



YAŞAR UNIVERSITY
COURSE SYLLABUS

Graduate School/Faculty/School	FACULTY OF SCIENCE AND LETTERS					
Department/Program	SCIENCE CULTURE DEPARTMENT					
Course Title	Course Code	Semester	Course Hour/Week		Yaşar Credit	ECTS
Foundations of Interpersonal Relations	UFND 2420	FALL / SPRING	Theory	Practice	2	2
			2	0		
			Course Type			
1. Compulsory Courses						
2. Program Elective Courses						
3. Faculty / Vocation School Elective Courses						
4. Distance Learning Courses						
5. Modern Languages Courses						
6. Compulsory YÖK Courses						
7. University Elective Courses					X	
8. Prerequisite Courses						
9. Course Adaptation						

Language of Instruction	English
Level of Course	Associate Degree (Short Cycle) X Undergraduate (First Cycle) Graduate (Second Cycle) Doctoral Course (Third Cycle)
Special Pre-Conditions of the Course (recommended)	NA

Course Coordinator	
Course Instructor(s)	
Course Assistant(s)/Tutor (s)	
Aim(s) of the Course	This course aims to help students develop self-awareness in both professional and personal contexts, by recognizing their interpersonal needs, personal value systems, and ways of interpreting experiences. It also seeks to support students in forming healthy and realistic relationships, improving their understanding of emotions, thoughts, and behaviors, and developing action plans for areas needing personal growth.
Learning Outcomes of the Course	By the end of this course, students will be able to: 1. Identify whether they use emotional or behavioral “masks” in relationships. 2. Recognize the types of individuals with whom they struggle to build trust and honesty. 3. Interpret others' viewpoints using empathetic perspective-taking. 4. Apply the 3D cycle (Emotion–Thought–Behavior) to their personal experiences. 5. Analyze a real-life interpersonal communication conflict and its components.
Course Content	This course explores the emotional and cognitive foundations of interpersonal behavior. Core topics include self-knowledge, empathy, acceptance, responsibility, personal values, emotional needs, and interpersonal expectations. Students will examine how these factors influence

	communication, trust, and behavior, and will practice applying awareness-building techniques such as value clarification, non-judgmental communication, and conflict resolution.
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COURSE OUTLINE/SCHEDULE (Weekly)			
Week	Topics	Preliminary Preparation	Methodology and Implementation (theory, practice, assignment etc)
1	MODULE 1: Orientation Course Introduction, Objective and Expectations	Reading the recommended resources and monitoring of the suggested videos	Theory
2	MODULE 1: Do you wear a mask when dealing with other people? -With which kind of people do you need to wear a mask? - Trust and honesty -The relationship between wearing a mask and trust and honesty?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
3	MODULE 2: Do you feel your emotions? -How do you feel about whom? -What emotion do you commonly feel when you are in different situations and with different people?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
4	MODULE 2: Do you feel your emotions? - What do you do during or after experiencing this emotion (what kind of behaviours does this emotion trigger in you)?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
5	MODULE 3: How do you make decisions? -How did you make your important decisions? -What is the way you make decisions?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
6	MODULE 4: What kind of values do you have? -What are your shoulds and should nots? -What are your rights and wrongs? -What are your sides and what are your opponents?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
7	MODULE 4: What kind of values do you have? -Who or whom are the sources of these values? -Are these values internal or external?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
8	Midterm Exam	Assignment	
9	MODULE 5: Do you use cognitive distortions when evaluating events and people?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
10	MODULE 5: What are the cognitive distortions you often use?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
11	MODULE 6: How do you treat yourself? -Self-esteem	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
12	MODULE 6: How do you treat yourself? Body image: How do you feel about the way you look?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
13	Module 7: Transactional Command Analysis -What were the most common messages you heard in your family when you were young?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
14	Module 7: Transactional Command Analysis -How do these messages affect your life now?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
15	Module 7: Transactional Command Analysis -What would you like to do differently?	Reading the recommended resources and monitoring of the suggested videos	Theory and practice
16	Final Project Presentation	Self-assessment report	Project

Required Course Material (s) /Reading(s)/Text Book (s)	The major course materials will be uploaded to the learning environment in the module sections.
Recommended Course Material (s)/Reading(s)/Other	-

ASSESSMENT		
Semester Activities/ Studies	NUMBER	WEIGHT in %
Mid- Term		
Attendance		
Quiz / Participation		
Assignment (s)	1	40
Project		
Laboratory		
Field Studies (Technical Visits)		
Presentation/ Seminar		
Practice (Laboratory, Virtual Court, Studio Studies etc.)		
Other (Placement/Internship etc.)		
Final Exam	1	60
TOTAL		100
Contribution of Semester Activities/Studies to the Final Grade		40
Contribution of Final Examination/Final Project/ Dissertation to the Final Grade		60
TOTAL		100

ECTS /STUDENT WORKLOAD				
ACTIVITIES	NUMBER	UNIT	HOUR	TOTAL (WORKLOAD)
Course Teaching Hour (14 weeks* total course hours)	14	Week	2	28
Preliminary Preparation and finalizing of course notes, further self- study		Week		
Assignment (s)		Number		
Presentation/ Seminars		Number		
Quiz and Preparation for the Quiz		Number		
Mid- Term(s)		Number		
Project (s)	1	Number	8	8
Field Studies (Technical Visits, Investigate Visit etc.)		Number		
Practice (Laboratory, Virtual Court, Studio Studies etc.)		Number		
Final Examination/ Final Project/ Dissertation and Preparation	1	Number	14	14
Other (Placement/Internship etc.)		Number		
Total Workload				50
Total Workload/ 25				2
ECTS				2

ETHICAL RULES WITH REGARD TO THE COURSE (IF AVAILABLE)	
STUDENT WITH DISABILITIES OR SPECIAL NEEDS	
Students with disabilities or special needs are encouraged to contact the instructor and the Unit for Students with Disabilities (http://eob.yasar.edu.tr/) for academic adaptations.	
ASSESSMENT and EVALUATION METHODS:	
Final Grades will be determined according to the Yaşar University Associate Degree, Bachelor Degree, and Graduate Degree Education and Examination Regulation.	
PREPARED BY	Abdulvahap YORGUN
UPDATED	
APPROVED	