**The Adaptation Mechanism of New Senior High School Students from Lorma Colleges**

Jhoana Marie F. Alagna, Donald Bryan R. Bravo, Kathleen Anne A. Cardenas, Naiome Shane A. Carreon

Katrina Louise N. Ragandap

This study sought to divulge the Adaptation Mechanism of New Senior High School Students from Lorma Colleges. This qualitative descriptive study employed purposive sampling and aggregated data from twenty (20) LORMA Colleges Senior High School students in La Union. The data was gathered using Zoom, governed by a semi-structured questionnaire, and analyzed using Thematization. Consequently, the researchers conducted a study to address and achieve the objectives: (a) Determine the Perception of the New Senior High Students about Lorma Colleges. (b) Distinguish the Challenges Encountered by the New Senior High Students in the New Learning Modalities. And, (c) Identify the Adaptation Ways of the New Senior High Students of Lorma Colleges. Students must prepare and modify extensively in order to completely adapt to their new learning environment. Furthermore, learners are not all the same, as they all have distinct impediments that hinder them from learning and adapting. The majority have mental health problems (stress, anxiety, depression, low self-esteem) that cause them to crumble and break down. They were also pressured by the mounds of requirements and the simultaneous proximity of deadlines. Some do not know how to manage their time, so they start to procrastinate. Some cannot focus due to family problems and background disturbances, and they also struggle to socialize with their peers. A few also mentioned that group work is inefficient due to the lack of communication among classmates. On the other hand, numerous students stated that it assists them in the sense that deadlines encourage them to stop procrastinating and start managing their time. The stress and piles of work push them to grow as students, comprehend learning more, discover things, and be responsible and disciplined students. These results highlighted the importance of socialization among students and learners expressing their impediments.

Keywords: adaptability; coping mechanism; covid-19; grade 11 students;new school