

MCU IN REVIEW

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Kudos!

Congratulations to Cindy Lybolt, Kara Bonkowski, Gail Uptain, Tammy Stokes and Jenny Schultz on their graduation!

Amy-Grace Smith and Crystal Ogle have passed the NARM!

Future moms and babes thank you for your dedication! We celebrate and acknowledge your hard work!

Congratulations!

MCU would like to wish Megan Lalonde good luck as she pursues her M.Sc. in Midwifery through University of Central Lancashire. Thank you for your years of service to MCU!

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Midwives College of Utah President's Message: What's the Reading on Your Gratitude Meter?



More than any other time of year, holiday celebrations seem to turn our thoughts to family, friends and gratitude. Deepak Chopra says "To experience **gratitude** is the most effective way of getting in touch with your soul. When you are in touch with your soul you eavesdrop on the wisdom of the universe. You feel connected to everything in creation. You embrace the wisdom of uncertainty and you sense your Self as a field of infinite possibilities. Gratitude is the most effective way of getting there. The reason is because when you are experiencing gratitude, ego moves out of the way. You can't have ego and gratitude at the same time, Only one."

The simple act of stopping in the midst of a harried day to check your "gratitude meter" and consciously focus on what you have to smile about can shift your energy and the energy of those around you. Conversely a harried attitude with one foot in the present and one foot in the list of "things to do" can create energetic tension and distance from those around us. Robert A. Emmons, professor of psychology at the University of California, Davis, found that people who practiced gratitude daily (for example writing in a gratitude journal) reported higher levels of alertness, enthusiasm, determination, attentiveness, and energy than those who didn't.

At the MANA conference in Portland, I appreciated the opportunity to give and receive a hug from each of our students as they came out of the NARM testing room. They exuded gratitude for their education and, of course, immense relief to have completed another midwifery milestone. Watching April Kline, Aisha Al Hajjar, Paula Wiens, and Cathy Larson present to fellow midwives with confidence and wisdom born of experience, research and evidence-based education brought a deep feeling of gratitude for the sacrifice each of them along with their families and their mentors have made over the years to have the knowledge they so professionally shared.

As we approach the beginning of a new year, please join me in creating an attitude of gratitude at MCU. What better way to energetically influence a birth, a fellow student, a family member and even yourself?

A Few Words of Gratitude from Our Students....

I am grateful to MCU for having patience with me in order to birth the midwife within while becoming a midwife.

I am thankful for a Loving God and awesome family and friends!

I am thankful for the patient guidance of each of the instructors. They are firm and unwavering with quality and depth of study but willing to walk us each through it.

My sister midwives on our FB page who are willing and eager to share and help and create a space where we are each free to express ourselves or ask questions without fear of reprisal or judgment.

I am thankful for my supportive family. That support allows me to live my love of midwifery. It is the small things like a quiet moment so I can sleep, mark paper, get over a birth hangover, or dinner when I come home from a long birth. I am grateful for the never ending sacrifices they make without complaint for their local midwife.

I am so grateful to MCU for the support instructors, staff, and preceptors. In spite of the hard personal transition my family has gone through this year, the support I have received from all the women in my life has been just what my family and I have needed. Thank you so much for being a nurturing institution. MCU knows how to midwife the midwife.

I'm very thankful for HOPE. Hope for new life. Hope for my life as a midwife. Hope that everything will all work out according to God's good plan. Despite what the day's might bring.. I am thankful to ALWAYS have hope :)

I'm grateful for dogs who always are happy to see me, teenaged boys who will stay home and play cards with their mom once in a while, and babies who start in the morning and are born before supper.

I am thankful for our MCU students who are dedicated to becoming midwives of excellence so that women and families can trust their care to them. I am also thankful for the support team at MCU. Also the women who have previously served on the MCU board -- Kim Lisenbee, Andrea Lythgoe, Marilyn Sorensen, and Pam Udy. Thanks for your labors

I am so very grateful for MCU and all of the fabulous women that support all of us! My road to Midwifery has been just as individualized and out of the box as I am. I love that I was able to design my clinical experience and academics to fit exactly what I needed and wanted, and in the end I feel that it has made me a competent and skilled Midwife. I am grateful for the support I have received over the years from MCU. But most of all I am grateful for the light at the end of the tunnel as I prepare to graduate!!!

I am grateful to be part of an organization that ties together education and human dignity. This is what inspires me to give my all to MCU each week.



We are grateful for our incredible students!

The MCU Staff & Faculty

CONFERENCE SPELLS....

C-Confidence building!

O-Outstanding gathering to meet your student needs.

N-Necessary to encourage and cheer you on in your progress.

F-FRIENDSHIPS, come build lifetime friendships!

E-Energizing (makes you remember why you are going through this!)

R-Regroup, as you take time to ONLY focus on you and your education.

E-Essential to feeling connected.

N-Needful to supplement the education you are already obtaining.

C-Collaborative community, you will feel part of a bigger whole.

E-Edifying, you WILL feel lifted!

~By Tiffani Hoffman



Winter Student Conference: March 3rd - 8th

Register today at <http://www.midwifery.edu/student-conferences/>

Monday March 3rd

Massage & Reflexology—PHYT 224&320 *Angela Magee* – 9:00 am – 6:00 pm

NRP with Karen Strange – *Karen Strange* – 9:00 am – 6:00 pm

Tuesday March 4th

CPR Basic/Professional – *Carrie Ann Kemp* – 9:00 am – 12:30 pm

CPR Professional – *Carrie Ann Kemp* – 1:30 pm – 6:00 pm

Healing Wounds. . . Midwives and Mothers – *Mary Burgess & Kristi Ridd-Young* – 9:00 am – 6:00 pm

Postpartum Doula Training - *Kristy Huber* - 1:30 pm – 6:00 pm

Wednesday March 5th

Postpartum Doula Training - *Kristy Huber* - 9:00 am – 6:00 pm

Suturing - Advanced Skills Lab – *Sonia Ochoa* – 9:00 am – 6:00 pm

Thursday March 6th

Doula Training - *Kristy Ridd-Young*- 9:00 am – 6:00 pm

Clinical Orientation – *Sarah Carter* – 9:00 am – 12:30 pm

Suturing - Advanced Skills Lab – *Sonia Ochoa* – 1:30 pm – 6:00 pm



Friday March 7th

Doula Training - *Kristy Ridd-Young*- 9:00 am – 6:00 pm

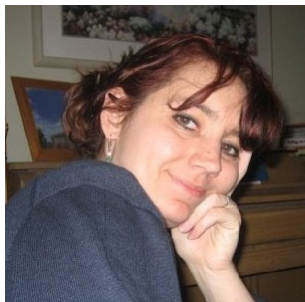
Understanding Laboratory Testing - HLTH 336 – *Heather Johnston* – 9:00 am – 6:00 pm

Saturday October 12th

Doula Training - *Kristy Ridd-Young*- 9:00 am – 6:00 pm

IV Skills Practice – *Carrie Ann Kemp* – 9:00 am – 12:30 pm

Suturing Skills Practice – *Sarah Carter* – 1:30 pm – 6:00 pm



Clinical Program News

International Clinical Placements

In considering International Clinical Placements, Midwives College of Utah expects that student midwives will show cultural humility and sensitivity in all their interactions with clients, regardless of locality. We further expect that clinical field faculty (preceptors) and sites approved by Midwives College of Utah will be accountable, honest and demonstrate the utmost respect for all clients, student midwives and practicing midwives, in accordance with the Midwives Model of Care, which is and has always been the standard we set for midwifery education. Transparency, cultural appropriateness and primacy of client care are expected of all clinical sites, regardless of location.

Students planning to pursue Clinical Placement outside of their country of residence*:

1. Must fulfill the normal requirements for students in clinical placement (enrolled in CLNC 100, accepted to the Clinical Program, etc.)
2. Must have completed SO5C 150 (Cultural Competency) with the International Clinical Study module (requiring 10-20 hours of class work) before leaving for their clinical placement. For students planning international placements before May 1, 2013, speak to the Clinical Dean about accommodations for this requirement.
3. Must meet with the Clinical Dean or a clinical department staff member before and after their international placement to discuss appropriate behavior in placement and debrief their experience.

*Traveling between the US and Canada will not be considered "outside their country of residence" due to the strong cultural similarities between the two nations in this case.

If you are traveling to a country you feel is culturally very similar to your home country, you can ask for an exclusion of this requirement.

Clinical Field Faculty (Preceptors) or Clinical Sites outside of the United States and Canada:

1. Must fulfill the typical requirements for clinical field faculty and sites. All documentation must be in English or translated into English by a reliable source.
2. Preceptors or site directors must complete an interview explaining how they work with local birth attendants, respect cultural norms, practice informed consent for care (especially care provided by visiting student midwives), how possible conflict between student/preceptor or student/student will be resolved, how they recognize autonomy of their clients (including offering choice and alternatives), how they measure their accountability to the community they serve and how students will be trained on cultural differences during their placement.

We reserve the right to revoke approval of a clinical site or preceptor at any time if they are found to be practicing outside the Midwives Model of Care, or showing disrespect for a client, student or midwife's culture, color, religion, education, socioeconomic status, or other difference. We encourage students who witness such behavior, whether in a single instance or in systemic ways, to prioritize the rights of clients and midwifery as a whole over their individual needs for development and learning, and to speak up about injustice, addressing concerns directly to their field instructors and to the clinical department with an eye toward improvement and strengthening midwifery culture as a whole

If you are planning an international clinical placement in the coming year and have not already contacted the Clinical Dean about your plans, please do! I'd love to help you! Sarah Carter

MCU Graduate Program

Life Begins at the End of Your Comfort Zone

~ Neale Donald Walsch

Are you ready for some brain stimulation? Need some CEU's? MCU's graduate department has developed a series of professional development courses on a variety of thought-provoking, important topics. The courses are two credits each. During the course, the student will be introduced to relevant, current literature on the topic. From that evidence-based perspective, the student will engage in a variety of practical activities that give them the chance to utilize their knowledge.

MCU's professional development courses are a great opportunity for practicing midwives to keep learning.

Professional development courses currently being offered are:

- PROD 528: Midwifery and Politics
- PROD 529: Field Instructor (Preceptor) Preparation
- PROD 530: Global Issues in Maternal and Child Health
- PROD 531: Holistic Midwifery
- PROD 532: Midwifery and Higher Education
- PROD 533: Midwives and Publication

For more information about course content or registration, contact Karen Hertel: graduatedean@midwifery.edu.



Canadian Brief



MCU welcomes Terri Demers as the new Canadian Coordinator. Terri graduated from MCU with a Bachelor of Science in Midwifery in 2012 and completed the IMPP in 2013. Terri is now a Registered Midwife practicing in Alberta. The philosophy of her practice Birth Partnership Midwifery states that as midwives we “have confidence in the inner strengths of women and the power of the birth process.” This same belief will serve Terri well as she helps our Canadian students navigate the process to become a registered midwife.

Staying on Track and Staying Sane

By The MCU Student Council

How do we manage to fit it all in, stay sane, and stay on track for school?

Distance education can be challenging. If you hope to stay on top of your school then it must be a priority. Carve out time. Schedule it. Treat it as a commitment just like you would a dentist appointment. Be accountable to someone. Don't wait until you "have time" as this never happens. Below are tricks and resources to help you stay on track.

Tricks that may help:

Pay attention to your productivity levels and cycles, and schedule your study times accordingly. For example, I work best before noon and after 7pm, and noticed study-tasks take me 2-3 times longer to do in the afternoon! So I don't even bother trying to do school-work then.

Be realistic about how much you can do. Do not procrastinate and leave it all to the last minute.

Join a Sister Circle, or stay committed to and active with the one you're in.

Get up early, before the house is up. This time is easily worth double or more per hour of any other time of day.

Unless you have the luxury and ability to sleep in, avoid the temptation to pull late nights. That sleep deprivation really adds up.

Focus!! Heaps of research shows that multi-tasking takes much longer to complete the same tasks than if they're done sequentially. Yes, we're all brilliant women who are designed to multi-task but every time you leave a task it takes 1-3 minutes to refocus. (Ditto for all those kid-interruptions.) Set a timer for 15 or 30 min, or whatever time you wish, and do *nothing* except one task. Try it – you'll be amazed at how fast you knock off those assignments.

Leave the house. Go study at the library or at a friend's for your scheduled time.

Avoid cyber distractions. Check e-mail only 1-2x daily. Schedule and limit your e-mail time. Ditto FB – or consider a FB sabbatical. Set your e-mail program to retrieve messages only twice daily, and turn off the cute little envelope or the fun "ding". Be strong on this to gain hours daily.

Phone and texting also sucks your time. Do you really have to answer every call and instantly reply to every text? Turn off ringers – gasp!! – or put your phone in another room for your study chunks. See Mercola article below for excellent phone tips. Remember, up to 3 min to get back on task every time.

Research shows our recall and productivity is highest in 40-50min chunks of time. Take a quickie break to stretch, leave your desk. 5 min will do but 10 is better. 50min on, 10min off for 3 hours will gain you an astonishingly higher amount of work and learning than a 3 hours power-push to get it all done. Avoid the temptation to spend your break on FB or Solitaire, as you need a change of stimulus. (Maybe go to another room to fill out Christmas cards, or go get some fresh air.)

Say NO! Practice – it's hard for some of us. Just do it!! No, i can't. No I'd love to help but am way behind on school. No! No thanks. Nein. Non.

Life is full of many fun events. Pick a few important and meaningful events and ditch the rest.

Take a commitment-fast. I dare you! It's very liberating. No commitments for a week or a month, or maybe just a day. Consider cancelling what you already have.

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Staying on Track and Staying Sane

continued

Resources

MCU Coaching Department. Call for some help, no matter how vague. One call can leave an impossible situation feeling manageable.

Having trouble staying on top of your domestic life, house, meals, and self-care? Check out <http://flylady.net/>. This compassionate free web-service rescued me (and thousands of other families, couples and singles) from chaos and sinking, and seriously saved my sanity. If you feel you have no time to check it then you can't afford not to.

Taking too long to write, or need help with clarity, quality or getting started? Check out <http://www.publicationcoach.com/8.5stepspage.php>. There's an affordable e-book worth gold, or a free newsletter and audio recordings. Brilliant! Knock off those papers faster and better.

See <http://articles.mercola.com/sites/articles/archive/2005/03/09/time-management.aspx> for a short read on excellent time-management tips. I especially love the phone and e-mail time-savers.

MCU in Review Is For You

Alumni, let us know what you are up to! Field Faculty, announce clinical opportunities! Current students, share your stories with us. Letters to the editor are always welcome.

Submit your articles to studentlife@midwifery.edu.



Photo courtesy of Crystal Ogle

Labyrinth at
The Wasatch Retreat and Conference
Center
Episcopal Church Center of Utah



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