

**MINISTRY OF EDUCATION AND SCIENCE OF THE REPUBLIC OF
KAZAKHSTAN
EI «LINGUISTIC COLLEGE»**



«APPROVED»

The Principal of the College

_____ Abdugaziyeva A.U.

« ____ » _____ 2022.

**INTERNAL CONTROL PLAN
FOR 2022-2023 EDUCATION YEAR**

Approved in the Meeting of Pedagogical Council of College
Minutes of Meeting №1 dated «25» August 2022.

ALMATY, 2022

Work plan for psychology department

Aim: The overall goal of the psychological services proposed by the department is to increase student's capacity to overcome academic, personal, and social problems that could hinder their attainment of educational success and a satisfying and productive life. To promote mental and physical wellness and facilitate learning of students.

Objectives:

- To support and enhance the development of psychological and pedagogical competence of students, parents and teachers.
- Assistance to self-development, professional self-determination and personality formation of the student.
- Monitor of college 1st year students' adaptation process to new environment.
- Development of skills and abilities of efficient adaptation to new changing realities in students of «Risk group».
- Prevention and correction of deviant behaviour in social and psychological health, students' personality.
- Prevention of: addiction habits to SAS (alcohol, tobacco, drugs) among students; suicide; extremism and radicalism; usage of obscene language.
- Development of psychological pedagogical competence in students, parents and teachers.

№	Content	Work type	Deadline	Expected result
Psychological prevention measures				
1	Entrance test of detection the adaptability level among students	Test (anonymously)	September	Successful student's adaptation process to college environment, teamwork and team building.
2	Poor adaptability to new environment and solving the problem	Discussion and gaming "ME and the world around"	September	Successful student's adaptation process to college environment, teamwork and team building.
3.	Detecting the aggressive behavior and preventive measures for bullying	Training on "Agression and bullying reasons"	October	Formation of tolerance and acceptance of classmates and others in the college
4.	Skipping the classes as a form of addictive behavior	Discussion	October	Formation of daily routine habits to attend college
5.	Cheating and lying as two ineffective ways to escape from the reality	Training on the topic: "Why people lie?"	November	Formation of honesty and openness in students
6.	Pedagogical council on the process of adaption of the students to study. Prevention the poor study performance	The training "Proper preparation prevents poor performance".	November	Framing the strategy to proper preparation for studies and showing the confidence in knowledge.
7.	Inclusive education is the key to build the better world	Discussion	November	Formation of a tolerant attitude towards the

				disabled and orphans
8.	World AIDS Day (1st December)	Discussion "What do we know about AIDS"	December	To develop the healthy lifestyle and knowing the risks
9.	Psychological prevention of examination stress in students of I-III courses.	Training "How to reduce the stress"	December	Practical assistance to students in exam preparation and self-organization
10.	Preventive measures for drugs, alcohol and tobacco addiction	Training on the topic: «Secrets of manipulation».	January	Formation the concept for healthy lifestyle.
11	Extremism and radicalism tendencies among 1st year students	Lecture "Students are the target group for radicals."	February	Formation of anti-extremist and anti-terrorist attitude
12	Prevention of Social media addiction	Training on the topic: "I am in the web"	March	Knowing the threats of being in the web
13	Preventive measures on getting the depression and loneliness	Training "Why Am I alone"	April	Practical assistance to students to overcome depression and loneliness

Psychological education

1	Psychological assistance to pedagogical staff «Professional health of the teacher».	October	Increasing the awareness for professional and psychological competence for teachers.
2	Psychological education of parents (speaking at parents' meeting) «Attention to danger: alcohol, tobacco, drugs, suicide, extremism and terrorism».	November	Involving the parents in the process of creating safe environment for children
3	Psychological lecture for teachers to prevent overload of responsibilities and time management	December	Improving the professional competence of the staff
4	Psychological education of teaching staff "Methods of preventing violence in the college".	February	Improving the level of professional competence of teachers.
5	Psychological education of parents "Build up the strong communication with one's child".	March	Expanding the psychological knowledge of parents about ways to establish contact with their own children.
6	Psychological education of 1st year students. Psychological hour on the topic: "How to understand yourself."	April	Students know their personality (strong and weak points).

Psychological diagnostics

1	Monitoring the suicidal behavior features in the students	During the year (as required).	Identification of the risk group.
2	Monitoring the personality features of	October.	Eysenck Personality inventory

	first-year students.		
3	Monitoring of anxiety level of 1st year students.	November.	Identification of groups of students with high level of anxiety
4	Monitoring the psychological climate in the group and the sociometric status of 1st year students.	November	Sociometric status of students.
5	Monitoring the emotional and social intellect	January	Formation of Coping strategies
6	Monitoring the "social risk group" students.	During the year (as required)	Monitoring the "social risk group" students behavior.

Correction measures and development

1	Training "Introduction to Psychology" as part of the Health Day	September	Establishing contact with first-year students, removing negative attitudes when communicating with a psychologist, uniting the group.
2	Psychological correction and development of students of the "social risk group"	October	Solving specific problems of students of the social risk group.
3	Psychological correction and development of students of "suicidal risk"	November	Reduction of self-aggressive tendencies and factors that form suicidal intentions. Prevention of suicide attempts.
4	Psychological correction and development of maladjusted 1st year students and solving their specific problems	During the year (as required)	Solving specific problems of maladjusted 1st year students.

Psychological Counselling

1	Psychological counseling based on the results of monitoring of 1st year students' adaptation to college conditions	October	Getting to know the information about each student that needs to be considered. In the process of education and growth.
2	Individual and group counseling of supervisors, parents, and students on their problems	During the year (as required)	Addressing specific issues
3	Organizational and methodological activities	During the year (as required)	Adjusting the work plan for the year
4	Adjusting the list of students in the «social risk group»	During the year (as required)	List of "social risk group" students.
5	Development and issuance of recommendations for teachers on the specifics of organizing individual work with students	During the year (as required)	Recommendation for Mentors

6	Adjustment to the work plan. Work with documentation	During the year (as required)	Work plan and documentation
7	Preparation of stimulus material for psychodiagnostics of students	During the year (as required)	Stimulus material
8	Organization and methodological preparation for the psychodiagnosis of students	During the year (as required)	The plan of psychodiagnosis of students
9	Processing results of the Psychodiagnostic study, report on conclusions and psychological characteristics of students	During the year (as required)	Conclusions, psychological characteristics, recommendations
10	Study of psychological and pedagogical literature	During the year (as required)	Application of new knowledge in work
11	Analytical activities in all areas of work	During the year (as required)	Analysis of the work for the year and work plan for the next year
12	Work on request	During the year (as required)	Assistance in solving emerging problems