

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Self- Awareness And Communication Management	SBF100	1.Year/1. Semester / Autumn	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Compulsory					
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, Problem /Problem Solving, Brainstorming, Project Design /Management, Other.					
Instructor(s)	Yrd.Doç.Dr. 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	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	1. Altıntaş, E. ve Çamur, D. (2005). Beden Dili Sözsüz İletişim. Aktüel Yayınları: İstanbul. Bach, S. and Grant, A. (2009). Communication and interpersonal skills for nurses (Transforming nursing practice). UK: Learning Matters Ltd. 2. Baltaş, Z. ve Baltaş, A. (2000). Stres ve Başaçıkma Yolları (20. Basım). İstanbul: Remzi Kitabevi. Balzer Riley, J. (2007). Communication in nursing. USA: Mosby. Clark, L. (2000). Duygulara Yardım (Çev: Yazgan, G.). İstanbul: Eyrılm Yayınları. 3. Terakye, G. 2008; Hasta Hemşire İlişkileri, Zirve, Ofset. Ankara. 4. Üstün, B., Akgün, E., Partlak N. 2005; Hemşirelikte İletişim Becerilerinin Öğretimi, Okullar Yayınevi, İzmir. 5. İletişim Çalışmaları ve Empati ( Üstün Dökmen ) 6. Yarına Kim Kalacak? Evrenle Uzlaşma Sürecinde Varolmak Gelişmek Uzlaşmak ( Prof. Dr. Üstün Dökmen ) 7. Duygusal Gerilimle Başedebilme ( Kadir Özer ) 8. Dans Eden Benlikler ( Kadir Özer ) 9. Yeniden İnsan İnsana ( Doğan Cüceloğlu ) 10. İçimizdeki Çocuk ( Doğan Cüceloğlu ) 11. İletişim Donanımları( Doğan Cüceloğlu ) 12. Bir Cadı Masalı ( Leyla Navora ) 13. Beni Duyuyormusun ? ( Leyla Navora ) 14. İki Boy Ufak Papuç ( Leyla Navora ) 15. Bedenin Dili ( Zuhal, Acar Baltaş ) 16. Stres ve Başaçıkma Yolları ( Zuhal, Acar Baltaş ) 17. Dikkat Vüvudunuz Konuşuyor (Ahmet Şerif İzgören) 18. Normaldisı Davranışlar ( Engin Geçtan ) 19. İnsan Olmak( Engin Geçtan ) 20. Beş Sevgi Dili ( Gary Chapman ) 21. Martı ( Richard Bach ) 22. Öfke Dansı ( Harriet Lerne ) 23. Kendine Güven ve Güç Elde Etmenin Yolları ( Les Gibom ) 24. Hayır Dediğimde Kendimi Suçlu Hissetmiyorum ( Manvel Smith ) 25. Egoist Olma Sanatı ( J. Kirschner ) 26. Bizi Biz Yapan Seçimlerimiz ( Shad Helmstetter ) 27. Özgüven ( Kenneth Hambly ) 28. Bir Kapı Kapanır Bir Kapı Açıılır ( Arthur Pine ) 29. İnsanın Anlam Arayışı ( Victor Frankl ) 30. Duyulmayan Anlam Çığlığı ( Victor Frankl ) 31. Etkili Ana-Baba Eğitimimde Uygulamalar ( Thomas Gordon ) 32. Etkili Öğretmenlik Eğitimi ( Thomas Gordon ) 33. Sınırlar ( Henry Cloud, John Townsend )					

	<b>FEATURED MOVIES</b> <ul style="list-style-type: none"> <li>- Hayatım 1993</li> <li>- Yeşil Yol 1999</li> <li>- Baban ve Oğlum 2005</li> <li>- Guguk Kuşu 1981</li> <li>- Zoraki Kral 2011</li> <li>- Şimdi ya da Asla 2007</li> <li>- Çikolata 2000</li> <li>- Uçurtma Avcısı 2007</li> </ul>
--	--

**Course Outline Weekly:**

<b>Weeks</b>	<b>Topics</b>
1. Week	Meet and Course Introduction, Self-Awareness and Acceptance,
2. Week	Boundaries and Responsibilities,
3. Week	Professional value sand facts,
4. Week	Self-Situations
5. Week	Perceptions and Prejudices
6. Week	Affectivity Process
7. Week	Thoughts Stereotypes (Contact the Intellectual Infrastructure)
8. Week	MIDTERM EXAM
9. Week	Behavioral Patterns
10. Week	Communication
11. Week	Communication Techniques • Behavior-Enterprise say no • Empathy
12. Week	• I Language • Proper Technique Purpose of Asking Questions
13. Week	• Listen • Provide Information
14. Week	• Receiving and giving feedback • Summarizing and concretisation
15. Week	Time management • Perception and Prejudice • Coping
16.	FINAL EXAM

## 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		
<b>Total Time To Activities For Midterm</b>		<b>%50</b>
<b>Final works</b>		
Final	1	%50
Homework		
Practice		
Laboratory		
<b>Total Time To Activities For Midterm</b>		<b>%50</b>
Contribution Of Midterm Studies On Grades		%50
Contribution Of Final Exam On Grades		%50
<b>Total</b>		<b>100</b>

## ECTS (Student WorkLoad Table)

Activities	Number	Duration	Total Work Load
Course Duration (X14 )	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
<b>Total Work Load ( hour ) / 25(s)</b>			<b>100/ 25=4</b>
<b>ECTS</b>			<b>4</b>

**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	L.O.5
1. Competent and has the capabilities to fulfill their occupational duties.	5		5	4	
2. Knows the theories and models that form the basis of Professional practice.					
3. Has the general knowledge required to be both an individual and a member of the occupation.	4	5	4	5	
4. Carries out nursing practice based on the principles and standards.					
5. Meets the health-care needs of the individuals, families and the society with a holistic approach.					
6. Makes use of effective communication.	5	5	5	5	
7. Utilizes information and care technologies in professional practice and research.					
8. Uses scientific principles and techniques in Nursing practice.					
9. Follows the latest advances and communicates with colleagues in a foreign language.					
10. Behaves according with the professional ethics and values.					
11. Takes the related legislation and regulations into account in Nursing practice.					
12. Follows the politics and regulations affecting the Nursing profession.					
13.Uses the learning-teaching and management processes in Nursing practice.					
14.Uses the life-long learning, problem-solving and critical thinking abilities.	4	4	4	4	
15. With a sense of social responsibility takes part in studies, projects and some other activities with other team members and other disciplines.					
16. Joins in activities that can contribute to professional development.					
17. Sets as a model for colleagues and the society with their professional identity.					
18. Protects the basic values and social rights.					
<b>Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent</b>					