



PSYCHOLOGICAL AND PEDAGOGICAL SUPPORT FOR UNIVERSITY STUDENTS IN TIMES OF GLOBAL CHANGE

Сағындықова Әлия Ғалымжанқызы

Маңғыстау облысы, Ақтау қаласы,
Ш.Есенов атындағы Каспий технологиялар
және инжиниринг университеті, шет тілі
пәні оқытушысы



Abstract of article: This article examines the necessity and implementation of psychological and pedagogical support for university students in the face of global transformations. It emphasizes the importance of mental well-being, academic guidance, and adaptive strategies in fostering resilience and academic success. The study draws on examples from Yessenov University to demonstrate effective practices in student psychological and academic support.

Keywords: Psychological Support, Pedagogical Guidance, Higher Education, Student Well-being, Academic Success.

Introduction. In an era marked by rapid global change, university students face increasing psychological pressures and academic challenges. Institutions must respond with comprehensive support systems that address students' emotional and educational needs. As higher education becomes more competitive and stressful, students increasingly report emotional exhaustion and academic burnout. Universities must implement systemic support mechanisms that prioritize mental well-being and academic resilience. The Role of Psychological Support. Psychological services, such as counseling and mental health awareness programs, are vital in managing stress, anxiety, and burnout. Early intervention and peer support networks significantly improve students' academic and social outcomes. Yessenov University offers free



counseling services, stress management workshops, and a 'student wellness week' that promotes mental health awareness. Psychological support at Yessenov University includes both on-demand and scheduled services, peer-led discussion groups, and digital self-help resources. The Counseling Center works closely with faculty to identify students in distress and provide proactive assistance.

Pedagogical Support Mechanisms. Effective pedagogical support includes personalized learning pathways, mentoring, and accessible academic advising. Faculty should be trained to recognize signs of student distress and adapt teaching strategies to promote engagement. Academic mentoring programs at Yessenov University pair students with faculty advisors who guide them not only through curriculum choices but also help in managing study-life balance. Yessenov University offers academic advising that emphasizes not only course selection but also time management, career planning, and goal setting. Workshops on study strategies, presentation skills, and exam preparation are embedded into first-year experience programs.

Institutional Experience: Yessenov University. Since 2022, Yessenov University has prioritized student well-being through the development of its Student Support and Development Center. The center offers academic advising, psychological counseling, and peer mentorship initiatives. Annual surveys conducted by the university show a 25% improvement in student satisfaction with support services. Collaboration with the local psychological association has strengthened the university's approach to trauma-informed care. Policies now require faculty training on mental health awareness and provide accommodations for students facing temporary psychological challenges.

Institutional Strategies and Policies. Universities should integrate wellness initiatives into their policies, ensuring that mental health resources are visible, accessible, and destigmatized. Cross-functional collaboration between departments enhances support delivery. The experience of Yessenov University illustrates that consistent investment in student services enhances both academic performance and campus culture. The university's multi-tiered support framework is now considered a model by other regional institutions.

Conclusion. Psychological and pedagogical support is essential in empowering students to navigate academic life amidst uncertainty. Holistic approaches not only improve retention but also contribute to the formation of resilient and competent graduates.



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