

UNDERSTANDING INTERNATIONAL STUDENTS' WELL-BEING AND SOCIO-CULTURAL ADAPTATION



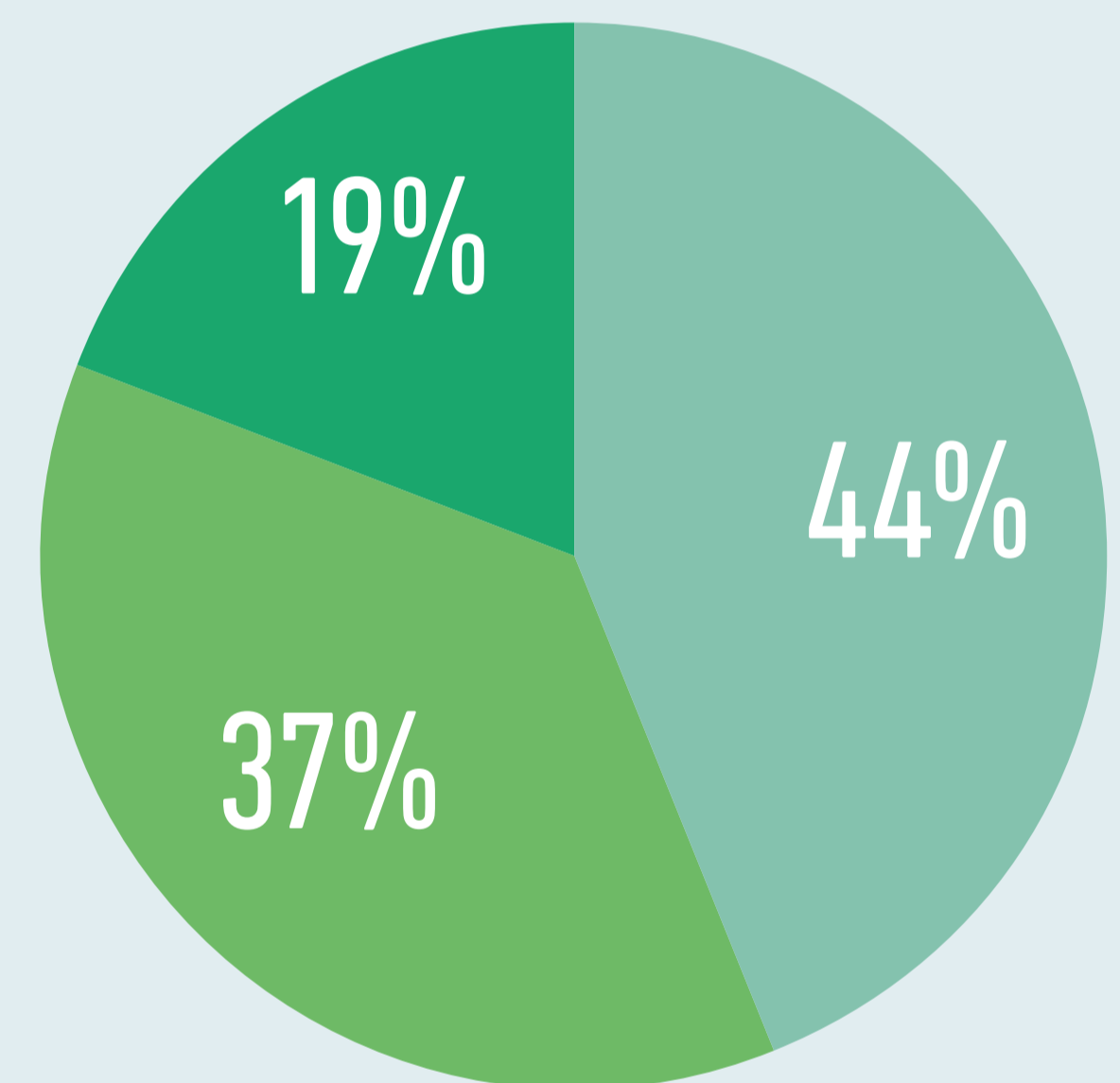
Mental health is a prerequisite for students' long-term sustainable academic success. It is therefore essential to provide preventive and interventional institutional support services to help maintain or restore mental health. These supports can contribute not only to reducing drop-out rates and improving academic performance, but also to increasing satisfaction with the institution and the training.

Since Hungarian universities also recognized the importance of students' well-being and cultural adaptation, over the past years the development and improvement of the related student services have become key priority. The poster summarises the results of several research that has been carried out in recent years.

How often have international students experienced homesickness in the four weeks before the survey?

SHTrack 2023, n=1816

- Rarely or never
- Sometimes
- Often or very often



International students marked the following statements considering how accurately each statement is regarding them

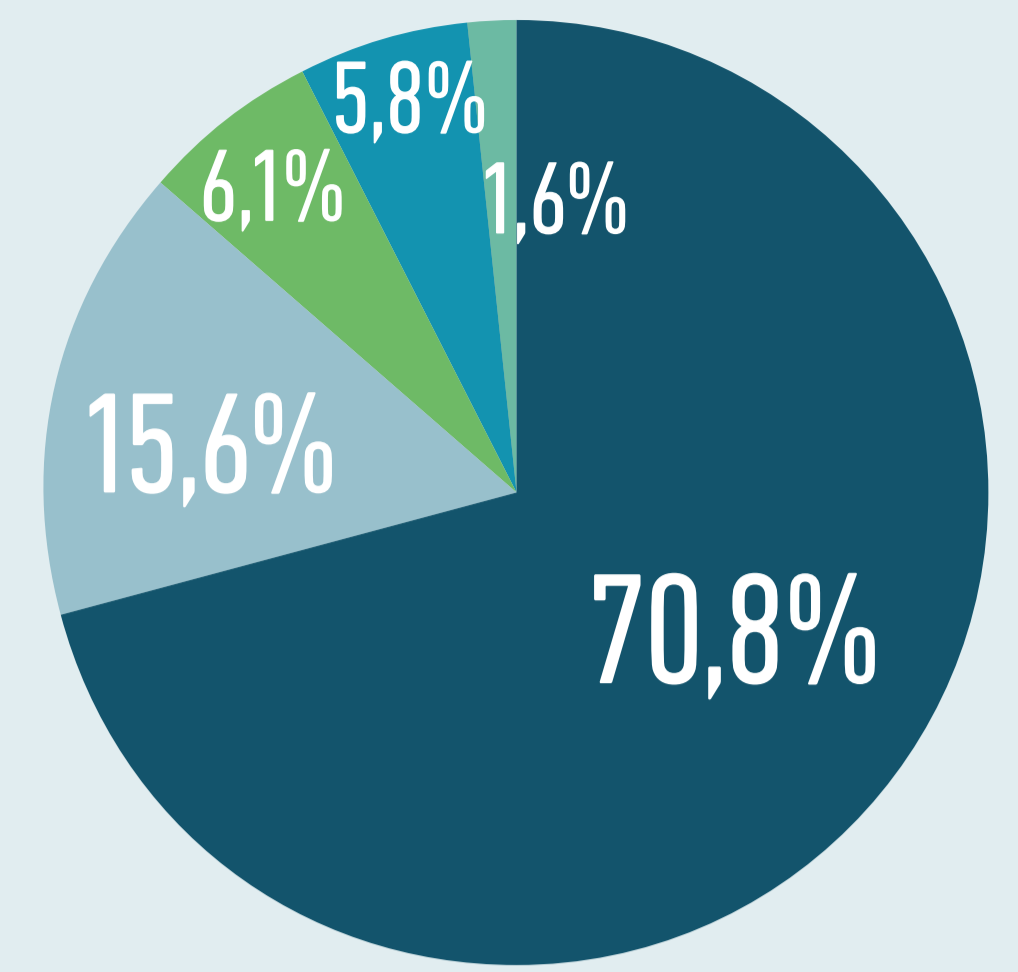
SHTrack 2023, n=1816,
5-point scale



The following applied to international students in their first semester, in terms of their formal classes

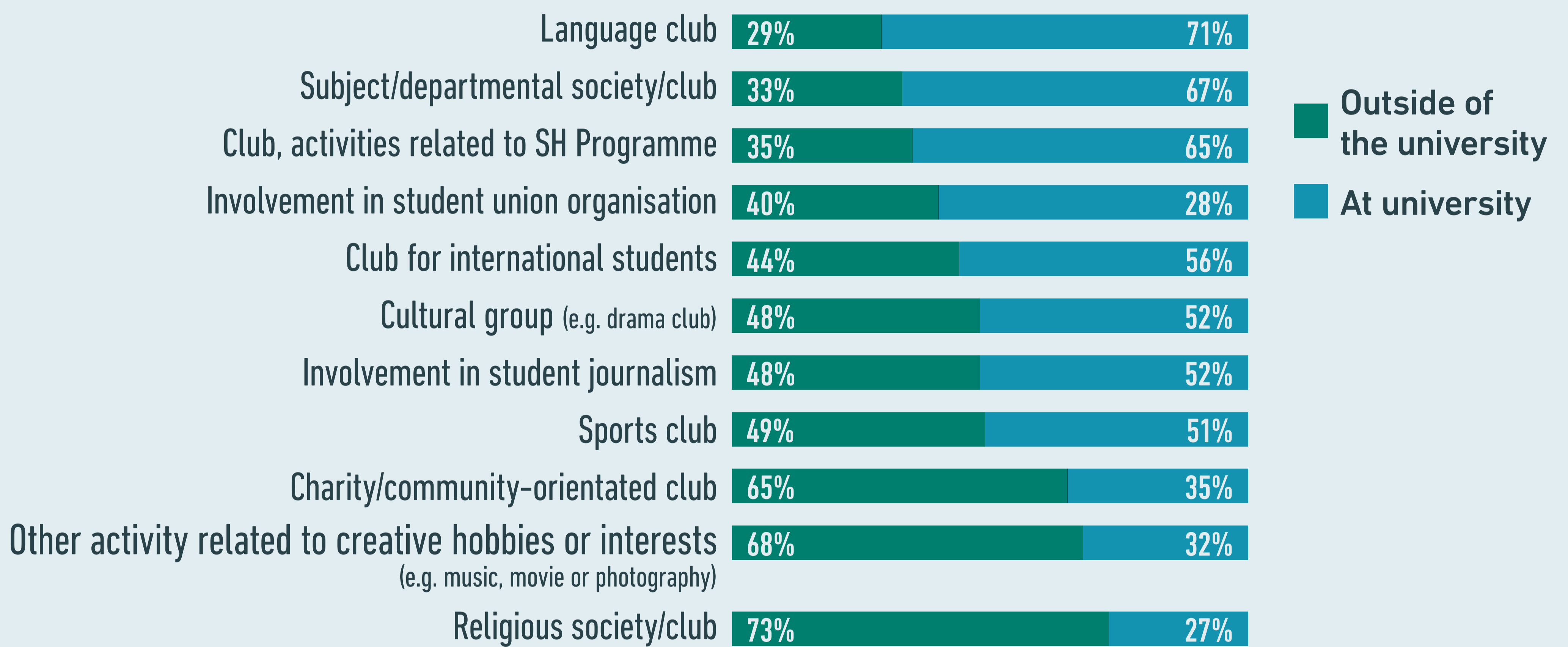
SHTrack 2023, n=1816

- All of my formal classes took place on campus.
- Some of my formal classes were delivered online.
- Some of my formal classes took place in a work context (e.g. school or hospital).
- Some of my formal classes took place somewhere else.
- Other



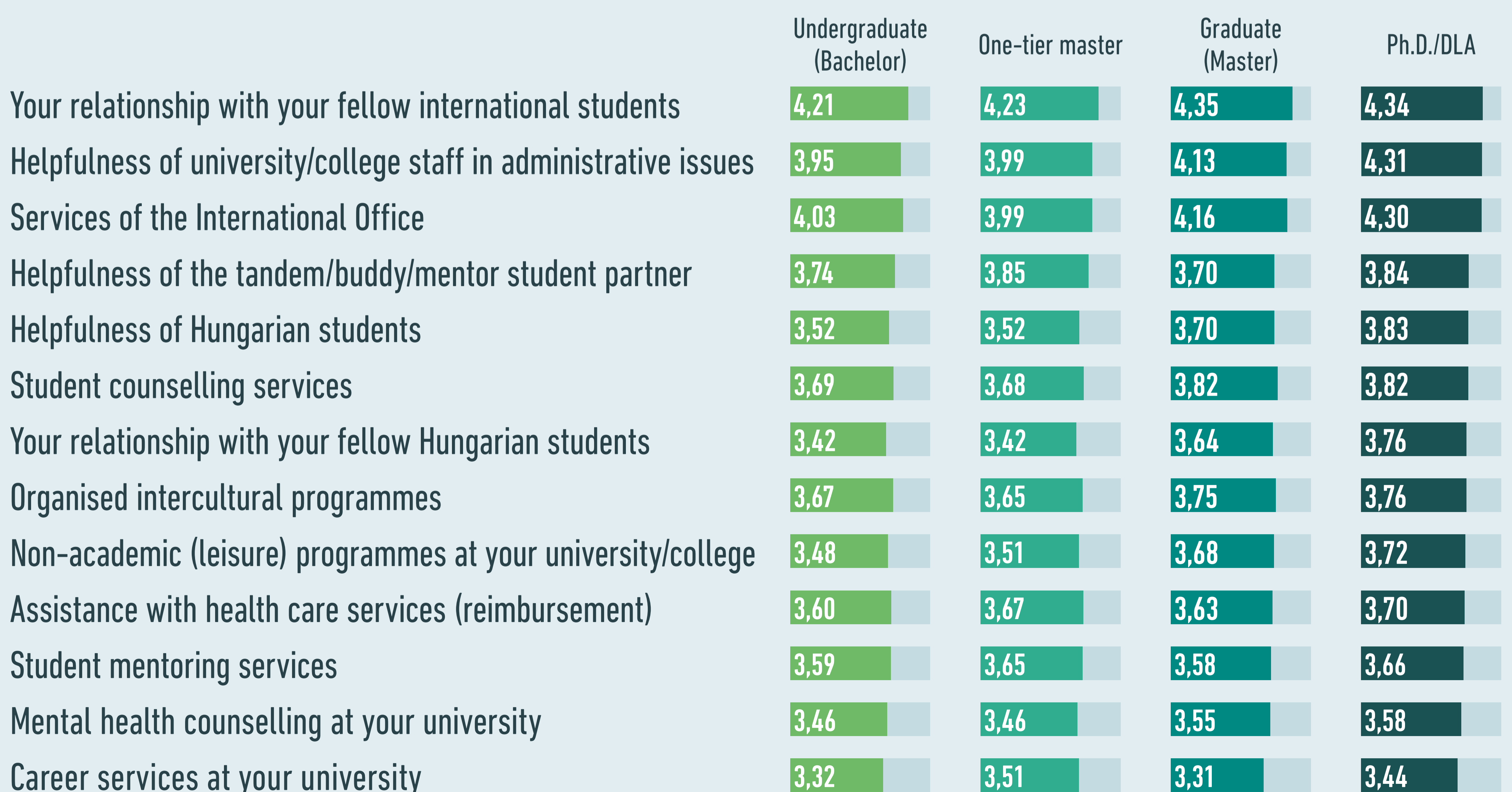
International students have participated in the following activities at least three times in the given semester

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Satisfaction with various factors supporting international students' adaptation

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STUDENT SERVICES



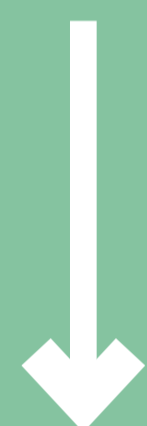
BEFORE STARTING STUDIES

- Assistance in obtaining visas and residence permits
- Support for social security and health services
- Hungarian language preparation course



DURING THE STUDIES

- Support for social security and health services
- Providing local language and culture courses
- Events organized to learn Hungarian language and culture
- Mentoring services
- Career support
- Integrate international and Hungarian students in classroom and campus services
- Annual student satisfaction survey
- Complaint handling system, legal assistance
- Interest representation
- Student excellence award (upcoming)
- Intensive communication with students via social media



AFTER COMPLETING STUDIES

- Alumni (ANH)

SPECIFIC SUPPORT SERVICE EXAMPLES OF HUNGARIAN UNIVERSITIES



Individual psychological and life coaching



Community-building programmes

- Regular student forums: tea afternoon, English Club, Hungarian Club, Morning Faces, PhD Tea Party
- Project Forum
- Sightseeing tours
- Thematic events (e.g. in preparation for holidays)



Learning methodology courses:

- Developing learning skills, courses at BA and MA level
- Mentor/ buddy system
- Preparation of learning materials, training syllabuses
- Organising sessions to develop mentoring and training methodology

Research: Nationwide Student Mental Health and Academic Adaptation Research 2023–24

Sources: Füleki, Beáta & Puskás-Vajda, Zsuzsa (2021) Interkulturális tanácsadás a magyar felsőoktatásban, Felsőoktatási Tanácsadás Egyesület, Budapest.
Satisfaction Survey of international students studying at Hungarian Universities under the framework of the Stipendium Hungaricum Program (SHSurvey 2023)
Longitudinal Study of international students studying at Hungarian Universities under the framework of the Stipendium Hungaricum Program (SHTrack 2023)

Find Study in Hungary at booth 541