

STUDY SKILLS AND ACADEMIC ADAPTATION – CORRELATIONAL STUDY AMONG MEASURES

Abstract

The students must have competences of studies to meet the many demands of adaptation to the new stage of superior studies. In this sense, this article has as a general objective to investigate the relations between the competences of studies and academic adaptation through instruments. A total of 464 students participated from six undergraduate courses from a private university in southern Minas Gerais – Brazil. We used the Study Skills Assessment Scale (ACE) and the Academic Adaptation Questionnaire for Higher Education (QAES). The results showed correlations between the factors and the total averages obtained by the participants in both instruments, mostly from weak to moderate. It is hoped that these results will help students and institutions to reflect on establishing student support programs.

Keywords: *University Education. Competences of Studies. Academic Adaptation.*