Abstract: The aim of this study was to investigate the effects of lectures and seminars on human relations for students in the initial period after entering a nursing university, the goal of which was for students to acquire communication skills, using confirmation techniques as part of the conversation technique. The participants were 110 first-year students enrolled in a human relations seminar at a nursing university who completed a questionnaire on communication behavior before and after the seminar. The questionnaire data were verified and analyzed qualitatively. The results of a Mann-Whitney U-test revealed a significant difference between the scores before and after the seminar, while the analysis of free comments clearly revealed an understanding of the importance of communication skills and self-reflection after the seminar. The role of the lecturer was to provide positive feedback to students on successful communication experiences, with a need to link this to increased motivation to further develop communication skills and to increase the students' confidence. Support to improve communicative competence on an ongoing basis is also important.

Key words: First-year education, Conversation technique, Communication, Education methods, Seminar