

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
Self-Knowledge And Communication Management	SBF100	1. Year/1. Term/ Fall	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)						
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	<ol style="list-style-type: none"> <li>1. Altıntaş, E. ve Çamur, D. (2005). Beden Dili Sözsüz İletişim. Aktüel Yayınları: İstanbul.</li> <li>2. Bach, S. and Grant, A. (2009).Communication and interpersonal skills for nurses (Transforming nursing practice). UK: Learning Matters Ltd.</li> <li>3. Baltaş, Z. ve Baltaş, A. (2000). Stres ve Başaçıkma Yolları (20. Basım). İstanbul: Remzi Kitabevi.</li> <li>4. Balzer Riley, J. (2007). Communication in nursing. USA: Mosby.</li> <li>5. Clark, L. (2000). Duygulara Yardım (Cev: Yazgan, G.). İstanbul: Evrim Yayınları.</li> <li>6. Terakye, G.2008; Hasta Hemşire İlişkileri, Zirve, Ofset.Ankara.</li> <li>7. Üstün, B., Akgün, E., Partlak N. 2005; Hemşirelikte İletişim Becerilerinin Öğretimi, Okullar Yayınevi,İzmir.</li> <li>8. İletişim Çalışmaları ve Empati ( Üstün Dökmen</li> <li>9. 10. Yarına Kim Kalacak? Evrenle Uzlaşma Sürecinde Varolmak Gelişmek Uzlaşmak ( Prof. Dr. Üstün Dökmen)</li> <li>11. 12. 13. 14. 15. 16. Duygusal Gerilimle Başedebilme ( Kadir Özer ) Dans Eden Benlikler ( Kadir Özer ) Yeniden İnsan İnsana ( Doğan Cüceloğlu ) İçimizdeki Çocuk ( Doğan Cüceloğlu ) İletişim Donanımları( Doğan Cüceloğlu ) Bir Cadı Masalı ( Leyla Navora ) Beni Duyuyormusun ? ( Leyla Navora ) İki Boy Ufak Papuç ( Leyla Navora ) Bedenin Dili ( Zuhal, Acar Baltaş ) Stres ve Başaçıkma Yolları ( Zuhal, Acar Baltaş )</li> </ol>					

17. Dikkat Vüvudunuz Konuşuyor (Ahmet Şerif İzgören)
18. Normaldişî 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 )

#### FEATURED MOVIES

- 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 values and facts,
5. Week	Self Situations
6. Week	Affectivity Process Thoughts stereotypes (Contact the Intellectual Infrastructure) Behavioral Patterns
7. Week	Thoughts stereotypes (Contact the Intellectual Infrastructure), Behavioral Patterns
8. Week	I. MIDTERM EXAM
9. Week	Communication
10. Week	Communication Techniques • Behavior-Enterprise say no • Empathy
11. Week	• I Language • Proper Technique Purpose of Asking Questions • Listen • Provide Information
12. Week	• Import and export Feedback • Summarizing and concretisation • Time management • Perception and Prejudice • Coping
13. Week	Loss and Death, Movie Watching
14. Week	II. MIDTERM EXAM
15. Week	FINAL EXAM

### ECTS (Student Work Load 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	3	42
Presentations (Video shoot/Poster preparation/Oral presentation, Etc.)			
Seminars			
Project			
Case study	1	6	6
Role playing, Dramatization			
Writing articles, Critique			
Time To Prepare For Midterm Exam	1	8	8
Final Exam Preparation Time	1	16	16

<b>Total Work Load ( hour) / 25(s)</b>	<b>100/ 25=4</b>
<b>ECTS</b>	<b>4</b>

#### **Evaluation System**

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

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

<b>Program Qualifications</b>	<b>Learning outcomes</b>			
	<b>L.O.1</b>	<b>L.O. 2</b>	<b>L.O.3</b>	<b>L.O.4</b>
1. Sufficient background in basic- clinical medical sciences and physical therapy and rehabilitation discipline; ability to use theoretical and practical skills and knowledge in these fields with analytical thinking				

2. Ability to determine, define, formulate and solve the factors that affect health; ability to choose and apply evidence based techniques and new methods for this aim.				
3. Ability to choose and use modern equipments, techniques and modalities for physiotherapy and rehabilitation practices; effectively use the informatique technologies.				
4. Ability to design multidisciplinary research, keep records, collect appropriate data, analysis and interpret results.				
5. Ability to attain new knowledge, make literature reviews, use medical databases and sources of information devoted to medical- health sciences				
6. To work autonomously and effectively in health team and self confidence to take responsibility				
7. To internalize characteristically development, literate and lifelong learning; quality development,to contribute education and promotion programs in field,to internationalize their professional behavior.	4	4	4	4
8. To have professional deontology and ethical awareness				

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