



Dear Students,

Are you feeling frustrated by not completing your courses as quickly as you had hoped? Do you wish you could find more energy for your academic goals? Are you feeling isolated and alone?

We have the answer for you!

MCU Coaches have created a new student driven program to help you overcome these common challenges of distance education. The program is called a Sisters' Circle.

The objective of a Sisters' Circle is to be a small, intimate group where the members create relationships and a natural culture of accountability to each other. The circle is designed to help members become more productive and consistent in their midwifery studies, help them meet their Major Map goals, and build a community of support.

This is how a Sisters' Circle works:

1. A student leads out as a circle host.
2. The circle host posts that a circle will be forming.
3. Each circle has a maximum membership of six (6) sisters.
4. Students interested in joining the circle respond until the circle fills up. Students who do not make the circle can remain on that circle's waiting list, join another circle, or start their own.
5. Circle sisters will meet weekly, or according to whatever schedule is determined by the circle.
6. Meetings will be held by joint Skype conference call and Go To Meeting. Skype allows several people to be on a free call at once and Go To Meeting offers the ability for members to show their personal computer screen to the rest of the group. This allows the circle to share anatomical drawings, helpful websites, commitment/goal outlines, etc.
7. Circle sisters will make academic commitments and goals to their group to be completed by the next meeting.
8. At the next meeting the sisters will report to each other on the accomplishment of their commitments and goals. For those who struggle with accomplishing their commitments, the group will help their sister brainstorm what went wrong so they can make corrections to be more successful next time. A Coaching Kit has been prepared for the circle to more effectively support each other.



Circle rules are:

1. Sisters need to have access to the internet during each scheduled meeting.
2. Sisters should commit to attending and reporting at each scheduled meeting.
3. Sisters must update their commitment/goal outlines prior to the scheduled meeting and have them ready to show to the circle.
4. Sisters should have any other helpful information readily accessible on their personal computer in preparation for group sharing.
5. The meeting should not take longer than 1 hour.

If you are interested in becoming a Circle Host please:

1. Visit the MCUStudents Yahoo group
2. Click on the FILES page found on the left sidebar
3. Click on "Sisters' Circle Documents"
4. Then click on "Sisters' Circle Outline for HOSTS"

If you are interested in becoming a Circle Sister please:

1. Visit the MCUStudents Yahoo group
2. Click on the FILES page found on the left sidebar
3. Click on "Sisters' Circle Documents"
4. Then click on "Sisters' Circle Outline for SISTERS"

Please email the Coaching Director on the MCU messaging system for any questions, problems, or support. We look forward to you hosting or joining a Sisters' Circle.

Blessings,

Jodie Palmer
Coaching Director