

Reflection on Assistant Experiences

This semester has been a huge learning experience for me. A lot of unexpected change came with the beginning of the year and really challenged me on a personal level. This semester has brought many situations and circumstances to reflect on for my personal life journey.

I feel like I definitely improved as a midwife this year. I improved in a different way than my last semesters. At the beginning of the semester, I moved to Hawaii due to financial issues and for the wellbeing of my family. I left my preceptor of a year and a half behind and took a leap of faith that I would find another preceptor that was willing to take me under her wing. Her practice was slowly, since there was another student. However, rotating who is primary student really made me take more responsibility for my clients and the management of their care. I also feel like I learned how to take more of a leadership role this semester. I feel that this was my semester to step out of the background assistant phase into the leadership, primary role.

I have gone through so many challenges this semester. Moving due to financial reasons really put me in a situation where I was not sure if I would be able to continue my schooling. Packing up my life, unpacking, trying to find a job, while begin a student and mother was not easy. These challenges brought stress to our family, and creating more household friction all while I was still behind in my assignments. It has been challenging not having as much family support and having to find someone to watch my daughter at 3am when I get called into a birth. There was a point in the semester where I wanted to give up, but I knew this wasn't an option. Also, I had to pay the remaining tuition that financial aid didn't cover which turned out to be really hard to try to keep up with. It really seemed like everything was thrown into my face this semester, but I think I will make it out okay. It has been testing season, which I am grateful for. I

have overcome these challenges by finding support around me, finding flexible jobs, & not giving up. I do not feel stuck and I feel like I have moved away from a lot of the challenging factors in my life for this semester.

My clinical learning process is really hands on. For me, it is observing in person, taking notes, asking questions, doing it myself, and doing further research. Earlier in my studies, I had a more observant mentality and approach. I was trying to take everything in, and just be as much assistance as I could to my preceptor. This semester was about questioning my own beliefs, researching on my own, treating clients as if they are my own, and taking responsibility and accountability. I feel more confident in my skills and who I am. I have gained new experiences that have tested my limits and morals. I was faced with a surprise breech, placenta abruption, and a neonatal resuscitation this semester. All of these situations expanded my knowledge, my experiences, and really tested me on how I would react in such situations.

Some patterns that I have noticed is that I like organization to my practice, my appointments, and my management of care. I have also noticed that I get better and better at listening the more I study this profession. I have tried to stop talking as much and really listen to these women's' concerns and opinions. With my school work, I tend to have a pattern of starting the semester strong, slowing down in the middle, procrastinating, and finding a way to finish all of it in the end. It is not the best pattern, but it is definitely something that I am trying to adjust and improve.

My preceptor Selena Green has been very helpful this semester when it comes to constructive criticism. She has pointed out to me how to be more careful with my language such as using "ladies", or names, instead of "you guys". Also, I have a tendency to call people "love".

She also pointed out to me that as a 62 year old woman, she would not want a younger girl calling her “love” out of respect. I really appreciated this comment since I am only 24 years old and the majority of the clientele are older than me or around the same age. My preceptor also told me how proud she was of me and that I am transitioning into a more leadership role. I feel that we gained a stronger trust level this semester and that shows me that I am getting better at what I do.

Clients are usually pretty open with me. I have gotten the comment from clients that I am going to be a great midwife. Everytime I hear this it truly inspires me and encourages me to continue with this path. The good feedback from clients is definitely something that I appreciate and take with me always.

Personally, I know I have so much more to go in this career but I know I am better than I was yesterday and definitely better than I was last semester. I am motivated and excited that I have reached the halfway done mark for my schooling. Cheers to dedication!