

using social network are great to increase vocabulary. Watching films, videos on youtube and listening to music advance a wide range of skills necessary to successful communication.

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THE INFLUENCE OF MENTALITY ON THE ADAPTATION PROCESS IN A FOREIGN UNIVERSITY

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In the modern world the information society prevails that changes education in general and the human value system as well. In Russia a large number of different cultures and faiths have been accumulated. Adaptation in a new environment for any person is rather complicated, for example, in most Russian universities the learning process takes place only in Russian, which forms the problem of the language barrier for foreign students. Different nationalities have a different perception of the learning process in a foreign language environment. Being students of National Research Tomsk Polytechnic University known for international relations and foreign students, we are carrying out the given problem.

The purpose of this article is to study the influence of mentality on the process of foreign students' adaptation. To achieve the mentioned purpose, it is important to complete the following objectives:

1. to investigate the necessary material in cultural studies and psychology;
2. to analyze the material found;
3. to analyze modern work on the study of the process of foreign students adaptation;
4. to describe a project that contributes to the adaptation process of international students.

The problem described in the article is the difficult process of adaptation of foreign students to universities.

What is a mentality? Before describing the problem it is important to highlight the meaning of such phenomenon as mentality. Mentality is a certain combination of mental, emotional, cultural characteristics and value orientations inherent in a particular social or ethnic group.

Mentality presupposes the existence of attitudes of consciousness, which include a person's self-image of himself, self-perception of his place in nature and society, and all these aspects are not subjected to logical interpretation. The nature of the mentality is largely associated with the subconscious sphere, which precisely determines human behavior.

The main components of the mentality. We have identified two basic components of the mentality:

- Uniqueness. It includes feelings, emotions, ideas, stereotypes inherent in one subject and absent in others;
- A peculiar combination of certain characteristics that is characteristic only for a specific collective subject.

Stereotypes. It is interesting to note the peoples are perceived in comparison with their own nation by representatives of another culture, thus, South Americans can evaluate the Scandinavians as emotional and cheerful, and the Russians as a reserved nationality.

For a long time everyone has been aware that mutual understanding leads to successful cooperation, that can not always be possible or even very difficult to achieve. Nevertheless, what is considered to be the reason for the poor level of understanding in cross-cultural communication?

The main reason for misunderstanding in intercultural communication is the difference in the national consciousness of communicants, and not the difference in languages. To make the picture of the world and our life clear, we often apply certain stereotypes that have become permanent fixtures for various nationalities. For example, the British are thought to be secretive and even withdrawn; the Chechens are cruel; the Americans always try to be successful; the Jews are sly. In the second part of the XXth century some investigations were carried out and revealed interesting facts about mentality of different nationalities, thus, southern Europeans, such as Italians, are considered to be more emotional and less skilled at work than Northern Europeans, such as Germans or Scandinavians.

Thus, the real nature of relations between people is directly related to the main characteristics of ethnic stereotypes, regardless of whether it is cooperation or competition, dominance or subordination.

Unfortunately, just the same stereotypes give rise to various conflicts which lead to problems with the adaptation of foreign students in higher educational institutions.

It would also be relevant to consider several most common stereotypes about Russians:

1. Many foreigners believe that to the Russian people, "the law is not important" that is partly true, because Russian people often break the rules in their everyday life;

2. Many people abroad believe that Russians drink alcohol a lot;
3. Foreigners believe that Russian people have a strange attitude towards food, because they do not understand why it is important for Russian people to put everything on the table: tomatoes, cucumbers, salads, etc..
4. People abroad believe that we are serious and sad, because it is not customary for us to use “empty” smiles in which there are no feelings;
5. Many foreigners do not understand our mentality or, at least, some qualities typical to Russians.

The adaptation of foreign students in foreign universities is a rather complicated process, which is mainly important for the following reasons:

1. Poor knowledge of the local language by foreign students;
2. The psychological barrier in dealing with foreigners;
3. Psychological self-perception, “I am like a stranger”;
4. The difference in cultural values and traditions of their country and the country that accepts them.

Since this complex problem causes difficulties, it can even lead to a decrease in the performance of foreigners or cause them to return to their homeland.

Ways to solve the problem. There are various ways to solve the problem:

1. actively involve foreign students in cultural life;
2. promote a more cohesive relationship with local students;
3. attract foreign students to work on socially oriented activities.

A large number of foreign students study at our university. Seeing their problems, the students of our university, within the framework of the curator school, decided to organize the Meeting days Club. Initially it was planned to arrange meetings for communication and practice of the Russian language with foreigners. However, over time, the goal of the project was the adaptation of foreign students to TPU environment. Within the framework of the club, the creators arrange not only meetings, but also provide assistance, become a team. Club members can be asked about studying, difficulties in learning the Russian language, problems in everyday life, etc. Three curators are involved in the project, usually ten students attend the meeting, and each of them is given special attention. The meeting consists of three parts: acquaintance, as new students come to each meeting, the thematic part, usually it includes watching movies and various games, and reflection. People of different ages come to the club meeting, most of them are first-year students, but there are also senior students or even graduates. Now the club conference has 47 people. The author of this project is Anastasia Legonkina, who is currently a second-year student at Tomsk Polytechnic University. We believe that the project has a beneficial effect on international students.

Thus, we studied the influence of mentality on the process of foreign students' adaptation and also examined the solution to the problem in the difficult process of adaptation of foreign students in universities. Since the adaptation process is very complex, it is necessary to involve psychologists, social educators and ordinary teachers in the process of cooperation that should help foreign students.

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