

Course Title	Code	Semester	Theoretical (hours/week)	Practice (hours/week)	Laboratory (hours/week)	ECTS
<b>Self-Awareness and Communication Management</b>	SBF100	1. Semester/Fall	2	0	0	4
Prerequisites	None					
Language of Instruction	Turkish					
Course Type	Elective					
learning and teaching techniques of the Course	Lecture, Question and answer method, Role playing, Group work method, Case study, Brainstorming					
Instructor(s)						
Aim of the lesson	In this course, students; It is aimed to understand human behaviors and the basic concepts of communication, to understand the importance of self-knowledge and communication, to use communication methods professionally in communication with patients, patient relatives and team in professional life, and to establish healthy human relations in daily life.					
Learning Outcomes	1. Defines self-knowledge, communication, and helpful communication techniques. 2. Explains the reason of human behavior and self-concept. 3. Explains self-recognition methods, assertive behavior characteristics, helpful communication skills, anger and conflict management strategies. 4. Knows how to recognize and realize himself/herself in his/her social and professional life, recognize and change cognitive distortions, use anger and conflict management strategies and helpful communication skills.					
Course Content	Basic characteristics and needs of human beings, Concept of communication, Self-knowledge and acceptance, Self-concept, body image, self-esteem, Applications of replacing cognitive distortions with rational thoughts, Human behavior characteristics (passive, aggressive, manipulative and assertive). Assertive behavior development techniques, Empathy, I language, Therapeutic communication and empathy. Empathic listening and helpful interview techniques, Approaches that Prevent Communication, Conflict and anger management in interpersonal relations, Communication in some special/problematic situations.					
References	1. Üstün B, Demir S. Hemşirelikte İletişim. Ankara: Akademi Yayın: 2019. 2. Üstün B. Hemşirelikte İletişim Becerileri Öğretimi. İzmir: Okullar Yayınevi: 2005. 3. Özcan A. Hemşire-Hasta İlişkisi ve İletişim. Ankara: Sistem Ofset: 2006. 4. Arnold EC, Boggs KU. Interpersonal Relationships Professional Communication Skills for Nurses. Missouri: Elsevier: 2016. 5. Özer K. Ben Değeri Tiryakılığı. İstanbul: Sistem Yayıncılık: 2010. 6. Özer K. İletişimsizlik Becerisi. İstanbul: Galata Yayınları: 2015. 7. Öz F. Sağlık Alanında Temel Kavramlar. Ankara: Mattek yayıncılık: 2010. 8. Dökmen Ü. İletişim Çatışmaları ve Empati. İstanbul: Sistem Yayıncılık: 1996. 9. Oskay Ü. İletişim'in ABC'si. İstanbul: İnkılap Kitabevi: 2017. 10. Navarro J. Beden dili. Alfa Yayınları: 2008. 11. Cüceloğlu D. İletişim donanımları. İstanbul: Remzi Kiatebevi: 2016. 12. Cüceloğlu D. Savaşçı. İstanbul: Remzi Kiatebevi: 2005. 13. Gürüz D, Eğinli AT. Kişilerarası İletişim. Ankara: Nobel Akademik Yayıncılık: 2021. 14. Acar NV. Yeniden Terapötik İletişim Kişiler Arası İlişkiler. Ankara: Nobel Akademik Yayıncılık: 2021.					

#### Course Outline Weekly

WEEKS	TOPICS TO BE DISCUSSED
1. Week	Introduction and Introduction of the Course. Basic characteristics and needs of man. Cognitive aspect of human and affective process
2. Week	Communication concept. Elements of the communication process, factors affecting communication, verbal and nonverbal communication styles
3. Week	Self-Knowledge and Acceptance. The importance of self-knowledge in interpersonal relationships
4. Week	Self-concept, body image, self-esteem. The importance of having a personal identity and a healthy self-concept
5. Week	Stereotyped Thoughts (Intellectual Infrastructure of Communication). Applications of replacing cognitive distortions with rational thoughts.
6. Week	Human behavioral traits (passive, aggressive, manipulative and assertive). Assertive behavior development techniques
7. Week	Movie screening
8. Week	<b>MIDTERM</b>
9. Week	Empathy
10. Week	I Language
11. Week	Therapeutic communication and empathy. Empathetic listening and helpful interviewing techniques
12. Week	Approaches Barring Communication. Discussion with examples.
13. Week	Conflict and anger management in interpersonal relationships. Conflict and anger resolution methods on exemplary situations
14. Week	Communication in some special/problematic situations. Discussion of effective communication skills on exemplary situations.
15. Week	<b>GENERAL AGAIN/</b> Movie screening

### 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	8	8
Final Exam Preparation Time	1	8	8
<b>Total Work Load ( hour) / 25(s)</b>	100/25=4		
<b>ECTS</b>	<b>4</b>		

### Evaluation System

Workload within semester	Number	Contribution
Midterm exams	1	%40
Quiz		
Laboratory		
Practice		
Field Study		
Course Internship (If There Is)		
Assignments		
Presentation and Seminar		
Projects		
Other		
<b>Total Semester Work Load</b>	1	%40
<b>End-of-year Work Load</b>		
Final Exams	1	%60
Assignments		
Practice		
Laboratory		
<b>Total End-of-year Work Load</b>	1	%60
<b>TOTAL</b>	2	%100

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

Program Qualifications		Learning outcomes			
		L.O1	L.O2	L.O3	L.O4
1.	Have the knowledge and skills to fulfill their professional roles and functions.	5	5		
2.	Performs, evaluates and records nursing practices toward professional principles and standards.	5			
3.	Practice the health care needs of the individual, family and society with a holistic approach, toward the nursing process.	4	4	4	
4.	Communicates effectively with the individual, family, community and health team members.				
5.	Performs professional practices toward current scientific data by using information and maintenance technologies.	5	5	5	5
6.	Have a foreign language proficiency to reach scientific information and communicate effectively.				
7.	Behaves in accordance with professional, cultural and ethical values in nursing practices.				
8.	Considers the relevant laws, regulations and legislation in nursing practices.	5	5	4	4
9.	Uses the learning-teaching and management process in nursing practices.			5	
10.	Uses lifelong learning, problem solving, critical thinking and career planning skills to contribute to professional development.	5	5	4	4
11.	With the awareness of social responsibility, takes part in research, projects and activities in cooperation with the health team and other disciplines.			5	
12.	Contributes to the provision and development of safe and quality health care.				
<b>Level of providing proficiency: 1: Low, 2: Low/Medium, 3: Medium, 4: High, 5: Excellent</b>					