

of conducting a therapeutic and wellness process for students, the creation of specialized structures, such as a sports club, a volunteer center, a tourist club "Vitalis", a sports and wellness camp "Pulse". Also, the professional orientation of the content of the educational and sports process includes close cooperation with the centers of professional training of athletes. Within the framework of cooperation between BSMU and the Dynamo Center, also with the biathlon center and the Olympic Reserve School for alpine skiing it allowed to conduct training sessions of a professionally applied orientation. It also allows holding republican and All-Russian competitions among students of BSMU.

**Conclusion and future prospects.** Thus, we can state the priority of physical culture and sports at Bashkir State University. Physical education and sports contribute to the strengthening of health and the formation of a healthy lifestyle.

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### **EDUCATIONAL ADAPTATION OF STUDENTS FROM FOREIGN COUNTRIES WHEN STUDYING IN THE SPECIALTY OF DENTISTRY**

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**Abstract.** The article deals with topical issues concerning the educational adaptation of students from foreign countries at the Department of Therapeutic Dentistry. The degree of their adaptation to the new educational realities was studied by the method of a sociological survey. The object of the study were 624 students from foreign countries of the Faculty of Dentistry. We have identified factors contributing to their successful adaptation to new realities - overcoming the language barrier, as well as getting used to the conditions of the Russian system of higher professional medical education.

**Keywords:** adaptation; foreign students, educational environment, medical education

**Introduction. Literature review.** Currently, the modern market of educational services contains a large number of offers in various areas and levels of professional training, including the training of highly qualified medical specialists for the healthcare of the Russian Federation, as well as near and far abroad, which is an important criterion for a competitive, in-demand higher education system on the world market. The main purpose of this criterion is to train highly qualified specialists capable of adapting to modern labor market conditions [1, 2, 3, 4, 5, 6, 7, 8].

The implementation of the educational process among foreign students at BSMU since 2018 is associated with the adoption of the national project "Education", the Federal project "Export of Education", as well as the academic leadership program "Priority -2030", which together define as a priority task ensuring the global competitiveness of Russian higher professional education. These projects and programs consider Russia's entry into the number of leading countries in the world in terms of the quality of higher professional education and assume an increase in the number of foreign students (up to 425 thousand people) among all Russian students. The implementation of these programs and projects at the present stage is carried out at BSMU, at the moment 4174 people from among foreign citizen students from foreign countries receive medical education at the university among all students, an increase in the proportion of foreign students by 2030 to 7000 thousand is being considered.

**The purpose of our work** was to study the degree of adaptation to the educational process among foreign students at the Department of Therapeutic Dentistry.

**The main part (methodology and results).** The aggregate of all students from among foreign students in 1-5 courses of the Faculty of Dentistry for the 2022-2023 academic year was 624 people, while 96% of people came to study from Egypt, 2% from Iran, 2% from Iraq, 1.76% are studying on a budget form, according to the quota of the Ministry of Science and Higher Education of the Russian Federation -1.76%, on a paid basis – 98.23%. 39.6% of people noted the rapid pace of overcoming the language barrier, difficulties with overcoming them were revealed in 58.65% of people.

The perception of the conditions and specifics of the Russian system of higher medical education requires significant efforts from foreign students, so many of them are unprepared for such loads. A significant number of students, 43.3%, note a deterioration in well-being and the presence of increased fatigue, 56.7% of students note that the process of getting used to new conditions is not easy.

It should be noted that the students at the Faculty of Dentistry who came from Egypt have positive motivation to study and average academic performance, while they have an overestimated self-esteem of their theoretical and practical knowledge. Students from Iran and Iraq have a higher motivation to study, since studying at a university is considered by them as an opportunity to get a decent place in life in their countries in the future, in 100% of cases they are satisfied with the choice of the specialty "Dentistry".

A strong internal motivation to obtain higher professional education is not always observed by too high a rating of training, nevertheless, they are ready and motivated to overcome various difficulties not only the language barrier, but also difficulties in studying purely theoretical disciplines, while they have a high motivation to study direct disciplines in the specialty of Dentistry, working out and mastering various practical skills, which together contributes to the clear development of theoretical knowledge gained during classes and lectures. The vast majority of students 89.9% demonstrate a high focus on the implementation of educational goals that open the way for them to their chosen profession and believe that their academic results are achieved only by honest work.

**Conclusions and future prospects.** The adaptation of foreign students to the educational process differs from the adaptation of Russian students, it depends on many factors: national, regional, religious characteristics, etc.

Starting from the first year, these students go through the process of language adaptation, master adaptation to theoretical and practical training, which together makes it possible

to acquire and assimilate them, but also serve as a criterion for the development of their professionally significant qualities. This process lasts throughout the entire period of study in the specialty, as new disciplines appear every term that require their development. In the process of mastering and mastering academic disciplines, it is also important to involve them in extra-curricular activities, to involve them in research work.

Thus, the educational adaptation of foreign students is a criterion for their self-improvement and their further adaptation to the realities of medicine in their countries. The understanding of their higher education is also due to the prestige of the specialty Dentistry in their country.

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### **PECULIARITIES TO ORGANIZATION OF EDUCATIONAL AT THE DEPARTMENT OF TOPOGRAPHIC ANATOMY AND OPERATIVE SURGERY IN THE ERA OF INTERNATIONALIZATION**

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**Abstract.** In modern conditions teaching in a medical university requires constant work on the effective combination of classical forms of teaching with new approaches to learning, which requires searching for new synthetic, integral forms of learning, based on the use of a wide range of traditional and new information technologies and technical means, organization of dialogue exchange between the teacher and students, especially in the era of internationalization. The number of foreign students studying at our university increases every year and, therefore, the internationalization of the educational process affects all areas of the university, including the Department of Topographical Anatomy and Operative Surgery. As the global export of educational services dictates the need to teach students in two languages, the role of a teacher in training a specialist becomes great, requires additional training especially in overcoming the language barrier. Joint training of Russian and foreign students posi-