

1. Materials for independent out-of-class work are placed on the educational portal of the department on subjects of modules (obstetrics or gynecology) with the entering and outgoing test tasks on 25 questions in each for students of 4, 5 and 6 years, as well as groups consisting of foreign students.

By preparation for classes of the corresponding module the students pass a test online installation of the timer of time and fixing of the received results in the online magazine on the educational portal of the department.

2. Test tasks for a concluding session for each course on 44 questions. Final testing is held in a computer class in the department of obstetrics and gynecology No. 1 offline by installation of the timer of time and fixing of the received results.

At the department all types of testing - entering, intermediate and final. Analysis of test results is carried out according to every student. Theoretical questions of test tasks for the final lesson are shuffled in their sequence. It eliminates the possibility of using ready-made options answers.

Great attention is paid to foreign students' feedback during the test. This is achieved, in particular, by discussing the process of answering questions and the result of testing within the group with a visual display of the ranked responses of students. A competitive environment which significantly increases motivation of students to develop a subject is as a result created to some extent.

Thus, electronic educational technologies in the course of subject training allow students to strengthen their independent and systematic work during the academic year, which also works for international students. In addition to evaluating the quality and degree of knowledge and skills, computer testing also performs motivating, diagnosing, managerial, educational, and training tasks.

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ISSUES OF ADAPTATION OF FOREIGN STUDENTS IN THE BASHKIR STATE MEDICAL UNIVERSITY

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Annotation. The article describes the difficulties faced by students who come to study at BSMU, the features of the adaptation process in the first years, educational and organizational support for students from the dean's office.

Key words: foreign students, export of education, problems of adaptation

At present, competition for foreign students is intensifying in educational services global market among over 10 thousand educational institutions. It should be noted that, by attracting foreign students to their country to study, the state will receive the economic benefit in the form of tuition fees, medical insurance, accommodation, meals, transport costs, leisure Time Activities, etc. [4]

In the field of competition in educational services global market, the issue of soft adaptation of foreign-language students plays a key role. Effective adaptation of foreign-

language students ensures the formation of a good attitude towards Russian universities after the students return to their homeland.

Special conditions are being created in our country to increase the export of educational services. For the effective adaptation of foreign students and the removal of the language barrier, various kinds of federal targeted programs are being developed in the country to popularize the Russian language, culture and education in Russian, as well as acquaintance with the history of the country of the language being studied. [1]

In turn, foreign students are attracted to Russian education by the fact that historically established fundamental traditions are still preserved here, which form students' professional skills and abilities. The relatively low cost of tuition at Russian universities remains attractive for foreign applicants.

According to FSUE TASS, in 2022 the number of foreign students receiving higher education in Russia increased by 8.4% compared to 2021, which made up a difference of more than 351 thousand students. The number of foreign students wishing to study in Russia is increasing every year. If in 2019 298 thousand foreign students studied in Russia, then in 2020 this already amounted to 315 thousand, and in 2021 - 324 thousand, which made it possible to firmly consolidate the fifth place in the world in terms of the number of foreign students studying [2, 3]. For higher education, students come from such countries as Kazakhstan, Uzbekistan, Turkmenistan, Tajikistan, the Republic of Belarus, Kyrgyzstan, as well as from far abroad countries - from India, China, Egypt. At the same time, "General Medicine" remains the most popular specialty among their medical specialties. Since, for a student who has received a higher medical education in another country, it becomes possible to take a certain place in society and thereby make a successful career in his country.

Applicants who arrived to study represent different cultures, so there are differences in the vision of the world; the process of adaptation to new living conditions will also go differently for them.

The experience of 2020 has shown that the future of world health depends on international cooperation, that is, the internationalization of education.

Bashkir State Medical University is one higher educational institution in the medical field in the Republic of Bashkortostan. This is the center of medical and pharmaceutical science, it is part of the scientific and educational medical cluster "Nizhnevolzhsky".

The process of internationalization at the university began in October 1991, when students from Jordan, Syria, Palestine, Israel, Yemen, and Morocco started to study with Bashkir students. For the economy of the republic, this was a positive trend, as the university attracts foreign capital to the region, and through cooperation with foreign medical organizations, it contributes to the dissemination and maintenance of foreign relations of the republic.

It became necessary to prepare an adapted educational and methodological material that takes into account not only the behavior and learning abilities of foreign citizens, but also the characteristic features of specialized medical disciplines. Accordingly, methodological manuals were published for foreign students; courses of lectures, independent work were developed; questions were prepared for the exam, taking into account the specifics of the mentality of foreign language students. At the same time, issues of student accommodation, organization of a social and domestic environment for students to live in the most comfortable conditions were resolved.

According to statistics, foreign students who came to study in a foreign country leave in the first two years, facing various difficulties.

Let's consider the most common problems and consequences that students have upon arrival to study in the Republic of Bashkortostan. Firstly, lack of knowledge of the intermediary language at the proper level led to problems at the household level, such as going to the grocery or clothing store; an incorrectly chosen bus route that took them to the other end of the city. Secondly, the republic is located in a temperate climate, where in winter the thermometer value drops below -30°C , respectively, during this period of the year it is necessary

to dress warmly, students who arrived from countries with a milder climate were not ready for this. This caused them some discomfort, stress. Thirdly, students also faced with gastro-adaptation, there were difficulties with the usual grocery basket. Fourthly, students, in particular minors, at the time of their arrival to study did not have the experience of independent living, in their homeland they were more or less controlled by close people. In a foreign country, they had to learn to live independently, solve medical, migration, and economic issues.

It should be noted that the problems that a foreign student faced upon arrival in the republic were not always of a domestic nature. He had to adapt to educational programs. And, it should be noted, these differences are especially acutely felt by students who come under the program of academic exchange between universities (academic mobility), the period of study of which is only a few months.

The result of the successful adaptation of a foreign student, for example, in a medical university, is usually understood as the achievement of his psychological balance at the information-cognitive, communicative levels; the formation of new competencies.

During the latest years, a number of foreign citizens studying at the University are increasing. Training is conducted both in Russian and in the intermediary language - English. As of January 2023, the contingent of foreign students at the university reached 3885 people, they came from 54 countries of the world.

The dean's office works with foreign students efficiently and fruitfully, it consists of 2 departments - the department for organizing the educational process and the organizational and visa department. The policy of the dean's office is focused on the effective and soft adaptation of foreign students. For this purpose, the institution of mentoring was created in the dean's office, which includes two forms: the institution of curators and tutoring. The institute of curators is a kind of "cornerstone" in the system for managing the process of adaptation of foreign students. Teachers, in their free time, control students, help them in various situations, issues that arise during their stay in a foreign country. It can be said that the curators have become "university dad and mom" in the process of primary adaptation of foreign students. They systematically organize events aimed at involving students in the social, scientific life of the university; introduce the history and culture of the republic, the country.

Thanks to the curators, foreign students during the New Year holidays were involved in cultural, educational, sports and recreational activities. According to the schedule for working with minors, during the New Year holidays they visited one of the oldest museums in Russia - the Bashkir State Art Museum named after M. V. Nesterov, got acquainted with the works of great artists. They also visited the Republican Museum of Military Glory, built in honor of the 55th anniversary of the victory in the Great Patriotic War. The museum presents a collection of edged weapons, personal belongings of war veterans, military awards, trophies, front-line diaries, and a collection of photographs reflecting the life of Bashkortostan.

Tutoring is one of the forms of mentoring, "tutor" in translation from English is a teacher-mentor. The tutor contributes to the formation of the student's cognitive interests, coordinates his independent work, and contributes to the formation of the student's personality. At the university, tutors are senior students, they are mentors for junior students.

Thus, the institution of curators in the system of managing the process of adaptation of foreign students at the university is one of the most important. Dean's office for international students and the scientific library of BSMU created cultural and linguistic club "Between the cultures». There is a student club - the BSMU Press-Team student press service. There is organized the student scientific society of Francophone students LA SOCIÉTÉ SCIENTIFIQUE FRANCOPHONE, a scientific and educational club "Mastering excellences in studies".

In conclusion, it must be said that the process of internationalization at the Bashkir State Medical University is active and comprehensive. The university has been participating in the international student mobility program and joint PhD programs for several years with leading Chinese and European universities. It is planned to recruit famous foreign scientists in order to attract talented young people, and as a result, world-class research will be conducted;

as well as part of scientific and pedagogical workers in international academic mobility programs, in the work of international scientific organizations, in international research projects.

Accordingly, all of the above will be effective for increasing the export of educational services.

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FEATURES OF TEACHING PHYSICAL CULTURE AND SPORT FOR FOREIGN STUDENTS

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Annotation. Teaching the discipline "Physical culture and sport" to foreign students involves taking into account the ethnic characteristics of this contingent of students.

Key words: foreign students, physical culture, ethnic characteristics.

Introduction. At present, the training of specialists for foreign countries has received state significance and is an important component of the foreign economic and foreign policy activities of the Russian state. The activity of higher educational institutions in the field of training highly qualified personnel, including the search for modern methods and means that optimize the process of adaptation of foreign students, is one of the main directions for establishing the prestige of Russian education in the world educational process [6].

The internationalization of modern higher education actualizes the problem of adaptation of foreign students to the unfamiliar reality of higher education in an unfamiliar country [6].

Getting into a different socio-cultural environment, a foreign student feels the need to adapt to it from different positions: as a representative of his country, that is, the bearer of his socio-culture, traditions, customs, norms of behavior, value system. As a young person, that is, a person with specific personal characteristics inherent in her; as a student, that is, the subject of the activity of the pedagogical environment, and as an object of influence of this environment on him.

It is extremely important for people from different ethnic groups to adjust to their new surroundings when they move to a new place. This adaptation process can be influenced by various factors, such as how different the culture of the host country is from their own, the flexibility of the individual's mind, their own cultural norms, religious beliefs, language skills, and their gender and age [2].

Objective. To reveal the features of teaching the discipline "Physical culture and sport" in the multi-ethnic environment of foreign students.

Research methodology. The analysis of the effectiveness of the introduction of