ADAPTABILITY
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PSYCHOLOGY DEPARTMENT

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- At the end of the lecture students will be able to:

- AD1 adapt to the culture of new communities and work environment.

- AD2 recognize potential for improvement.

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What is Adaptability?

Definition

"The quality of being able to adjust to new conditions "- oxford

" Individual's capacity to modify behavior according to the requirements, new environments, situation or events" (Johnsons, 2012).

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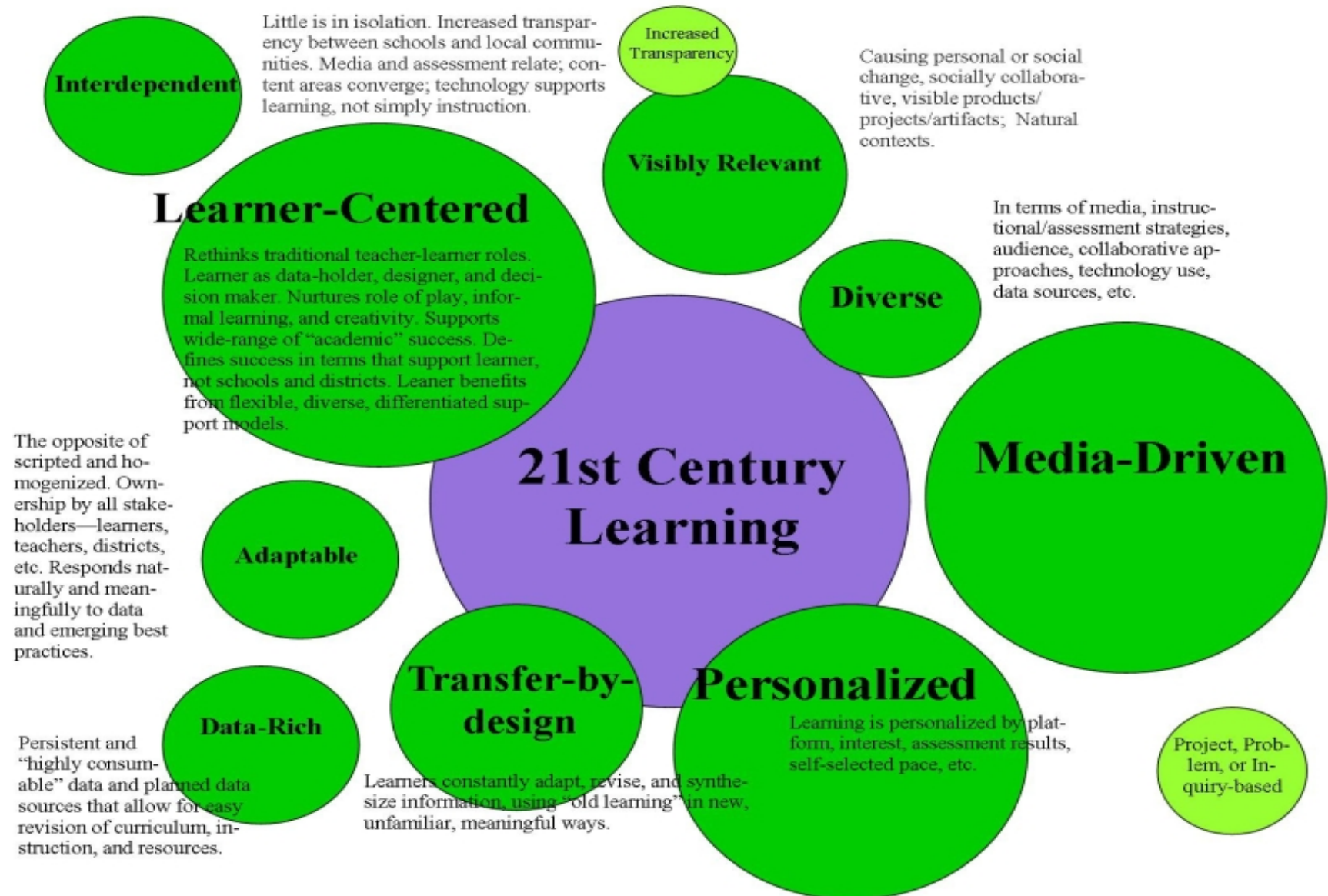
Why do we need to develop adaptability

The world is changing - today's life and work environments require far more than thinking skills and content knowledge.

Multiple generation,multiracial , multi-ethnic – need to mix around
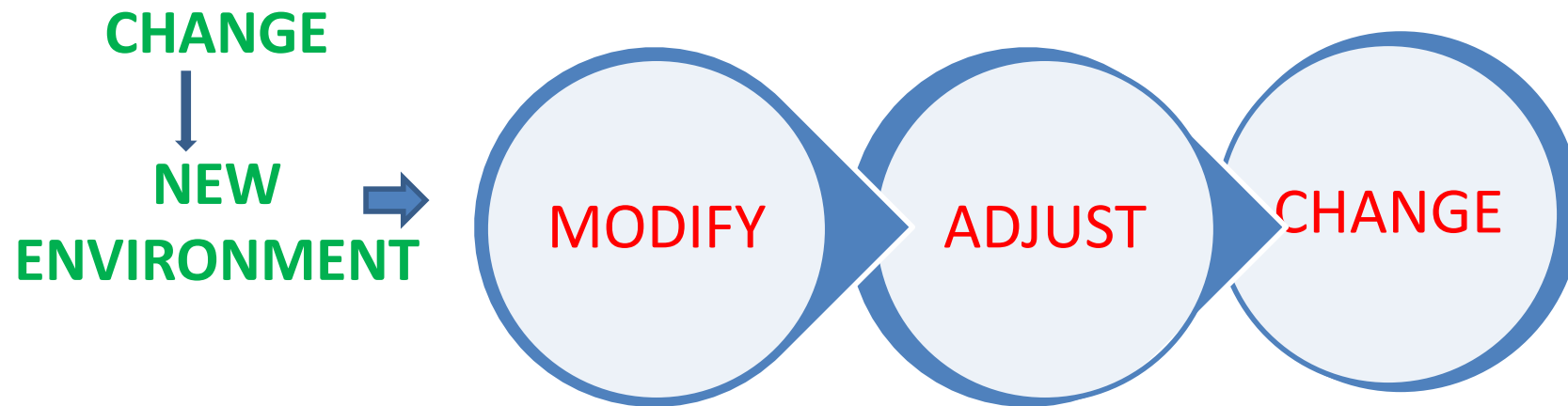
A symbol of intelligence and wisdom

One of the 21st century student outcomes

Advance in technologies – keep learning and evolving

adaptability is behavior therefore we can:

CHANGE

↓

NEW ENVIRONMENT →

MODIFY → ADJUST → CHANGE

DIMENSIONS OF ADAPTABILITY

INTRAPERSONAL

- DEALING WITH UNCERTAIN AND UNPREDTABLE
- SOLVING PROBLEM CREATIVELY
- LEARNING EFFORT
- MANAGING STRESS
- HANDLING EMERGENCIES AND CRISIS

INTERPERSONAL

- DEVELOP GOOD RELATIONSHIP WITH OTHERS
- CULTURE ADAPTABILITY
- ENVIRONMENTAL ADAPTABILITY

TECHNOLOGY

- ACCEPTANCE OF NEW TECHNOLOGY AND IINOVATION

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INTRAPERSONAL

- **PHYSICAL**
- **EMOTIONAL**
- **SOCIAL**

INTERPERSONAL

Race - A large group of people distinguished by certain similar and genetically transmitted physical characteristics.

Ethnicity - A cultural heritage shared by a category of people who also share a common ancestral origin, language, and religion.

Nation - A large group of people who constitute a legitimate, independent state, and share a common geographical origin, history, and frequently language.

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GAME

- Lecturer select students to form two groups.

- Each group is comprised of different faculties, multiracial and gender.

Pictionary

The classic game of Pictionary is great for an students because it's simple and can involve every team member. It helps build stronger teamwork. You will need a large enough surface to draw on to ensure the whole group can see, i.e. dry erase board or flip chart.

Split your group into two teams.

Decide which team will go first, and then have the first person on the team select a word card.

Allow the team one minute to try and guess the object being drawn.

If the team isn't able to guess it within the allotted time frame, allow the second team 30 seconds to guess.

Switch teams, and follow steps three and four. Allow each player the opportunity to draw for their team.

After everyone has had a turn, either start over and continue, or stop when a certain team achieves a certain amount of points.

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SELF ASSESSMENT TOOL TO IDENTIFY INDIVIDUAL ADAPTABILY PERFORMANCE (e-learning)

Adaptive Performance Scale