

Optional Midwifery Activities for the week of 11th September 2023

We are really looking forward to meeting you next week as you start your place on the Midwifery programme at The University of Manchester. As you make your final preparations for joining us, we hope that you are also feeling excited and looking forward to getting to know some new people who are also excited to support women, people and families in their childbearing experiences.

You may have already received an email from the University Library with a link to a 'Transition Resource' that will help you prepare for the step-up to study in University. If you have not already engaged with this resource then we recommend that you do so this week: [Transitioning to life at University \(manchester.ac.uk\)](https://www.manchester.ac.uk/transitioning-to-life-at-university).

To help you to prepare for starting the programme, connect with other learners and get your minds into midwifery, here are 5 optional tasks for this week. There is one for each day. You can do these in any order, but I suggest that you read through them now to get an idea of what needs doing and because in some cases there are things you need to do to get started. Completing these tasks will help you get your minds on midwifery and to prepare for some aspects of the programme, but also to give you things that you can talk about with your new colleagues on the programme.

1. Engage with these FAQs

Access the following Padlet with some FAQs about the programme from the programme team and some of our students. Please read through the questions and answers and add any other questions that you have. We will monitor this throughout the online Welcome Week and answer any additional questions you have.

You can either use this link, or scan the QR code to access and store this on your phone or tablet for quick access.

<https://manchester.padlet.org/mdnmshw3/ssex4c038qqm081f>



2. Read and reflect on a blog about women/people's experiences of childbearing or midwives experiences of supporting them

[Guest blog: thank you for breastfeeding in public, I know it can be scary](#)

[Getting through postnatal depression – Naomi's story](#)

[FIVEXMORE – black maternity experience report blog](#)

[Ten things I wish every woman knew about... induction of labour](#)

[Agota's journey – NCT blog](#)

[Discussion reports about Queer birth](#)

Think about:

- What are the key messages from these experiences?
- How might this influence your role as a student midwife?

3. Complete one or two 'Foundations for Midwifery Practice: Anatomy and Physiology' pre-course activities

Please all complete the 'Terminology Quiz' to help you get off to a good start in this busy course unit. If you do not have a strong science background, we recommend you also read a very basic chapter from an e-textbook, about the chemistry of life. To locate these activities, please go to the 'Foundations for Midwifery Practice: Anatomy and Physiology' Course Unit page on Blackboard (our virtual learning environment where you will find all your learning activities – available to you from 11th September). The links and documents you need for these two activities can be found in the 'pre-course learning activities' in the black left-hand menu.

4. Read a novel, autobiography or other non-fiction book or watch a video/film about midwifery or women/people's experiences of childbearing

Read a novel, autobiography or other non-fiction book or watch a video/film about midwifery or women/people's experiences of childbearing and post some comments about it (you might want to order a book now so you can begin reading before the beginning of the course). Next contribute to the on-line 'Padlet' to answer the following questions about what you have read or watched recently. Don't worry if several of you have read the same book, it helps others to read different contributions about the same thing.

Click on this link to access the Padlet:

<https://manchester.padlet.org/mdnmshw3/cygeageh5bdvnjab> or scan the QR code to access on your phone or tablet

- What did you read or watch? (Title, author & type of book – eg fiction, autobiography, textbook, other style of non-fiction or title and type of film)
- What did you most enjoy or appreciate about this resource?
- What most surprised you about what you read or saw?
- Identify one or two key messages you think authors/film-makers were most keen to communicate to their audience?
- Identify one criticism about the book or film?



5. Please complete the Grand Ethical Challenge – Sustainability Challenge as part of the University Welcome Week

Please see this link to a short YouTube clip about the Sustainability Challenge: [\(1264\) Sustainability Challenge - YouTube](#)

This is a valuable activity and is the first of 3 tasks (one each year) which build up to be part of the 'Stellify' programme (an additional award that you can gain as you complete your degree – see below).

SUSTAINABILITY CHALLENGE

Feel empowered to take action on sustainability issues that matter most to you.

Sustainability is really important to us here at The University of Manchester which is why we created the [Sustainability Challenge](#). Complete our interactive online activity where you can learn how to play your part as a student. This challenge will get you to think critically about sustainability in a real world context and empower you to take action on the issues that matter most to you. The Challenge is the first of our three Ethical Grand Challenges and is your chance to get involved with key global issues.

LEARN HOW TO BE MORE SUSTAINABLE

Working online through interactive games and activities, you'll get to develop plans for a new campus. The Sustainability Challenge helps you to learn more about sustainability and how you can play your part as a student during your time at University.

TAKE STEPS TOWARDS THE STELLIFY AWARD

What's the [Stellify Award](#) you may ask? This is the University's most prestigious extra-curricular award for undergraduate students. The Sustainability Challenge forms part of this, so by completing it, you'll be starting your Stellify journey.

HOW DO I COMPLETE IT?

You are automatically enrolled in the Sustainability Challenge. Find the Sustainability Challenge in the "My Communities" section of Blackboard. If you can't see the challenge, contact egc@manchester.ac.uk to request access.

MANCHESTER
The University of Manchester

Ethical Grand Challenges

SUSTAINABILITY CHALLENGE

What is the Sustainability Challenge?

The **Sustainability Challenge** is a one-hour interactive, online activity that forms part of the University's Ethical Grand Challenges programme. It challenges you to think critically about sustainability in a real-world context and empowers you to take action on the issues that matter most to you.

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How do I complete the Sustainability Challenge?

1. Login to **Blackboard**
2. Scroll down to the '**My Communities**' section
3. Click **EGC: Sustainability Challenge**
4. Work through the online workshop

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Take your first steps towards the Stellify Award

The Sustainability Challenge contributes towards the **Stellify Award**, the University's most prestigious extra-curricular award for undergraduate students. By completing the challenge, you'll be starting your Stellify journey.

To find out more visit:
egc.manchester.ac.uk/sustainability

STELLIFY