

Covid-19: Adapting to New Norms



Brought to you by:

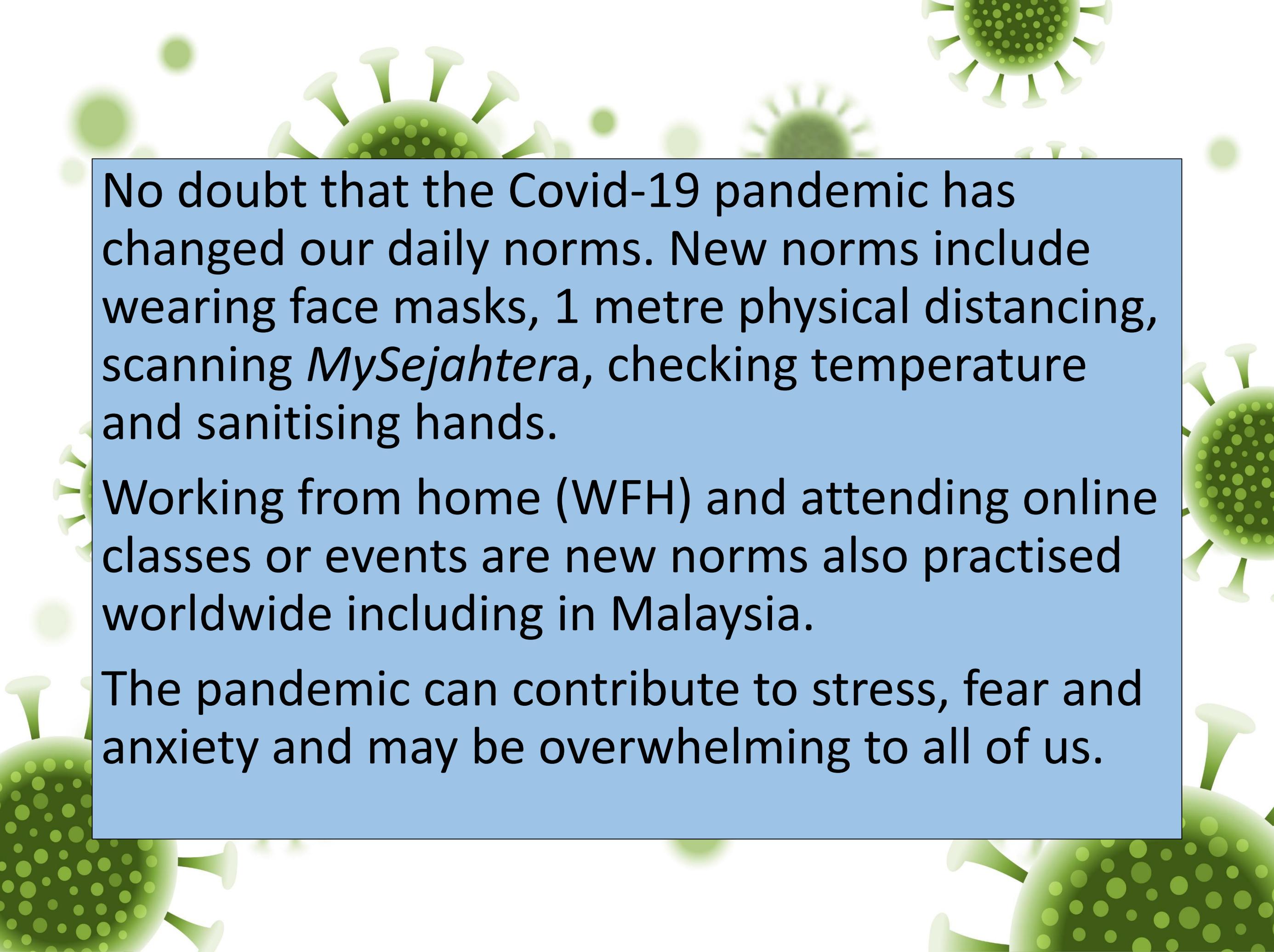


Prepared by:

Ammar Saifullah Kamalie *K.B., P. A*
Counsellor

Student Development and Counselling Department



The background of the slide is white with several green, spherical virus-like particles scattered across it. Each particle has a textured surface with small dots and several protruding spikes or tentacles. The particles are rendered in various sizes and opacities, some appearing as soft, out-of-focus blurs while others are sharper.

No doubt that the Covid-19 pandemic has changed our daily norms. New norms include wearing face masks, 1 metre physical distancing, scanning *MySejahtera*, checking temperature and sanitising hands.

Working from home (WFH) and attending online classes or events are new norms also practised worldwide including in Malaysia.

The pandemic can contribute to stress, fear and anxiety and may be overwhelming to all of us.



The American Psychological Association (APA) defines adaptability as “the capacity to make appropriate responses to changed or changing situations; the ability to modify or adjust one’s behavior in meeting different circumstances or different people.”

Benefits of Adaptability

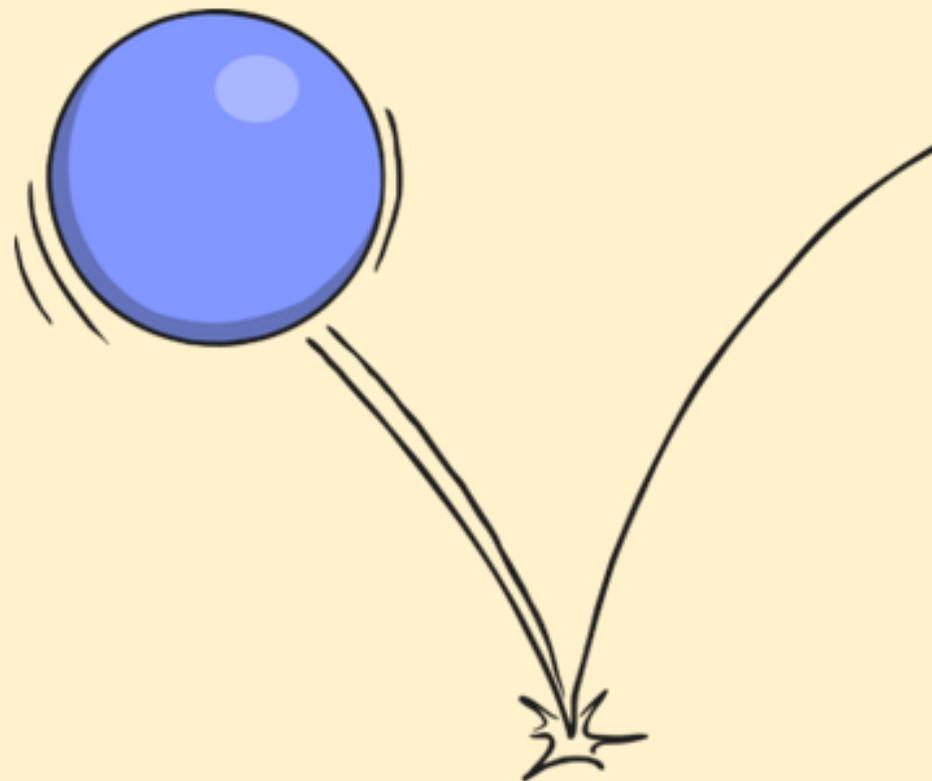
1. To be Happier and More Satisfied With Life

Adaptability plays an important role in our ability to achieve satisfaction, happiness and meaningful relationships with people around us. Being adaptable means being able to change ourselves when we cannot change the situation instead of feeling hopeless and helpless.



2. To Bounce Back More Quickly From Difficult Times

Adaptability means being resilient. It refers to the ability to adjust thoughts and expectations to suit new situations rather than dwelling on 'what could have been'. In other words, we need less time to change the situation but more time in adjusting attitudes and expectations. There is a Chinese proverb that says, "The wise adapt themselves to circumstances, as water moulds itself to the pitcher".



3. To embrace challenges better

With adaptability, we may see challenges as opportunities. Being adaptable means working with flexibility in finding solutions to challenges in life. Besides, adaptable people are willing to engage with a variety of people with diverse skills to get the job done, building broad networks of highly engaged and capable people as they go.



How to Develop Adaptability?

1. Learn from Others

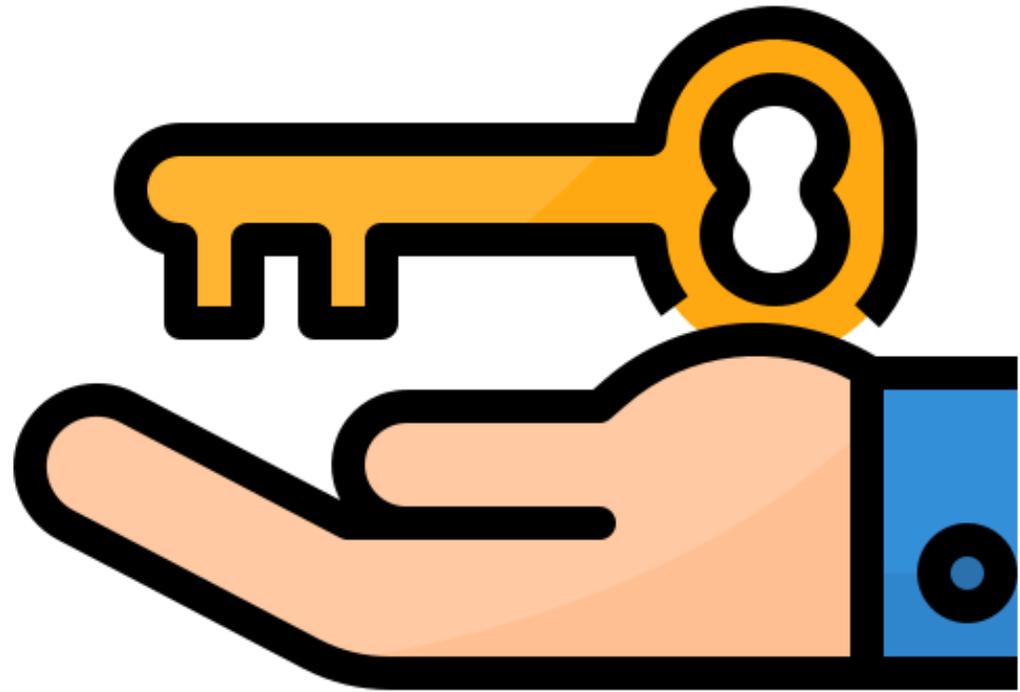
Identify someone with outstanding adaptability in your class, group or club. Take note and learn skills from them. Ask them directly for tips and guidance.



2. Find silver lining

Finding positivity in situations that don't go as planned requires you to reset and reframe your focus. To start, take note of what you learn from the experience. The more you engage in this process, the easier it will be to change and overcome challenges next time.

How to Develop Adaptability?



3. Grab The Opportunity

Say yes to the challenge. Try to see every change and challenge as an opportunity to grow. Ask yourself: what did I learn from that experience? What went well? What will I do differently next time?

4. Change Your Thought Process

Sometimes, change may be scary. Instead of working to deny the change, we can embrace and take it as opportunity. By changing our perspective, we can have time to improve, learn and grow.



How to Develop Adaptability?

5. Seek Support and Assistance

You are not alone. Family, friends, lecturers or counsellors are main providers of social support. Share your worries or difficulties and ask help from them.



Expecting yourself to change and adapt to something new is unfair to yourself. Being hard on yourself will only make you feel more isolated and stressed. Be kind and give yourself time to get used to the changes.

Resource:

In-campus:

Student Development and Counselling Department

Level 9, Block G, UCSI University KL Campus

03-9101 8880 (Ext 2435/2086/2087/2088)

sacounselling@ucsiuniversity.edu.my

References:

- <https://www.business.com/articles/how-well-do-you-handle-change-the-benefits-of-being-adaptable/>
- <https://drexel.edu/goodwin/professional-studies-blog/overview/2019/September/4-ways-to-boost-your-adaptability-skills/>
- <https://www.psychology.org.au/for-members/publications/inpsych/2017/dec/Adaptability-A-key-capacity-whose-time-has-come>
- <https://www.roberthalf.co.uk/advice/career-development/adaptability-skills-and-why-you-need-it>
- <https://www.freepik.com/>