



APPROVE

Member of the Board - Vice-Rector  
for Social Development

Suatay S.K.

2023-2024

## Psychological support policy AI-Farabi KazNU

Policy on Psychological Services in (hereinafter referred to as the Policy)

NAO "AI-Farabi Kazakh National University" (hereinafter referred to as the University) is based on several laws, regulations, developments related to the problems of modern youth and the need for a specially organized social psychological work in educational institutions aimed at the socialization of students, their integration into society, the formation of various aspects of their social identity (professional, gender, civil, national, etc.). The legal basis is the Law of the Republic of Kazakhstan dated July 27, 2007 "On Education", the resolution of the Supreme Council of the Republic of Kazakhstan dated June 8, 1994 "On ratification of the Convention on the Rights of the Child", as well as these Rules.

The organization and coordination of psychological support activities are carried out through the following normative documents:

1. Development strategies of the Republic of Kazakhstan until 2050:
  - New principles of social policy – social guarantees and personal responsibility.
  - Knowledge and professional skills are the key guidelines of the modern system of education, training and retraining of personnel.
  - Consistent and predictable foreign policy – promoting national interests and strengthening regional and global security.
  - New Kazakhstan patriotism is the basis for the success of our multinational and multi-confessional society.
2. The concept of social development of the Republic of Kazakhstan until 2030:
  - formation of a competitive and affordable education system that provides citizens with qualifications in demand on the labor market, the opportunity to study throughout their lives.

- expansion of information, cultural and sports space, providing opportunities for the spiritual and physical development of young people.

3. Strategic Development Plan of the Republic of Kazakhstan until 2025;

- ensuring social well-being.
- ensuring minimum social standards;
- strengthening the targeting of social assistance and modernization of the social service system

4. National projects of the Republic of Kazakhstan (10 national projects).

- National project "Quality Education "Educated Nation".
- The national project "Ulttyk rukhani zhangyru".
- National project "Technological Breakthrough through digitalization, science and innovation".

5. The Charter of the University and the development program of the NAO "Al-Farabi Kazakh National University" for 2022-2026.

- increasing the contribution of university science to the socio-economic development of the country.
- creating an effective corporate governance model and ensuring the sustainable development of the University.

6. Sustainable Development Goals.

- social sustainability.
- social impact.

### **Analysis of the current situation**

During the reporting period, the socio-psychological service of the university was actively functioning at the Al-Farabi Kazakh National University, individual psychological consultations were conducted for students with psychological problems. Psychological assistance was provided for 17 students.

Training seminars were held for students, including: "Ludomania, consequences, causes and symptoms" and "My choice" a training seminar on the prevention of smoking and alcoholism, organized by the socio-psychological service sector together with the center "Social Project Management" within the framework of the project "Healthy lifestyle" of the Department of Youth Policy of the city Almaty (01-16.11.2022).

On February 9-10, 2023, an employee of the sector took part in a forum aimed at the development of student youth, organized by the Ministry of Science, Higher and Postgraduate Education of the Republic of Kazakhstan.

From January 23 to February 13, 2023, lectures on psychology were held for students in the classrooms of 16 faculties, aimed at self-knowledge, an active lifestyle, solving life ailments, and the formation of students' personality. The lectures consisted of 16 topics. The topics covered five main areas of psychology: Art therapy, logotherapy and existential analysis, neurobiology, social psychology, socio-cultural theory of personality.

On 02/27/2023, an online questionnaire was created on the Google form platform. The questionnaire consisted of 11 questions. The purpose of the questionnaire is to identify students' requests, life values, ideas, worldview, etc. Based on the analysis of the answers to the questions of this questionnaire, many students of the university revealed a positive attitude to the world around them. In the future, according to the analysis of the questionnaires, seminars and trainings on relevant topics will be organized.

From 13.04.2023 to 25.04.2023, together with psychologists from Almaty universities, events were organized and held: a pilot version of the "Express Psycho" collaboration. In the collaboration, psychologists used psychological techniques such as: "MOCK maps", "Sand therapy", "Neurography", "Existential analysis and logotherapy". The aim of the project is the formation of a culture of appeal to psychologists among students. Free psychological assistance was provided to students of such universities as: Al-Farabi Kazakh National University, AUES, Satbayev University, Academy of Civil Aviation, Kurmangazy Kazakh National Conservatory.

24.05.2023 The university psychologist A. Tastanov took part in the forum "The work of the psychological service of the university in modern realities" organized by the Suleiman Demirel University (SDU).

- from 08.06.2023 to 20.06.2023, collaborations "Express Psycho" were organized and conducted together with psychologists of Almaty universities. Free psychological assistance was provided to employees of the following universities: Al-Farabi Kazakh National University, AUES, Satbayev University, Academy of Civil Aviation, Kazakh National Conservatory.

### **Scope of application**

This Policy applies to:

- University students, including students with disabilities and international students;
- the teaching staff of the University, including for the teaching staff and staff with disabilities and for foreign teaching staff,
- all full-time and temporary employees, contractors, heads of structural divisions, officials, directors and business partners, as well as third parties hired or engaged by the University or providing services on behalf of the University.

### **Implementation and compliance**

This Policy is an integral part of the principles and approaches provided for in other policies and procedures of the University regulating social aspects. Violation of this Policy will result in the application of serious disciplinary measures, including, inter alia, dismissal, in accordance with the applicable legislation, as well as internal policies and procedures of the University. In accordance with the requirements of internal regulations, the University conducts familiarization and regular training regarding the application of policies and procedures governing the approach to diversity and inclusivity.