

SELF-KNOWLEDGE AND COMMUNICATION MANAGEMENT

Course Name	Code	Term	Theory (hours/week)	Application (hours/week)	Laboratory (hours/week)	ECTS
SELF-KNOWLEDGE AND COMMUNICATION MANAGEMENT	SBF100	1. Autumn	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
Learning and Teaching Techniques of The Course	Lecture, Discussion, Question & Answer Observation, Team /Group Work, Role Playing /Dramatization, Report Preparation and /or Presentation, Demo; Case Study, Brainstorming					
Instructor(s)	Asst. Prof. Müyesser ERDEM					
Goal	Communication and understanding the basic concepts of human behavior, in professional life, patients, patient relatives and exploit to survive professionally in the communication method of communication within the team and the daily ability to build healthy human relationships.					
Learning Outcomes	<ol style="list-style-type: none"> 1. To be able to gain self-recognition skills, 2. To be able to understand the causes of human behavior, 3. To be able to understand the importance of communication, 4. To be able to understand the communication techniques. 					
References	<ol style="list-style-type: none"> 1. Altıntaş, E. ve Çamur, D. (2005). Beden Dili Sözsüz İletişim. Aktüel Yayınları: İstanbul. 2. Bach, S. and Grant, A. (2009). Communication and interpersonal skills for nurses (Transforming nursing practice). UK: Learning Matters Ltd. 3. Baltaş, Z. ve Baltaş, A. (2000). Stres ve Başa çıkma Yolları (20. Basım). İstanbul: Remzi Kitabevi. 4. Balzer Riley, J. (2007). Communication in nursing. USA: Mosby. 5. Clark, L. (2000). Duygulara Yardım (Çev: Yazgan, G.). İstanbul: Evrim Yayınları. 6. Terakye, G.2008; Hasta Hemşire İlişkileri, Zirve, Ofset.Ankara. 7. Üstün, B., Akgün, E., Partlak N. (2005) Hemşirelikte İletişim Becerilerinin Öğretimi, Okullar Yayınevi,İzmir. 8. İletişim Çatışmaları ve Empati. (1994) Üstün DÖKMEN. Sistem Yayıncılık - İSTANBUL. 9. Yarına Kim Kalacak? Evrenle Uyumlaşma Sürecinde Varolmak, Gelişmek, Uzlaşmak, (2000) Üstün Dökmen, Sistem Yay., İstanbul. 10. Kadir Özer (1998) “Ben” Değeri Tıyakiliği/ Duygusal Gerilimle Başedebilme Varlık Yayınları. 11. Cüceloğlu, Doğan. Yeniden İnsan İnsana. İstanbul:Remzi Kitabevi,1997. <p>FEATURED MOVIES</p> <ul style="list-style-type: none"> - Hayatım 1993 - Yeşil Yol 1999 - Baban ve Oğlum 2005 - Guguk Kuşu 1981 - Zoraki Kral 2011 - Şimdi ya da Asla 2007 - Çikolata 2000 - Uçurtma Avcısı 2007 					

Course Outline Weekly:

WEEKS	TOPICS
1. Week	Meet and Course Introduction,
2. Week	Self-Awareness and Acceptance,
3. Week	Boundaries and Responsibilities,
4. Week	Professional value sand facts,
5. Week	Self-Situations
6. Week	Perceptions and Prejudices
7. Week	Affectivity Process
8. Week	MIDTERM EXAM
9. Week	Behavioral Patterns
10. Week	Communication
11. Week	CommunicationTechniques •Behavior-Enterprise say no • Empathy
12. Week	•I Language •ProperTechnique Purpose of Asking Questions
13. Week	•Listen •Provide Information
14. Week	•Importand export Feedback •Summarizing and concretisation
15. Week	• Time management •Perception and Prejudice •Coping

Student Work Load Table

Activities	Number	Duration	Total Work Load
Course Duration	14	2	28
Laboratory			
Practice			
Field Study			
Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)	14	4	56
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study			
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	6	6
Final Exam Preparation Time	1	10	10
Total Work Load (hour) / 25(s)	100/25=4		
ECTS	4		

Evaluation System

Mid-Term Studies	Number	Contribution
Midterm exams	1	%50
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Homework's		
Presentation and Seminar		
Project		
Other evaluation methods		
Total Time To Activities For Midterm		%50
Final works		
Final	1	%50
Homework		
Practice		
Laboratory		
Total Time To Activities For Midterm		%50
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
Total		100

The relationship between learning outcomes and the program qualifications of the courses

Program Qualifications	Learning outcomes			
	L.O.1	L.O. 2	L.O.3	L.O.4
1. To acquire information in the basic and social sciences as the Dietitian as he profession entails and make use of it for life.				
2. To develop personalized diet and programme in accordance with the principles of adequate and balanced nutrition.				
3. To improve and develop the food and nutrition plans and policy for the development of individuals with the energy and nutrient element requirements with scientific method detection, health protection				
4. To determine and evaluate individual, the community and the patient's nutritional status by applying up-to-date information gained in the field of nutrition and dietetics. She/he can use the knowledge to raise the level of community health and the quality of life.		2	2	2
5. Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.				
6. The student can understand the basic values and culture of the society he/she is living in and gain the skill to transform him/herself in a positive way	3	4	3	3
7. Dietitian can improve products, make laboratory practice on elements affecting analysis and quality of nutrition, review and evaluate them regarding the legal regulations				
8. The student embraces the concepts with regard to biological systems that form the basis of human health, Anatomy, Physiology, and the sustainability of them.				
9. The student can participate in Nutrition and Dietetics practices individually and/or within a team, use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods	4	4	4	4
10. Dietitian has knowledge to develop food and nutrition plans and policies for protection of health, in order to improvement and development by using methods for determining the nutritional status.				

Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent