A woman's place is in the resistance.
Letter to the Editor

Dear NMC Students,

I would like to invite each of you to take part in the very important process of selecting one of our faculty members to receive the Imogene Wise Faculty Excellence award, and one of our adjunct faculty members to receive the NMC Adjunct Faculty Excellence award.

In recognition of NMC’s commitment to celebrating excellence in teaching and learning, two of our faculty members are chosen each year by NMC students to receive these prestigious awards. Each of you can nominate faculty members who demonstrate teaching excellence at NMC – www.surveymonkey.com/r/YGV7XJN

Please consider nominating more than one faculty member for these awards. Faculty are truly honored to be nominated and to receive these annual awards. I look forward to commencement in May when the 2016-2017 award recipients will be announced.

Sincerely,

Stephen Siciliano
Vice President for Educational Services

Nominations are due by March 17.

Non-Discrimination Policy Notice
Northwestern Michigan College is committed to a policy of equal opportunity for all persons and does not unlawfully discriminate on the basis of race, color, national origin, religion, disability, genetic information, height, weight, marital status or veteran status in employment, educational programs and activities, and admissions. nmc.edu/nondiscrimination
Second Annual IT Olympics Planning Underway

Ann Hosler  
Staff Writer

Transitioning from high school to college is a daunting step for any student. The coursework is intense, time invested can be demanding, and both your instructors and the teaching environment are unknown factors. In 2016, Traverse Bay Area Career Tech Center (CTC) information technology (IT) instructor Colin O’Brien reached out to Northwestern Michigan College CIT infrastructure department instructors Scott Goethals and David Hosler. This set in motion the first IT Olympics, a day where CTC students would engage in an external showcase of their skills while becoming acquainted with the local collegiate atmosphere.

Inspired by Henry Ford College, O’Brien proposed a similar event. “While teaching IT courses in the Metro Detroit area, Henry Ford College (HFC) hosted an annual Cisco Academy day in which local high schools, career and technical centers, as well as other post-secondary schools gathered and teamed students together to display their skills through a series of events. Realizing that it may have been a serious undertaking, logically, to take the ITA students from the TBAISD CTC down to HFC in Dearborn, I decided to approach [Scott Goethals and David Hosler] to see if they would be interested in hosting a similar event at NMC,” O’Brien explained.

All parties would benefit from the event, as CTC students would get the chance to connect with NMC faculty, easing their transition to college. “Scott and David did a great job with their resources by inviting local IT business professionals and advisory committee members to volunteer their time and/or donate items that were used as prizes for the top three finishing teams,” O’Brien said.

CTC students compete in teams, using the knowledge they’ve gained from their program in various challenges. “It is equally important to continue to build the relationship between CTC and NMC so that students may benefit by getting to know the NMC staff as well as the layout of the facilities, so that it is not overwhelming when they first set foot on NMC campus if they choose that route after high school,” O’Brien added.

Last year’s inaugural event was a learning curve for all involved. “I had so much fun helping out with the event last year, talking to almost every student that attended TBA CTC in a very relaxed environment. The students seemed to have a blast as well,” Hosler said. “It was a great learning experience for Scott, Colin, and I for how to go forward with the event.” The time allotted per session presented an issue as they are bound by the length of TBA’s school day, so this year the plan is to reduce the number of sessions, giving students additional time while making them more complex. “One of the biggest changes that we’re making this year is that we are also bringing in the TBA IT Development program in to the event as well,” he added.

“This year we’ll have all the CTC IT students for the entire day.” Expanding the event to include the development branch of the program has brought in NMC CIT development instructors Lisa Balbach, Keith Weber, and John Velis. Both Weber and Velis took part in last year’s event, assisting Goethals and Hosler with their sessions, and this year they’re planning their own. “The development side will have two competitions: Website Design and the StockBot Challenge,” Velis said. “In the Website Design competition, student teams will be given design specs and required content for a website they will have 90 minutes to build out. The StockBot Challenge pits teams against an obstacle course with a set of challenges that will have to be solved by programming either one or both of the two robots they are provided.”

Another change this year is current NMC students assisting with the event. “A number of our students will be helping with running and judging the events. The Women and STEM group is very interested in using the event as one of their outreach events,” Velis said. Under discussion is whether or not students will also be on teams. “We won’t be having them as participants this year, but as we add more regional career tech centers to the event we may add our students so there is a ‘more experienced’ member on the teams,” Hosler explained.

Planning last year’s event was intense, but positive feedback from CTC students was reflective of the time invested. “I knew that when I approached Scott and David with this idea, I was putting a lot on to their plates but I was looking at the big picture,” O’Brien said. “I knew that the CTC students would benefit from the competition but it could also be a great tool to reach outside of the ISD to attract students and schools from all around northern Michigan to NMC.”

Tech companies in the area also have a chance to get involved in the IT Olympics. “We are looking for various companies in the industry to help us with lunch, prizes, and judging. A local web design company is providing shirts and the CTC graphics teacher will design the logo for the competition. We are also hoping that more of them will opt for NMC for their college choice when they graduate high school,” Hosler said. “The most important part is that the students have fun, meet their peers, and get to know NMC and us a little bit better,” Velis added. O’Brien concurred with the sentiments of both NMC instructors: “I hope the upcoming students will enjoy the event and will walk away confident that they are able to apply the necessary skills when confronted with a particular situation.”

The IT Olympics takes place in Parsons-Stulen at NMC’s Aero Park Campus on Friday, May 5.
When Derrick Thomas arrives on campus, not only is he travelling all the way from Benzie County, he’s coming straight from classes at Benzie Central High School. Thomas is one of over 300 NMC students concurrently enrolled in local high schools. For Thomas, dual enrollment isn’t necessarily complicated. “There’s not a lot of difficulties if you try hard… but it costs gas money to drive!”

According to Cathryn Claerhout, NMC director of admissions, “Dual enrollment has been around since the early 1970s. In fact, Governor Snyder dual enrolled at Kellogg Community College while at Lakeview High School.” Beginning in 11th grade, with some exceptions, dual enrolled students can gain college credit while attending high school.

Early college is similar to dual enrollment—with a twist. These students have a 13th year of high school so they graduate with two diplomas at once. The TCAPS Early College Student Handbook said that the early college program “seeks to bridge the gap between high school and college.”

Susan Odgers, NMC instructor and local columnist, has had high school students in her Psychology 225 course for many years. “For the most part, they’re high academic functioning students who are ready to expand their high school experience. Many see the time and financial value of early college. Their parents also support their decision. Often, they’re bored with their high school environment and have taken all of the courses they want to take there.”

Even though the college courses are introductory, they aren’t always easy. “[Dual enrolled] students at NMC tend to take English and math as these are the ‘gateway’ courses for all other classes,” said Claerhout. Other classes taken by dual enrolled students include history, French, various art courses, and humanities. NMC communications instructor and co-writing director Michael Anderson said that “A really good high school student can be your best college student. Most of them have the maturity level to handle the work and demands on their time.”

Laura Cameron is proof of this. A home-schooled senior who attends Business Careers at the Career Tech Center, as well as being in early college, she is a busy student. “My first semester I wasn’t used to it yet, and I would end up staying up late working on assignments. I know how to balance my time now that it’s been more than a year.” It still can be overwhelming. “What gets me through the class is knowing that at the end of it I’m working towards my degree. The struggle seems so small in the bigger picture,” she said.

The average day of a dual enrolled teen isn’t too different from that of a full-time college student. “I study. I sleep. And participate in campus activities when I can,” said Nathan Brown, another homeschooler. However, dual enrollment doesn’t just offer students new opportunities and challenges. Brown said that the different environment and community make it appealing as well. Similarly, Cameron is glad to have the ability to share her talents with a broader group of people.

Being among the youngest at NMC is different for everyone. “Some want their dual enrolled status known to the whole class, others don’t,” Odgers explained. “Socially, they are still very young. It’s a complicated teaching role.” Cameron said for her, “it’s harder to connect with people because you’re not completely enrolled in college, you’re in a kind of middle ground.” Not many people have noticed Brown is also in high school, but they’ve been accepting when they do.

Regardless of age, dual enrolled and early college students have something valuable to share with the campus, just like any other student. “At NMC we have a wide range of ages in our classes; that’s part of the beauty and challenge,” said Odgers. “Older students often say high school would have been more enjoyable if they’d had dual enrolled opportunities.” She wonders why more high school students aren’t dual enrolled, especially with all it has to offer.

Cameron has gained a lot from the experience. “It’s an amazing opportunity and I would never exchange it for anything.”
Cold Weather Friends

Michael Anderson
NMC Communications Instructor

A few weeks ago, I tried to host a party at my house on a Saturday night, and it was a disaster.

What ruined the evening wasn’t a food mishap, nor was it poor musical taste. What made the evening a failure is that almost nobody showed up, even after they said they would.

Each had a different excuse for not being there, and as the pretext regretted accumulated, I began to wonder—why are my friends all deciding to flake out? Is it me? Influenza? Black ice? Do they see me as a flake? And what will I do with all of this extra food?

My friends generally enjoy each other, and I had recently hosted a wildly successful New Year’s Eve party attended by many of the same people. Additionally, I am an enthusiastic and regular attendee of their gatherings. So, what gives?

As we sat in my nearly-empty apartment discussing the matter, my best friend Jake—thoughtful, loyal, steadfast—and regular attendee of their gatherings. So, what gives?

“Until spring?” I asked. “It’s still two months away!” Jake just shrugged.

His answer may give new meaning to the expression “staying in tonight,” but I wasn’t satisfied, and I was definitely in the mood to generalize. Monosyllables, no eye contact, deflection, introspection, flaking, claiming illness, cutting in the mood to generalize. There is something to report. What’s troubling, though, is that the stereotype about differences between cold- and warm-weather cultures is strong.

People from warmer regions rate themselves as more emotionally expressive than people in colder regions of their own and other countries. Pennebaker and colleagues also found that the higher the temperatures, the higher the levels of self-reported expressive ways, and when people perceive themselves to be more expressive, they are likely to act more expressively.

“In warmer climates, people are more likely to see, hear, and interact with neighbors year-round.” And so, they wrote, “emotional expressiveness would be more of a social requirement.”

So people who live in colder climates aren’t more reserved and insular, they just have fewer opportunities to be friendly, what with all of the shoveling, the long, dangerous drives, and darkness. These factors combine, I reasoned, to create a “perfect winter storm” of flakery.

I presented this case to my sauna friends. Perhaps because the room was nearly 180 degrees, they were eager to share their thoughts.

“Patience is a virtue, Michael,” said one. “Love your friends from afar, Michael,” said another. “Stop judging, Michael, and find solace in solitude.”

“But no man is an island!” I countered. “And aren’t friends the ‘sunshine of life’?” They shook their heads and said I had so much to learn. I accused them of being hermits, then quickly apologized. I need to keep the friends I have.

With no one to call (they probably wouldn’t answer anyway), I did the only thing I could think of, a final, desperate gamble—I drove to Petoskey. There I was welcomed as a special kind of exotic creature known as “the new guy,” and I had a very enjoyable evening with potential new friends.

So my call to you, fellow cold-weather friends, is to throw a “cabin fever” party and invite everyone. Don’t resign yourself this dark season to binge-watching TV and boredom. Reach out more and flake out less; spring will still get here on time and it will be even sweeter when it does, with good friends.

Trump vs. The Press: Battling “Bigly” Bias

Laureen Horan
Staff Writer

The past year has been an interesting one for journalists. Between riots, murders, ISIS attacks, scandals, the election, and Trump’s victory at the White House, there’s always something to report. What’s troubling, though, is the lack of credibility and surplus of bias offered by many popular “news” sources. Anyone who uses social media has likely witnessed the flood of fake news articles shared on Facebook and Twitter, articles that are designed and packaged to look reliable.

It gets harder to determine what is and isn’t legitimate when our new President decides to slam credible news sources and claim that facts are fiction, and vice-versa. Just weeks after the election ended, Trump responded to Clinton’s popular vote win with a Twitter post claiming that the states of Virginia, New Hampshire, and California had been affected by voter fraud in the millions, which was the only reason the numbers tipped in her favor. However, his claims have no supporting evidence.

Reporters from various news sources contacted both Democratic and Republican officials from those states and unanimously confirmed that there was no suspicion of voter fraud, and subsequently reported that Trump had tweeted, well, lies. Once it was public that Trump’s claims had no merit, he released a rapidfire of tweets attacking CNN and other journalists for not “doing their jobs” correctly.

Just earlier this week, on Feb. 6, President Trump, in front of U.S. military personnel, declared that the news media doesn’t cover terrorist attacks: “Radical Islamic terrorists are determined to strike our homeland, as they did on 9/11, as they did from Boston to Orlando to San Bernardino and all across Europe. It’s gotten to a point where it’s not even being reported, and in many cases, the very, very dishonest press doesn’t want to report it.”

In an attempt to prove his case, the White House produced a list of 78 attacks from Sept. 2014 to Dec. 2016. According to NBC, they covered 57 of those attacks (which resulted in over 745 deaths and hundreds of injuries). The 21 attacks that did not get covered had only eight deaths between all of them, and the suspects were unidentified. Recently, the New York Times posted an article entitled “Our Articles on the Attacks Trump Says the Media Didn’t Cover.”

Trump is making himself look less credible—not the news sources. This isn’t bias, this isn’t slander, it’s the truth. He’s making false statements, branding them as “alternative facts,” (a term that Counselor Kellyanne Conway used to cover up Press Secretary Sean Spicer’s incorrect numbers about inauguration crowd size) and releasing them as “truths” to the public.

Journalists and news sources are expected to maintain levels of fairness, balance, and remain unbiased as possible. But even the most regarded and credible news sources, such as CNN, are fatigued by the lies and Twitter blasts dished out by Trump. They continue to report factual information yet are personally berated by the President through an unconventional—and unprofessional—social media outlet.

This is not simply a case of journalists getting their feelings hurt. By labeling media as “crooked,” Trump has given reign to assault journalists both verbally and physically (just refer to his treatment of journalists during his campaign). Recently, several journalists who attended the inauguration attempted to cover the riots that broke out. Police indiscriminately arrested them alongside rioters and protesters. They have been charged with rioting, and could face jail time. When word got out about the journalists’ arrests, it added more fuel to Trump’s fire.

As a journalist, my reputation is everything. I don’t spout lies. My goal as a journalist is to bring to light what people need to know. Inform and educate people. Give insight and perspective. At this point, it’s up to the public to be wary of the information presented to them and do their own fact-checking and research.
It was no more than 40 degrees on the dreary morning of Sat., Feb. 11, but that didn't stop hundreds of men, women, and children from joining together in a counter protest, showing their support for the local Planned Parenthood clinic. This peaceful protest was in response to opposing rallies held by pro-life groups who are demanding that Congress defund the organization. However, a quick drive down Eighth Street that morning would have shown a large gathering of pink clothing and cheerful faces, proving that many residents of Traverse City and its surrounding area, regardless of gender or age, believe Planned Parenthood is a fundamental part of our region's healthcare.

“"The turn-out was actually pretty amazing," said a male student, who asked to remain anonymous. “There's this stigma that Planned Parenthood is only for girls, or that it's only for birth control [purposes], but a lot of guys go there, too. I think most people overlook that."

There's no denying there are misconceptions and false beliefs about Planned Parenthood. Many people, including the few pro-life demonstrators that protested on Saturday, want to defund the organization on the sole basis that they perform abortions. Lori Carpentier, CEO of Planned Parenthood of Michigan, said that only about 20% of abortions performed in Michigan occur at a Planned Parenthood, while the majority of abortions take place in private physician offices.

Traverse City's local Planned Parenthood clinic does not offer abortion services. Out of 19 abortion clinics in Michigan, only five are Planned Parenthood clinics, with its Flint location being the closest to the Grand Traverse area. A statewide sexual health report issued in 2014 claimed that almost 89% of counties in Michigan did not have abortion clinics, and the number of abortion clinics operating in the state had steadily dropped 29% since 2011.

Nevertheless, demands to defund Planned Parenthood continue on—both at a local and national level. The Trump administration made their stance on abortion and reproductive health very clear when the newly elected president signed an executive order revoking foreign aid from healthcare operations overseas who provide or discuss abortions, such as the International Planned Parenthood Federation. Vice President Pence is openly anti-Planned Parenthood, has attempted to pass more bills defunding the organization than any other legislator, and stated in an interview with Politico that as long as the institution provides access to abortions he'll “be after them.”

Though it is illegal for federal tax dollars to go toward abortions, Planned Parenthood does receive federal monies for services under Medicaid. Cecile Richards, president of the Planned Parenthood Federation of America, remains optimistic in the face of federal opposition. In an interview with Rolling Stone, she said that the organization “will not go down without a fight... I believe there is enormous solidarity across the country.”

This solidarity was most evident that morning in Traverse City, when neighbors of all different backgrounds came together to peacefully represent a healthcare facility that has provided the area with safe and affordable access to cancer screenings, sexually transmitted infection testing and treatment, birth control, and sexual education for many years. Regardless of stance, whether one is pro-life or pro-choice, Planned Parenthood holds a significant place in our community, and hopefully will continue to do so for years to come.

London Rauch  
Staff Writer
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Hands Off Our Healthcare

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Connor Behb, current SGA president, explained what SGA means to him, and why he became involved. “I believe that through active student participation, students can drive meaningful change, which we’ve already seen through the fantastic work of new and returning student groups. So to be a part of that process, to facilitate it, and see amazing things come out of it is really what SGA means to me.” Being directly responsible for initiating change in academia is one of the biggest benefits of all of the hard work we put in.

The most recent members have decided to incentivize creative community involvement. After seeing such successful collaborative efforts between student groups—such as the Walk, Run, Empower 5K held in Fall 2016—the members of SGA have established a contest to encourage student groups to collaborate in ways benefiting the community both on and off campus. The initiative is designed in a three-tier system with monetary awards that flow back into the student group. First place is set to receive $1,000, second $500, and third $250. Cleverly coined COMMUNITY, this new addition to SGA’s normal funding proposals is likely to boost overall involvement of the NMC community.

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**SGA CommUNITY Collaboration**

**Deanna Luton**  
Staff Writer

The Student Government Association (SGA) represents the spirit of the student body, and is a mouthpiece to the voices of students from the surrounding five counties and beyond. It serves as a conduit between NMC students, the administration, and the greater community; its goal is to foster continued participation and involvement between all three entities. Any student who maintains good academic standing is eligible to participate as a voting member in SGA. Voting members are inducted after obtaining 50–60 student signatures (depending on if they’re full-time or half-time students), or they can receive a recommendation from a department head.

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SGA’s primary purpose is to allocate funds set aside by the administration from enrollment earnings to various student groups on campus. Over the years, SGA has aided in funding a variety of events, conferences, and much more. SGA members represent the larger student population in a multitude of committees and councils, and are actively involved in ensuring the quality and integrity of education at NMC.

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Excited to be trailblazing this uncharted territory, SGA is excited and anticipates success with its most recent initiative. So far, the student groups who have attempted this proposal are the Engineering Club and Green Team, International Club and VOICES, as well as Phi Theta Kappa and the Residence Life Council. Stay tuned for the results of these three collaborative efforts.

Chuck Korson, owner of BLK/MRKT in the Warehouse District on Hall St. in Traverse City, MI.

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The Coin Slot

Taylor McLain  Staff Writer

Do you love classic video games or are looking for something new to do in Traverse City? Then we’d like to tell you about a new-ish arcade with the best collection of classic games we’ve yet to see: The Coin Slot. On the corner of Boardman and Front Street in the basement below Tee See Tee, sits this classic arcade for the 21st century. With up to 65 games ranging from arcade cabinets to Atari, Nintendo Entertainment System (NES), Super NES, Nintendo 64, PlayStation 2, and Xbox 360, The Coin Slot specializes in all types of vintage gaming consoles.

All of their arcade games are set to free play or have credits pre-loaded, so visitors just pay the cover at the door to play unlimited games. With hourly ($7), daily ($10), and monthly ($30) prices, there’s no more lugging backpacks full of quarters to get the high score on Donkey Kong.

The Coin Slot was started in 2016 by Scott Pierson, an avid video game collector who sought to share his machines rather than let them gather dust. His collection of classic arcade machines began with a cocktail version of 1980’s Centipede. A cocktail version means the game is built into a small table rather than a cabinet. From his first investment, Pierson continued to collect more and more games, each in their original condition, which he says “keeps them so cool and interesting.”

As his collection grew, the room in his apartment shrank, and so he moved many of the machines to a location in Traverse City’s Warehouse District. Even after the move his collection continued to grow. On May 27, 2016 he opened it to the public with rousing success. On Oct. 2016, he relocated The Coin slot to its current location.

While a little difficult to find (if you don’t know where to look), their new location is covered wall-to-wall in games and amazing artwork featuring characters from games and movies— such as the impressive Darth Vader. In addition, they sell snacks and nonalcoholic beverages for $1 each, and have a well-furnished lounge room where console games can be played. They also have a party room, perfect for a game-lover’s birthday or a small get-together, which seats up to 12 can be rented in two hour blocks.

You can also rent the entire arcade with or without bar service. There is a minimum bar tab of $100 and rental must be prearranged with The Coin Slot at least one week prior to event. They also have a special Spring Pass which lasts from March 2 to May 28—money well-spent based on how much fun I had playing just three different games for under an hour. These games are in top form and Pierson regularly rotates them to keep the selection interesting. A full list of games can be viewed online at thecoinslottc.com.

The Haiku Music Review

T.J. Hall
Contributing Writer

Kississippi
“We Have No Future, We’re All Doomed”
I have drawn the shades, locked all the doors in the house, to bleach my top lip.

KEN Mode
“Nerve”
An errant canon, jungled up with its author, tacked up like a horse.

Bosse-de-Nage
“All Fours”
Bleached like idiots, burning in the moonlight now, eastward toward a hole.

Do Make Say Think
“Goodbye Enemy Airship the Landlord Is Dead”
You were a fountain, drying out in the plaza, I fished out a dime.

Leny Escudero
“Leny Escudero (2000)”
Grape vine over truss, plume reachers fingers through thatch, We wear fancy hats.
You never know what your neighbors’ talents might be. Some are aspiring jazz musicians, or spend their summers on sailboats, or as camp counselors by the lake. Some cook at-home delicacies, or create elegant and colorful garden arrangements. They are master carpenters or hair technicians who cannot draw any better than their three-year-old, but can mix red, orange, blue, and green dyes that make the curls of their client look incredible. Or perhaps they are construction workers, who bring into realization the dreams of engineers, brick by brick. In one way or another, it could be argued that every neighbor is an artist.

Free Art Friday, a global movement to incorporate free art into communities through scavenger-like scenarios, was created for any artist—neighbors and beyond.

Recently, I met one of my upstairs neighbors, Sandi Postma-Daley. Owner of the Cuppa Joe coffee shops, Postma-Daley was introduced to a plan to extend the Free Art Friday scavenger hunt to Traverse City by her artist friend, who had moved back to her up north home from the Detroit area.

From the beginning, Postma-Daley knew she had to share the event with creative minds in the area, and coordinated with local artists to make the Free Art Friday dream a reality. All different types of art have been featured, including jewelry, paintings, graphic design, metal-work. “There’s no real structure, really. Whether it’s a movement, an organization or a thing, it’s really up to the person who creates it to decide what the art will be about,” said Postma-Daley.

On one of the Free Art Friday TC social media pages, a photo of “found art” shows a vintage-looking dinosaur printed on a block of wood with a blue background. It was impossible not to smile and reminded me of the old “Godzilla” films. “That’s the kind of stuff we are looking for, you know,” Postma-Daley said. “Things that are kind of different. But all art is welcome.” Like much of the hidden art, this piece was displayed amongst merchandise at a Traverse City shop. The goal is to not only expose the community to art but to support local businesses and events.

There is diversity within the concepts and forms of the art, and there are many reasons to get involved. Some use Free Art Friday as an outlet to advertise their small business, to boost their art careers, or promote events like gallery openings, fashion shows, or fundraisers. Some just want to have fun. There are no rules!

If you’d like to get involved, it’s simple: message Postma-Daley on the Free Art Friday TC Facebook page at facebook.com/FAFTVC. Next, print out the labels she sends, create clues to where you left your art, label it and wait for someone to find and post it on social media! Check out The Free Art Friday TC Instagram to see past art, scavenger hunt clues, and those who found, and now own, the art. It is also colorful, quirky, and bright.

If you are an art student or an aspiring creative, there is another amazing, free opportunity to share your art: Higher Art Gallery’s “24 and Under Exhibit.” If you are between 17 and 24 years old, visit higherartgallery.com for more information about submission criteria. Submit your art by March 20 for the chance to have your work in a professional gallery.
Giving birth is a precious, life-changing event. According to the National Center for Health Statistics, there were nearly four million births in the United States in 2015. With the equivalent of 10,898 births every day, what is being done to train the doctors and nurses who will one day be delivering these babies?

Active simulation is one of the many ways Northwestern Michigan College is preparing the next generation of healthcare professionals. Simulation is the artificial representation of a real-world process with the goal of learning through practice and feedback. Simulations have varying degrees of realism (fidelity) based on the complexity of the tasks they represent. Some low fidelity simulators are simple manikins, while other high fidelity simulators are complex, computerized machines.

SimMom is NMC's high fidelity birthing simulator. With an estimated cost of $80,000, SimMom is much more than your average manikin. She behaves like a “real” patient, with the ability to blink, breathe, bleed, and speak to the students. Students are able to practice patient care with many different scenarios in an immersive, experiential learning environment.

“Almost any type of scenario can be created,” says simulation coordinator Gwen Tafelsky. She operates SimMom with software on a laptop computer. “[The instructors and I] review the curriculum, assess learning gaps we see in the students, and develop most of the simulations around their needs. We also consider the types of knowledge and critical thinking scenarios that will best prepare the students for the clinical environment and the National Council Licensure Examination (NCLEX) test, which students must successfully pass to obtain a nursing license.” Students have the opportunity to learn through trial and error without the risks associated with practicing on a real-life patient.

Health occupations instructor Kim Anderson utilizes the birthing simulator for her Simulation Walkabout Day, which occurs once every semester. “We use SimMom for students to act and react as if it were a real delivery. They have instructors who facilitate the experience and the students care for the laboring and delivering mom.” Among other things, students discuss fetal monitoring strips, care for a laboring patient, what to expect at delivery, and Apgar scoring to see how the baby is doing with life outside the womb. One thing Anderson would like to simulate is a postpartum hemorrhage where SimMom bleeds heavily after the delivery. “This gives students the ability to act fast, showing us what they would do and what they are thinking [in an emergency].”

Overall, students have responded positively to using SimMom. “Students really like using her because the delivery is lifelike and helps prepare them before they are in the real situation,” says Anderson. “While it can be a little strange talking to a manikin (to give her words of encouragement, ask pain level, etc.), students get used to doing this.” SimMom can also be the source of some pretty awkward and funny stories. “Last semester [her] voice stopped working in a scenario. I had a student from Baker College who was shadowing me for the day… and she took over being the voice. It was better than having SimMom when she yelled and so on. Students got a kick out of it and the Baker student had fun doing it.”

SimMom isn’t the only simulator used by nursing students. Tafelsky says the program has many other simulators, including low fidelity training manikins, geriatric manikins, IV training arms, and CPR manikins; mid fidelity male, female, junior, and baby simulators; and a high fidelity SimMan 3G. The program also utilizes standardized patients, which are real people portraying the role of the patient. Experiential learning is alive and well in NMC’s Health Occupations programs.