



# RUKMINI DEVI

## Institute of Advanced Studies

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- Category 'A' Institute
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### “Adjustment Issues of College Students- A Social Club Activity”

<b>Topic :</b>	Session on “Adjustment Issues of College Students” for all the students and faculty members
<b>Date of event :</b>	January 18,2012
<b>Aim of the Event :</b>	<p>Pursuing college education requires adjustment on part of all the students, though the type and degree of adjustment experienced by each student will vary depending on background, experience, and prior schooling. It is extremely important to identify students who are having difficulty adjusting to the academic and behavioral expectations of college, peers, in relations etc. It is important to identify such adjustment problems early enough in the student's first semester in order to have some chance for a successful intervention.</p> <p>The event aimed at addressing such issues amongst students’ for their stable and mature psychological demeanour.</p>

<p><b>Event Report in brief :</b></p>	<p>The session was taken by Dr. Renu Kishore, Associate Professor, Department of Psychology, Daulat Ram College, Delhi University. She completed her doctoral work in the area of Psychology of Music and her area of specialization is Developmental and Counselling Psychology.</p> <p>The Doctor began her talk by stating that “Today adjustment is a serious issue among college students but is manageable”. She referred to adjustment as a process by which we maintain equilibrium between our needs and the environment. She mentioned that there are greater competition, stress, anxiety and confusion factors for the current generation as compared with previous generation. Some students are able to cope with pressure and stress and succeed in finding a satisfying career and family life but some are not able to adjust. They suffer from academic failure and inability to cope with the same, which increases their rate of isolation, depression and suicide.</p> <p><b>“A College student is for all practical purposes an adult with no adult responsibilities.”</b></p> <p>The talk covered the following issues :</p> <ul style="list-style-type: none"><li>▪ What is adjustment?</li><li>▪ Importance of adjustment in college life</li><li>▪ Consequences of maladjustment</li><li>▪ Challenges of college life</li><li>▪ Need to strike a balance between three things - good grade , social life and enough sleep</li><li>▪ Academic concerns</li><li>▪ Tips for effective study skills</li><li>▪ Effective time management</li><li>▪ Dealing with distraction and temptations</li><li>▪ Challenges of interpersonal relationship</li></ul>
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- Making and breaking of relationship
- Peer groups and peer pressure
- Enhancing interpersonal relationships
- Intrapersonal concerns
- Enhancing mental health
- Stress in college life
- Benefits of optimal level of arousal
- Effects of stress
- Dealing with stress
- Stress management techniques
- Opportunities in college life

Madam also gave away some tips for effective studying skills, like: Ensuring a quiet and comfortable study space , becoming an active learner by listening, asking questions and taking notes.

**She had given a formula for effective study skill -  
Preview>class>review>study**

She also asked students to improve their concentration by learning to keep their attention focused, managing time effectively, identifying and making short notes so that students' get a bird's eye view of the reading material.

After all, true education is not about cramming; it is the process of expanding your capabilities.