

What do such words as a «team», «relationships», «requirements», «workload» and «deadlines» have in common? Various associations may come to mind, but in this latest issue of That's So HSE, we look at them in the context of the «psychological environment at the University». This issue is dedicated to matters relating to the self-awareness of HSE students, faculty and staff, as well as learners at the HSE Lyceum.

We will talk about such issues as difficulties faced by HSE Lyceum students, the impressions of students during their first year of study, the sources of stress associated with the professional activities of faculty and researchers, as well as the working environment of the University's administration.

Opposed to stress, the final article of this issue is dedicated to students' spare time: let's see what HSE students do outside of the University's walls.

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Difficulties Faced by
HSE Lyceum Students

Psychological Environment
at HSE

Outside University:
Students' Leisure and Free Time

DIFFICULTIES FACED BY HSE LYCEUM STUDENTS DURING THEIR TRANSITION FROM SCHOOL

I was concerned about leaving my school and meeting new classmates at the HSE Lyceum

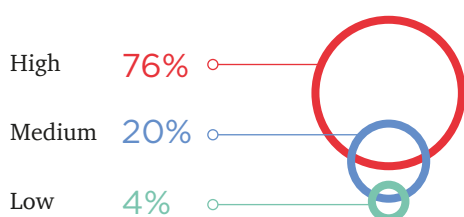
Lack of spare time. I had to abandon some of my hobbies and fully concentrate on studies.

It was difficult to get accustomed to a new mode of study.

It was unusual to become self-organized. It was also not easy to carry out all assignments on time.

Admission to the Lyceum involves meeting new people, taking part in a new educational programme, and a new lifestyle. It took a while to get accustomed to it.

ESTIMATION OF STUDY LOAD AT THE HSE LYCEUM DURING THE 2016-2017 ACADEMIC YEAR²

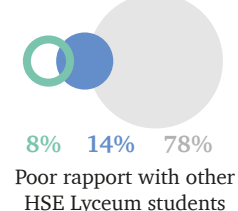
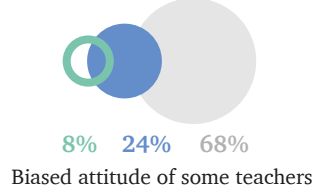
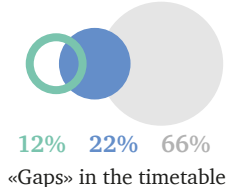
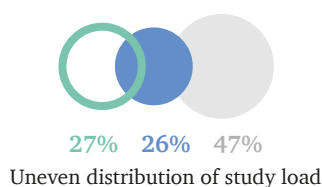


PERCENT OF LYCEUM STUDENTS WHO ESTIMATE STUDY LOAD AS HIGH³



DIFFICULTIES FACED BY HSE LYCEUM STUDENTS IN THE COURSE OF THEIR STUDY

○ Frequently or very frequently ● Sometimes ○ Rarely or never

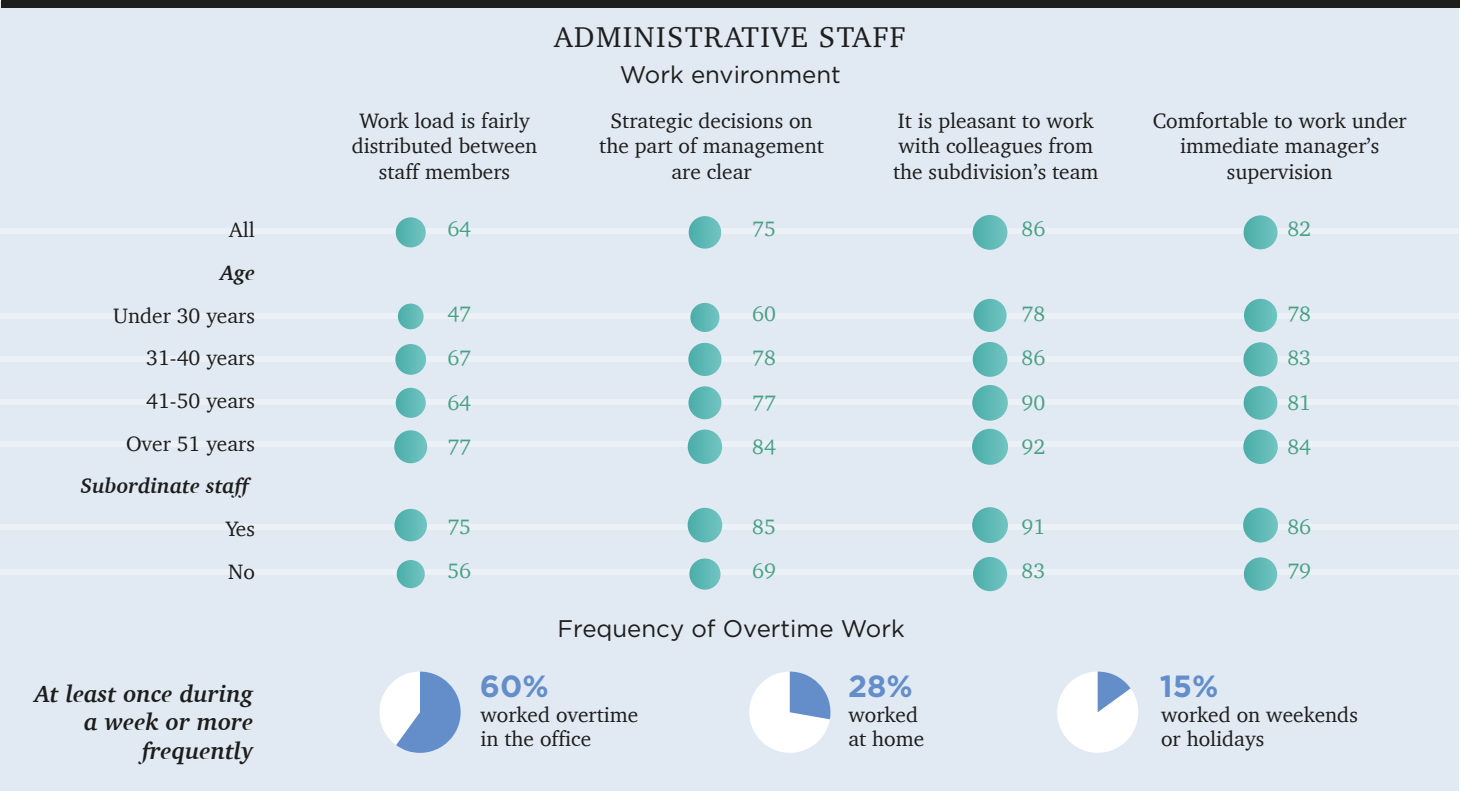
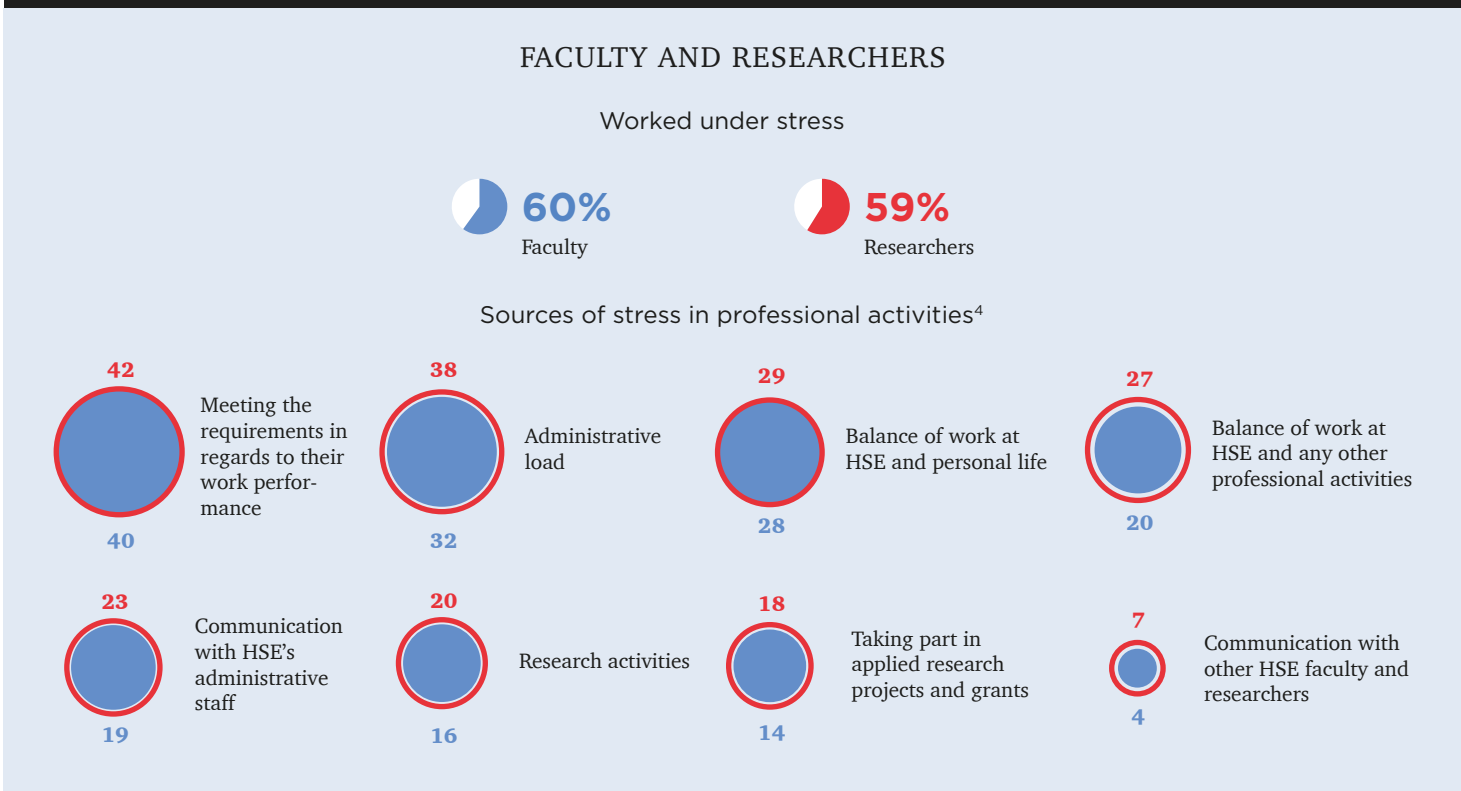
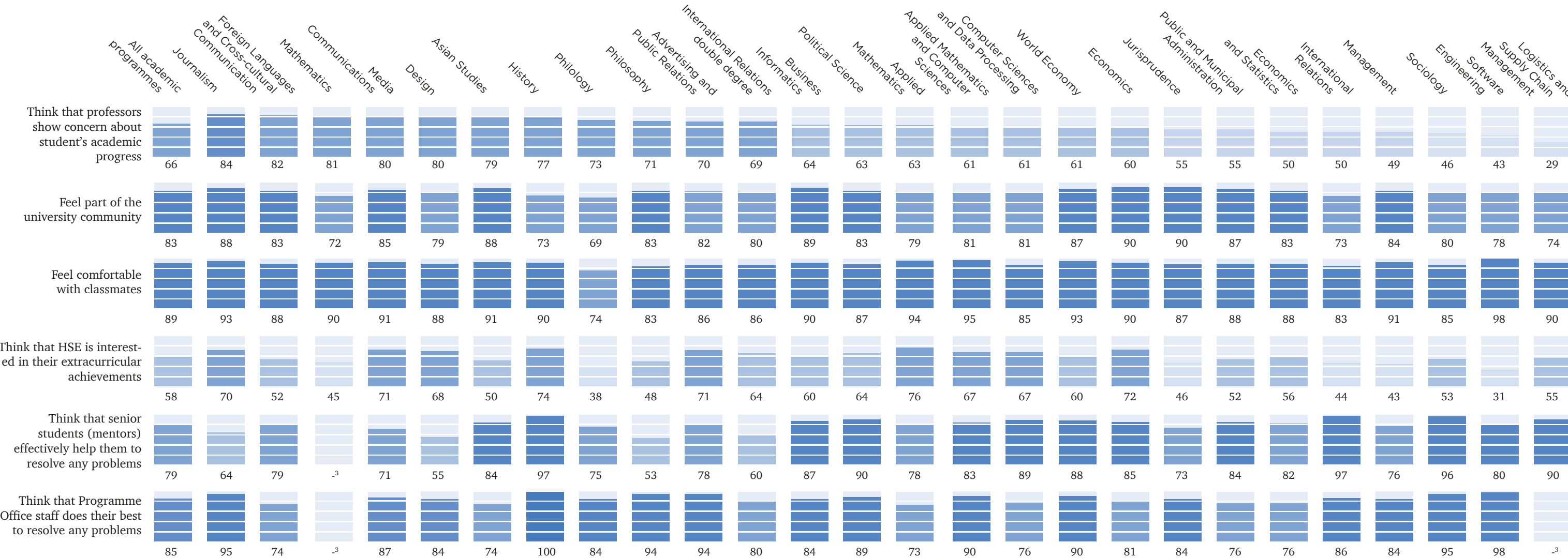


¹ Answered the question «Did you face difficulties during transition from your previous school to HSE Lyceum?». ² HSE Lyceum students, who evaluated their study load at 1 or 2 on a 5-point grading scale, fall into the «Low» group; «Medium» — at 3 out of 5; and «High» — at 4 or 5 out of 5. ³ Evaluated their study load at 4 or 5 on a 5-point grading scale. ⁴ Only 10th grade Lyceum students evaluated their study load. Source: HSE Lyceum Classes Survey, February – March 2017, N=410.

PSYCHOLOGICAL ENVIRONMENT AT HSE

STUDENTS

Self-awareness of first-year students^{1 2}

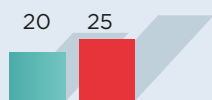


1 % of students who partially or fully agree with the statement 2 The following programmes have not been included in the analysis due to the small number of students (less than 25 persons): Infocommunication Technologies and Telecommunication Systems; Art History; Computer Security; Cultural Studies; HSE and University of London Parallel Degree Programme in Economics; Psychology; HSE/NES Programme in Economics; Fundamental and Computer Linguistics; Jurisprudence: Civil and Entrepreneurial Law. 3 No information on programmes is available, because only 25 persons took part in the survey. 4 % of academic staff who worked under stress frequently and very frequently. Source: Student Life Survey 2016, first-year students, N=5168. Faculty and Researcher Survey 2016, N=906. Survey of Administrative Staff 2016, N=387.

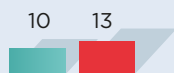
OUTSIDE UNIVERSITY: STUDENTS' LEISURE AND FREE TIME

Participation in activities of public organizations

■ 2014, % ■ 2016, %



Are members of any public organizations



Student organization at HSE



Voluntary service organization (independent of HSE)



HSE Student Council¹



Student organization (independent of HSE)



Environmental movement or organization (independent of HSE)



Political party or public political initiative



Other organization

Student Social and Charity Activities

2014, %

2016, %

53

Took part in cultural events

46

44

Signed petitions/open letters/statements

44

25

Voted in elections to government bodies at various levels

30

26

Took part in volunteer activities

26

23

Made charitable contributions, took part in fund-raising initiatives to support people in need

17

16

Organized cultural events

15

17

Took part in charitable events

13

10

Transferred funds to support socially important projects and civil initiatives

10

7

Donated blood or related components

8

11

Took part in meetings and demonstrations

7

3

Took part in elections to government bodies at various levels as an observer/member of an election committee

4

3

Organized charitable events

3

2

Initiated petitions/open letters/statements

1

18

None of the above

20

Physical Training and Sports

■ 2014, % ■ 2016, %



Exercise at least 1-2 times during a week



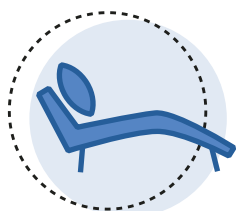
Exercise several times during a month



Exercise once in a month or less frequently



Do not exercise



6%

of students ever had psychological counselling at HSE

¹ An alternative was provided in 2016.

Source: Monitoring of Student Life Survey 2016, N=5168.

HSE Centre for Institutional Research

Editors: Daria Drozhzhina and Maria Pravdina; Design: Daria Zorkina

E-mail: infographics@hse.ru Tel.: 775-9590 (1802) Website: www.hse.ru

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