

**SBF100 - 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. Semest / 1. Autumn	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
Learning and Teaching Techniques of The Course	Expression, 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	<ol style="list-style-type: none"> <li>1. Gains self-recognition skills,</li> <li>2. Understands the causes of human behavior,</li> <li>3. Understands the importance of communication,</li> <li>4. Understands the communication techniques.</li> </ol>					
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 Başa çıkma 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 (Çev: 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 Çatışmaları ve Empati. (1994) Üstün DÖKMEN. Sistem Yayıncılık - İSTANBUL.</li> <li>9. Yarına Kim Kalacak? Evrenle Uyumlaşma Sürecinde Varolmak, Gelişmek, Uzlaşmak, (2000) Üstün Dökmən, Sistem Yay., İstanbul.</li> <li>10. Kadir Özer (1998) "Ben" Değeri Tiryakiliği/ Duygusal Gerilimle Başedebilme Varlık Yayınları.</li> <li>11. Cüceloğlu, Doğan. Yeniden İnsan İnsana. İstanbul:Remzi Kitabevi,1997.</li> </ol> <p>FEATURED MOVIES</p> <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:

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	<b>MIDTERM EXAM</b>
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
<b>Total Work Load ( hour ) / 25(s)</b>		100/25=4	
<b>ECTS</b>		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		
<b>Total Time To Activities For Midterm</b>		50%
Final works		
Final	1	50%
Homework		
Practice		
Laboratory		
<b>Total Time To Activities For Midterm</b>		50%
Contribution Of Midterm Studies On Grades		40%
Contribution Of Final Exam On Grades		60%
<b>Total</b>		100

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

This course is suitable for all programs within the Faculty of Health Sciences. Therefore, the level of contribution to program qualifications has not been specified.