attempt to show the working of a school counselor with the school authority. The programme attempts to marshal all resources in co-ordinate way to bring the new students in this, adjusted level,

The implication of the above illustration is that, for any new student, to adjust efforts to succeed 60% of the time should be given to (1, 2, 3, 4, & 5) the right side of the circle of service. The remaining 40% (6 & 7) of the time should be devoted to providing such service as training and- counseling

without which new students find it difficult to adjust within a short period of the time.

Counselors' Roles to Get Students Adjusted

The need for a counselor to help the students has been recognized. Parents and School authorities also recognize the needs to decrease mal-adjustment behaviour while increasing their ability to adjust and adapt the proper school behaviour. The students themselves want to live a well-adjusted worthwhile life. Add these seem to suggest the need for affective guidance and counseling for the new students.

Today, students need better adjustment programme to deal with increasing complex social and academic problems.

To assist students the following adjustment programmes should be organized for students.

Recreational facilities: The counselor should request the school authority to provide some recreational facilities such as football, lawn table-tennis, badmiting; basketball; chess etc. These sporting activities helps student to release tension after six hours of academic work.

Provision of Excursion: This helps students not only to be adjusted but helps them to collect information, verify. Classify and

evaluate the ones they already have.

Enlisting students to school clubs such as guidance Club, Young farmer; young engineers debating society, dramatic, cultural club, etc.

This should be organized vertically **or** horizontally within the school. Training in human relations here refers to the interaction of people in all. Types of human transactions or endeavour whether social club, family school setting; business, etc. The counselor should employ action-orientated; goal-directed and operational-programme. This must generate some actions in interactions and such actions must be sustained by emotions.

Counselling programme: This counseling programme should focus on behaviour modification; such as truancy, quarrel; theft; choice of subjects skills in study habits; referral techniques-etc.

Mounting Disciplinary Programme. According to Turner (1973), discipline is a structure, which is designed to facilitate the smooth working of some activity whether this is -acquisition of knowledge by the student the skill of craftsman, the 'training of professional soldier, or rearing and education, of children.



The counselor should endeavour to see that new students are disciplined to get them well accommodated by older students and the school authorities.

Conclusion

In conclusion; it is very obvious that new students are faced with problems of adjustment. The future seems bleak for any student who is not well adjusted in this environment.

The school counselor should mount adjustment programme. The school authorities should also provides the need facilities for the new student. Where these are available, most students will not find it difficult to become well adjusted and accepted by others. Though for the programme to succeed both the school authorities and counselor must co-operate arid work a hand in hand for a complete change in the students' adjustment problems.

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