

The Effectiveness of Positive Psychological counseling program on enhancing the adjustment within the university first year student

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Current research is concerned with the preparatory year students of King Abdul Aziz University in support of the goals of the strategic plan. Research aims to assess the effectiveness of Positive psychological counseling program in enhancing adjustment within University and its subtypes as defined in the professional adjustment within the University scale for preparatory year students ($n = 900$).

Counseling program consists of three sections. **First**, provide guidance service first year students delivered by number of students attending University in higher levels ($n = 70$). Those counselors received a number of training seminars on social skills, emotional intelligence skills, self-assertiveness skills, problem-solving and decision-making skills and time management skill. They provide guidance for social and academic colleagues as a part of "first year guidance" program which aims to raise the level of academic and social adjustment within the University. **Second** section is devoted for information gathering about the needs of students through electronic networking and a questionnaires form. **Third** section is to provide a self-development training program for some of participants ($n = 500$). To verify the effectiveness of the proposed program, test of University adjustment filled by the participants before and after the program. To identify compatibility requirements of students a questionnaire taken by the group pre and post the program to estimate the student's needs. Comparison between students' scores before and after the program to evaluate the improvement in adjustment within university conducted. Searchers re-apply the program on a sample of the preparatory year students after a

year to assess to what extend change in University life conditions could affect the level of adjustment within University

One of the most important results of research is identifying the needs of students of the preparatory year, and it shows their need to ongoing guidance programs. Results also confirmed the individual differences between students in their level of adjustment. Various recommendations are issued, addressed to the deanship of Student Affairs to adopt then develop and improve the presented program. Examine the specific effects of "student to student counseling" and the importance of electronic networking communication with students. Results emphasized The importance of using social networking that facilitates interaction with students.

Key words: positive counseling– newcomer students– university life adjustment.