For aspiring midwives

Preparing for Your Midwifery Degree

From accepting your place to settling into your first placement.

Prepare for enrolment, academic work, supervised practice and life as a student midwife.



Find a section

Find the Page You Need

Start with the task in front of you. Select a section below to jump to it in the PDF.

4 **Before you start**
Check conditions, enrolment, travel, funding and support.

9 **During your first weeks**
Set up your study routine and refresh your knowledge.

13 **Before and during your first placement**
Prepare for induction, supervision and feedback.

17 **Check what to organise or buy**
Use the kit checklists and review optional planner products.

20 **Find suggested reading**
Choose official resources or a Made to Midwife guide.

24 **Plan and review your first month**
Use the fillable sheets to plan your start, week and placement.

28 **Notes**
Record questions, reminders and next steps.



Start Here: Offer to First Placement

Use this guide before enrolment, again during induction and when your first placement is allocated. Keep your provider's welcome pack beside it.

Before You Start | Pages 4-8

Meet your offer conditions, check funding and transport, set up your weekly plan, and contact your university about support.

Your First Weeks | Pages 9-12

Get your systems ready, refresh basic anatomy and numeracy, and learn how to read evidence, write and use simulation as a student.

Your First Placement | Pages 13-16

Prepare for day one, understand supervision and assessment, learn to document and reflect safely, and know where to get help.

Kit, Planning Products and Reading | Pages 17-23

Tick off what to organise, check before buying placement kit, and choose reading for your next task.

Your Plans | Pages 24-27

Use the fillable sheets for starting your course, planning your week and preparing for placement. Then review your progress against the checklist for your first month.

What Degree Preparation Covers

Universities publish different materials to help you prepare. Use this guide alongside the instructions for your course.

What Existing Guides Cover

Northampton sets out welcome activities and uniforms. Manchester provides suggested reading. ARU recommends light anatomy revision, rest and checking placement shoe rules. The RCM Student Essentials covers academic and placement skills. A Northampton article for new student midwives also discusses settling into university life.

How the Degree Is Organised

On a standard full-time pre-registration route, NMC programme standards specify at least three academic years and 4,600 hours, balanced across theory and practice learning. Check the structure, attendance requirements and dates for your own route.

Begin Where You Are

You are joining to learn. Set one task for this week, such as checking your offer conditions or finding the timetable. A previous career, additional support need or break from education may change your preparation priorities.

Further Reading

NMC Midwifery Programme Standards
Northampton Midwifery Welcome Pack
Manchester Midwifery Welcome and Reading
ARU Preparation for the First Year
RCM Student Essentials
University of Northampton: Starting Midwifery Article

Meet Your Conditions and Enrol

Read the official offer and welcome emails. Write each condition, its deadline and who handles it.

Qualifications and Identity

Check certificates, results, how to submit evidence and whether you need translated documents. Keep copies secure. Confirm enrolment, photo ID and university account access.

Clearance and Occupational Health

Follow your provider’s instructions for its criminal record check and occupational health process. These may involve separate deadlines and appointments. Ask where to send information securely and what to do if evidence is delayed.

Induction and Equipment

Save induction dates, campus location and account details. Wait for provider guidance on uniforms and shoes before buying. Ask about laptop loans, library access and recommended resources.

Apply for Funding and Plan Costs

Check application dates and expected payments. Budget for rent, childcare and placement travel you may need to pay for upfront.

Apply for Student Finance

Check tuition and living cost support through the funding body for where you normally live. Ask your university about healthcare bursaries, childcare and hardship funds. For eligible courses in England, also check the NHS Learning Support Fund.

Check Universal Credit if Relevant

Students studying full time usually cannot claim, although exceptions include some students responsible for a child. Ask a welfare adviser to check your circumstances. If you already claim, report course and funding changes. Use the journal template below with your confirmed programme and placement dates.

Get Free Help With Money

Ask your university money team about hardship funds. Citizens Advice can help with benefits and debt. MoneyHelper has budgeting tools, Turn2us has a grants search, and Cavell directs current students to other funding and support.

Further Reading

Made to Midwife Universal Credit Journal Template
Apply for UK Student Finance
NHS Learning Support Fund (England)
Universal Credit and Students (Great Britain)
Universal Credit and Students (Northern Ireland)
University Hardship Funds
Citizens Advice - Benefits and Money Help
Cavell - Support for Student Midwives
MoneyHelper - Budgeting for University
Turn2us - Grants Search

Design a Workable Week

Draft two versions of your week. One is for teaching and one for placement. Update them once you know your timetable.

Plan Essentials First

Mark teaching or shifts, travel, sleep, meals and care commitments. Add short study blocks and one buffer. Keep longer reading or writing for when you have enough energy.

Worked Example

Sam checks what is flexible in their weekend job, agrees a backup childcare contact and groups travel and meal preparation on one day. On placement weeks they use short study reviews and protect recovery time after late shifts.

When Plans Change

Know the university and placement reporting processes before you need them. Contact the right person promptly if you cannot attend, and ask how missed learning or hours are handled.



Put Support in Place Early

Ask who coordinates support in university and on placement. Share only what you need through the appropriate route.

Academic and Placement Adjustments

Tell the relevant support team what would help you participate and show your learning, such as accessible instructions or assistive technology. Ask how agreed arrangements will work on placement and who will be told.

Support for Your Circumstances

If returning to study, book a study skills session or ask your library what it offers. If applying from overseas, ask about timetable terms, academic writing support, travel and induction. If you have caring responsibilities, tell your tutor early about practical concerns.

Know the Contact Route

Record a personal tutor, disability or learning support contact, placement education contact and emergency reporting route. Ask whether there is a peer mentor or student midwife group.

Further Reading

NMC Reasonable Adjustments

RCM Student Essentials

Set Up Study Systems

Make it easy to find what you need before classes and placements start.

Access and Organisation

Log in to university email, learning platform, library and timetable. Add key dates and deadlines to one calendar. Choose a clear folder structure with one folder per module.

Use One Study Routine

Before a session, preview its learning aims. Afterwards, write three points from memory and one question. Return to difficult topics later in the week. Explain a concept aloud to see where you need help.

Make Materials Accessible

Try text-to-speech, larger text, audio summaries you make yourself or printed notes if helpful. Ask what tools are approved for academic or placement use, especially where confidential information is involved.

Refresh Core Knowledge and Numeracy

A light refresh makes early teaching easier. Follow your course’s reading advice and use placement skills training for clinical techniques.

Build a Vocabulary List

Revise basic anatomy language, reproduction, and how the cardiovascular and respiratory systems are described. Start a glossary for pregnancy, labour, postnatal and newborn terms. Check definitions with course materials.

General Maths Practice

Use everyday examples for practice with fractions, decimals, percentages, time and metric conversion. For example, 0.6 litres is 600 mL, 3 out of 12 is 25%, and 08:10 plus 55 minutes is 09:05. Record units and check your answer makes sense.

Start a Small Reading Habit

Read a short NMC or course resource and write what it means in your own words. Bring one question to induction. Wait for course instructions before buying books or starting clinical skills practice.

Further Reading

ARU Preparation for the First Year

Manchester Midwifery Welcome and Reading

Read Evidence and Write Clearly

Academic study asks you to check the evidence behind a claim and explain your reasoning in your own words.

Read With a Purpose

Identify the author, date, aim and setting. Write down the main result and one limit. Check whether the findings fit the question you are answering. Compare with other credible sources where appropriate.

Build One Paragraph

State a clear point, give evidence, explain what it means, and link it back to the assignment. In a fictional example about a birth choices leaflet, positive feedback from one clinic might suggest that readers found it clear. It cannot tell you how every group would use it.

Set Up Referencing

Check your university’s referencing style. Save the source details as you read. Paraphrase in your own words, cite the source, and ask the library for help if you are unsure about citation or academic integrity.

Get Help With Academic Writing

University Assignment & Academic Support can help you work through a brief, use sources or develop your academic writing.

See sessions and book with Kay

Learn Through Simulation and Feedback

Simulation gives you time for practice and feedback under guidance. Check what your course expects you to prepare.

Before

Read the learning aims, notice unfamiliar terms and bring a question. Ask about preparation, clothing, access arrangements and how your learning will be assessed.

During

Say what you are thinking, ask for help and work through the task. When you receive feedback, clarify which one or two changes to try next.

After

Write a short reflection without any personal identifiers. Record what went well, what you would change and when you can get more practice. Use the university's approved system for assessed evidence.

Further Reading

RCM Student Essentials

Prepare for Your First Placement

As soon as your allocation arrives, check practical arrangements with the placement team through your university's approved route.

Focus	What to Say or Do
Before Day One	Confirm site, arrival time, reporting point, travel, uniform, ID and what to bring. Ask about induction and local access.
At Induction	Find out who supervises you, where to report concerns and how to access local policies, learning opportunities and required systems.
Set Early Objectives	Choose a small goal with your supervisor. For example, observe how an explanation is adapted and discuss what made it clear.
End the First Shift	Check the next shift and attendance arrangements. Note one learning point and one question.

Further Reading
RCM Student Essentials

Prepare for Placement With Kay
Student Midwife Support & Guidance can help you plan for placement, reflect on feedback and build confidence.
See sessions and book with Kay

Understand Supervision and Assessment

Confirm how your own programme names its roles and organises placement reviews. Introduce yourself as a student.

Who Does What?

A practice supervisor supports learning and provides feedback. A practice assessor uses evidence to assess practice learning. An academic assessor is involved in assessing and confirming progression with the practice assessor. Ask your university for the contact details and review dates.

Work Within Your Role

Ask what you can observe or take part in, and agree what supervision you need. Stop and ask for help if you are unsure or asked to do something outside your competence. For immediate concerns, seek help and follow local escalation procedures.

Gather Evidence Over Time

Know how to access your practice assessment document, whether paper or electronic. Check learning objectives, placement hours and what needs to be signed off. Ask for feedback early and agree what to do if an opportunity or record is missing.

Further Reading

NMC Student Supervision and Assessment

NMC Code

Keep Good Records and Reflect Safely

Keep coursework and placement records in the approved places. Protect private information in every setting.

Attendance and Feedback

Record shifts and attendance as your course instructs. Keep track of review appointments, professional feedback and objectives. Report gaps promptly instead of leaving them to your final review.

Protect Confidentiality

Keep names, images, dates and other identifying details out of personal notes or assignments. Follow local rules on records, devices and social media. Use approved university or placement systems when handling information.

A Simple Reflection

Write what happened, why it mattered and what you will change. Fictional example: “I spoke too quickly while explaining a routine direction. I learnt to check understanding. Next time I will slow down and ask the person to explain the next step in their own words.”

Further Reading
NMC Code

Protect Your Wellbeing and Speak Up

You can ask for help early. Keep your university and placement procedures to hand so you know where to go when you are under pressure.

Notice When You Need Support

Make room for rest, food and time away from study. If you often feel unable to concentrate, recover or attend, contact your tutor, student wellbeing service or appropriate healthcare professional for support.

If You Have a Placement Concern

Raise an immediate safety concern promptly through local procedures and speak to the appropriate supervisor or team. If a learning, discrimination or wellbeing concern remains unresolved, use your university's placement support and escalation route.

Review and Adjust Your Plan

After a tough week, identify one practical change. For example, ask for clearer objectives, move a paid shift or arrange travel with more time. Agree when to follow up with your support contact.

Further Reading
NMC Code
RCM Student Essentials

Student Essentials for University

Tick these off when you have a workable arrangement. Use what you already have and ask about borrowing or university provision before spending.

Focus	What to Say or Do
[ ] Documents and Access	Keep requested ID, qualification evidence and enrolment details. Set up logins for email, the learning platform, timetable and library.
[ ] Computer and Connection	Arrange reliable access to a computer, charger and internet. If this is difficult, ask about laptop loans, campus computers or assistive technology.
[ ] Study Basics	Have a pen and a place for notes, either paper or digital. Use a folder or clear file system to keep module materials together.
[ ] Calendar and Deadlines	Choose one calendar, diary or planner for teaching, deadlines and placement commitments. Add one weekly review slot.
[ ] Travel and Costs	Confirm travel to campus, check likely placement costs and note when funds and any reimbursements will arrive.
[ ] Learning and Support	Find the university reading list and library. Save contact details for your tutor, programme office and relevant support team.

Further Reading

Northampton Midwifery Welcome Pack

Manchester Midwifery Welcome and Reading

Placement Kit to Confirm First

Use your university and placement provider's list for your own site. Tick each row once you have checked who supplies it and what is allowed.

Focus	What to Say or Do
[ ] Uniform and ID	Confirm fitting or collection, what the course issues, and which badge or ID to bring. Ask before buying replacements or accessories.
[ ] Footwear	Check the required colour, design and material. Make sure shoes meet the policy and are comfortable for your shift.
[ ] Pens and Timing	Check what you may carry. Some courses list a fob watch. Ask before buying one, a pen torch, scissors or any other clinical accessory.
[ ] Clinical Equipment	Ask what the setting provides. Check before purchasing a stethoscope, training kit or other specialist equipment.
[ ] Shift Basics	Pack food, water and travel essentials as appropriate. Ask about storage, breaks and how to access the placement site.
[ ] Learning Records	Confirm access to your official practice assessment and attendance system. Keep personal notebooks free of identifiable clinical information.

Further Reading

Surrey Placement Uniform Guidance

Cumbria Midwifery Course and Kit Guidance

BNU Midwifery Welcome Pack and Kit List

Shop for Study and Planning

Made to Midwife offers planners, study resources and accessories. Use the checklists on pages 17-18 for the items you need to organise for your course.

A5 Vegan Leather Binder

Inserts are available to buy separately. Look for the Student Midwife option to organise teaching, placements and assignments. The range also has Maternity Support Worker and Community Midwife options.

Anatomy and Simulation Products

The range includes 3D fetal skull models with suture lines, a movable 3D pelvis model and a comprehensive perineal suturing kit for simulation practice. Check what your university provides and what is suitable for your stage of learning before buying specialist equipment.

Accessories and Artwork

The shop also offers ampoule openers, printed lanyards, dilatation pens with lights and framed student midwife art. Check local policy before carrying accessories or specialist items on placement.

Organise Your Week

Use your binder, diary or a digital planner to track shifts, deadlines, travel and rest. Keep patient information out of personal planners and use your approved practice assessment system for formal records.

Further Reading

Made to Midwife Shop

Suggested Reading Before You Start

Begin with your university's reading instructions. Use library copies and official resources while you work out which books you will use regularly.

Professional Standards

Start with the NMC Code and skim the standards of proficiency for midwives. Write down one example of how listening, confidentiality or speaking up could apply to a student.

Understand Information Families Receive

Read a topic from the NHS pregnancy guide. Explore the related guidance your programme recommends, such as NICE guidance on care during labour and birth. Notice the audience and purpose of each source.

Refresh Anatomy and Physiology

If your module recommends it, look for Anatomy and Physiology for Midwives and Perinatal Healthcare Professionals in your library. Start with a short section and put unfamiliar terms into your own glossary.

Get Ready for Placement

Use RCM Student Essentials for guidance on placement learning, study and feedback. Note one question to ask your tutor or practice supervisor.

Further Reading

NMC Code
NMC Standards of Proficiency for Midwives
NHS Pregnancy Guide
NICE Intrapartum Care Guidance
Elsevier Anatomy and Physiology Textbook
RCM Student Essentials

Made to Midwife Reading: Writing

These optional English downloads fit different stages of a university assignment. Choose the guide that matches the task in front of you.

Focus	What to Say or Do
The Academic Writing Companion	Use the wider reference to understand assignment instructions and find wording to adapt.
From Brief to Essay Plan	Use the worked example to move from the brief to a focused outline.
Building an Academic Argument	Plan a paragraph that makes a point, uses evidence and explains your reasoning.
Critical Writing for Student Midwives	Use the worked examples for practice in analysing, critiquing and evaluating.
Writing Introductions and Conclusions	Use the worked example to start clearly and draw your answer together at the end.

Further Reading
Made to Midwife Shop

Made to Midwife Reading: Evidence

Use these optional English guides when you need to work with sources, write about placement or check a draft.

Focus	What to Say or Do
Working with Academic Evidence	Find sources, paraphrase responsibly and cite the material you use.
Writing a Literature Review for Student Midwives	Group studies by theme and bring their findings together.
Writing About Reflective Practice in Midwifery	Remove identifying details from an experience and write about what you learnt and what you will do next.
Revising Your Academic Writing	Edit a draft for meaning and structure before proofreading it.
Birth Choices Leaflet	Use the teaching example referenced in the guides to discuss how written information supports birth choices.

Further Reading
Made to Midwife Shop

Made to Midwife Reading: Applying

Use the English application guides that match where you are now. If you already have a confirmed place, you can move straight to the checklist for before you start.

Focus	What to Say or Do
Planning Your Route	University Application Guide for Aspiring Midwives, Choosing Your Universities, and Building Your Experience.
Completing the Form	UCAS Application Support for Aspiring Midwives.
Preparing to Interview	Midwifery Interview Preparation, College or University edition. Both include practice for discussing current affairs, as well as feedback and notes pages.
Deciding After Results	Choosing a University After Offers, including missed grades, Clearing, offer clearances and email templates for admissions.

Further Reading
Made to Midwife Shop

My Preparation Checklist

Use this sheet to gather the information you need before induction. Download and open the PDF in a desktop reader, then save a copy. You can also print it.

Conditions, Evidence and Dates

Include formal checks, identity and enrolment tasks.

Money and Travel

Record the details you have confirmed and what needs a backup.

Support Contacts and Arrangements

Add your first point of contact and any questions.

My Next Three Actions

Set a date for each and note who can help.

My Teaching and Placement Week

Use one copy each time your timetable changes. Keep a flexible block for unexpected tasks.

My Teaching Week

Map teaching, travel, protected study, paid work and rest.

My Placement Week

Map shifts, travel, sleep, caring and short study reviews.

My Backup Plan

Choose one likely disruption and name who to contact.

My Weekly Review

What worked? What needs to change next week?

My First Placement Plan

Fill this in when your placement is allocated. Keep this sheet free of patient information.

Where, When and What to Bring

Record reporting point, travel, uniform and local induction.

People and Support

Add the supervising or assessment contacts and escalation route.

Objectives and Evidence

Write two goals and how you will collect feedback.

My Review Dates

Record your first review and a task to complete afterwards.

Review Your First Month

Use this check at induction, at the start of placement and after your first few weeks.

Focus	What to Say or Do
Before Induction	I have checked offer conditions, paperwork, travel and my university login. I have ticked off my university essentials.
During Welcome Week	I know the key dates, reading guidance and where to ask for support.
Before Placement	I have checked the provider’s kit list, uniform, travel, reporting, contacts and any agreed adjustments.
In My First Month	I have set goals, checked my evidence and acted on one piece of feedback.
If Things Change	I know whom to contact and what I will do first.

Notes 1 of 3

Type in this PDF and save your own copy, or print the page and write by hand. Use it for questions, feedback and next steps. Keep personal and clinical identifiers out of your notes.

My Notes 1

Date or topic, if helpful.

Notes 2 of 3

Type in this PDF and save your own copy, or print the page and write by hand. Use it for questions, feedback and next steps. Keep personal and clinical identifiers out of your notes.

My Notes 2

Date or topic, if helpful.

Notes 3 of 3

Type in this PDF and save your own copy, or print the page and write by hand. Use it for questions, feedback and next steps. Keep personal and clinical identifiers out of your notes.

My Notes 3

Date or topic, if helpful.