



APPROVED BY:

**Vice-Rector for Educational
Work and Social Issues**

D.K. Dyussebayev

September 2024

PLAN
for Implementation of the Program
for Stress Prevention and Psychological Assistance to Students

| № | Name of events | Responsible | Note |
|-----------------------|--|-----------------------|--|
| September 2024 | | | |
| 1. | Providing students with information on psychological services | Psychological service | Dissemination of information (posters, on the official website and social media) |
| 2. | Design and printing of business cards for the psychological service with practical exercises for stress relief | Psychological service | Business cards |
| 3. | Conducting surveys and questionnaires to assess the stress level of first-year students | Psychological service | Questionnaire, data analysis |
| 4. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| 5. | Formation of a data bank on vulnerable students | Psychological service | Collection and processing of data on students with high levels of stress |
| October 2024 | | | |
| 1. | Art-therapeutic event with students on stress prevention on the theme "Draw Your Day" | Psychological service | Reducing students' stress levels, improving their psycho-emotional state, developing skills of self-expression through art |
| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| November 2024 | | | |
| 1. | Conducting training and lectures within the framework of "Psychology Week" | Psychological service | Lectures and masterclasses on stress and stress resilience |

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| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| 3. | Conducting a workshop on "How to Cope with Academic Stress: Time Management and Planning Techniques" | Together with the clinical psychologist of "Qamqor Clinic Almaty" | Familiarize students with study planning and time management techniques |
| 4. | Publishing an Instagram post on the topic: How to prepare for an exam stress-free | Psychological service | Providing students with useful tips and recommendations to reduce stress levels before exams, improving their psycho-emotional state |

December 2024

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|----|---|-----------------------|---|
| 1. | Testing students before an exam to identify anxiety | Psychological service | Data analysis |
| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and correction |
| 3. | Updating the data bank on vulnerable students | Psychological service | Collection and processing of data on students with high levels of stress |
| 4. | Creation of an Instagram account of the Psychological Service of IITU | Psychological service | Informing students about the importance of psycho-emotional well-being and the services of the psychological service, providing useful recommendations, highlighting the activities carried out |

January 2025

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|----|--|-----------------------|--|
| 1. | Seminars within the framework of the Winter School for Advisors on "Markers of Students Destructive Behaviour" and "Causes of Conflicts and Strategies for their Resolution" | Psychological service | Practical assistance and informing advisors on recognizing and identifying signs of destructive behaviour in students, and effective conflict resolution |
| 2. | Development of a memo for teachers and advisors: "General algorithm of work to resolve problems arising in an academic group" | Psychological service | Methodological recommendations |

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| 3. | Psychological support of applicants before the exam in the format of video-reels | Psychological Service and the Marketing & PR Department | Video reels in the Instagram accounts of Psychological Service – helpitu and of the University – iitu.kz |
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February 2025

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|----|--|-----------------------|---|
| 1. | Conducting psychological testing among students to identify depressive traits and addiction to ludomania | Psychological service | Assessment of the psychological state of students for further provision of necessary support and assistance |
| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| 3. | Updating information on the services of the psychological service | Psychological service | Information on the official website |
| 4. | Trainings for students - “Self worth or how good it is to have Me”; - effective communication and conflict resolution skills; - overcoming the crisis of growing up | Psychological service | Raising students’ awareness of the importance of psycho-emotional health |
| 5. | Training for faculty and staff: - psychological testing for emotional burnout; - counselling on the results of testing; - Seminar-training on the topic “Emotional burnout” | Psychological service | Testing, seminars and training |

March 2025

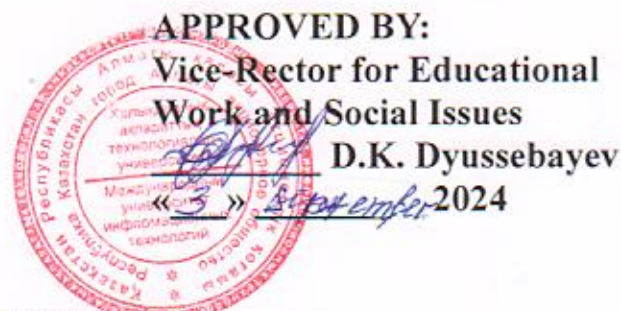
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|----|--|-----------------------|--|
| 1. | Training for students: - Stress management and self-esteem building; - safe environment: “Students against bullying” - gambling addiction | Psychological service | Training and counselling |
| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| 3. | Questionnaire survey of students on “Harassment and Bullying” | Psychological service | Analysis of the obtained data, development of recommendations |

| April 2025 | | | |
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| 1. | Conducting training and lectures within the framework of "Psychology Week" | Psychological service, medical professionals | Lectures and masterclasses on stress and stress resilience |
| 2. | "Anonymous question to Psychologist" – psychologist's answers to the most topical questions via Instagram account helpiitu | Psychological service | Removing barriers to seeking psychological support |
| 3. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| 4. | Individual counselling to reduce stress levels before exams | Psychological service | Counselling students to overcome exam stress |
| May 2025 | | | |
| 1. | Art therapy event for students on stress prevention | Psychological service | Art methods to relieve tension and increase stress resistance |
| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |
| June 2025 | | | |
| 1. | Summing up the program, analyzing the results and planning for the next academic year | Psychological service | Analysis of the effectiveness of the program implementation, performance evaluation, recommendations |
| 2. | Individual counselling and group sessions with psychologists | Psychological service | Counselling, work with groups of students, identification of anxiety symptoms and its correction |

Psychologist



A. Nurakhunova



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September 2024

PROGRAM
for Stress Prevention and Psychological Assistance to Students
for the 2024-2025 Academic Year

Purpose of the Program – improve the psycho-emotional state of students and provide them with psychological support in the learning process.

Objectives:

- Increase student awareness of the causes, signs and effects of stress.
- Training in stress prevention and management techniques.
- Ensuring that psychological counseling is available to students.
- Formation of students' self-regulation skills, resistance to stressful situations.
- Improvement of the general psycho-emotional state of students, which contributes to increasing their learning motivation and success rate.

Forms of work:

1. Diagnosing

- Surveys and questionnaires to assess students' stress and anxiety levels at baseline and to monitor their progress through the program process.
- Psychological tests to diagnose stress resistance, identify stress factors and potential risks.
- Psychological conversations and interviews for deeper analysis of students' psycho-emotional state and identification of individual needs.

2. Seminar trainings

- Stress management training, where students learn stress reduction, relaxation, self-regulation techniques, as well as practical skills to effectively cope with stressful situations.
- Stress resilience workshops that address topics of psychological resilience, stress prevention techniques, and adapting to academic pressures.
- Group training and role-playing to improve interaction and mutual support among students, which helps to reduce stress and anxiety.

3. Individual consultations

- Psychological counseling for students in need of in-depth work through personal problems and complex stressful situations.
- Coaching and mentoring to work with motivation, career expectations and stress related to study and professional choices.
- Relaxation sessions and psycho-therapeutic approaches for students with high levels of stress and anxiety.

The program consists of three stages:

First Stage. Primary diagnostics of the level of stress tolerance among student youth – assessment of the current level of stress and stress tolerance among students, identification of the most vulnerable groups and factors contributing to stress.

Actions:

1. Conducting questionnaires and psychological tests to determine the level of anxiety, depression and general psycho-emotional stress.
2. Interviews with participants to identify personal stressors related to the learning process, social adaptation, personal life, etc.

Second Stage. Implementation of activities aimed at reducing stress levels and increasing stress resistance of students.

Actions:

1. Conducting seminars and training on stress management methods, development of stress resistance and self-regulation skills.
2. Organization of group and individual consultations on psychological help, training in relaxation techniques and self-help methods.
3. International exchange of experience: using successful practices from other universities to improve the effectiveness of program.

Third Stage. Determining the effectiveness of the program, identifying difficulties in implementation and ways to overcome them, defining further areas of work, evaluating the results of the program implementation.

Actions:

1. Evaluation of the program's results based on questionnaires, repeated psychological tests, analysis of the level of anxiety and stress resistance of the participants.
2. Interviews with program participants to gather information and identify the difficulties encountered by students during their participation.
3. Adjusting the program in the light of the information received, improving forms of work, materials and methods for further cycles.
4. Developing recommendations for the continuation of the program and improving the effectiveness of psychological support for students.

Psychologist



A. Nurakhunova