



## My Notes

- Find out what is important.
- Concentrate on the words the lecturer is saying.
- Don't fall asleep
- Can you hear the lecturer?
- Listen for any stressed words that the lecturer says – these are the important ones!
- Listen for the phrases that start a new topic, show contrasts or results.
- You can't write everything down, so listen first to make sense of the lecturer's words.
- It is always easier to write what you understand than what you don't understand.
- If you use some Japanese words, make sure you can translate it easily into English.
- Write short sentences or phrases
- Listen for repeated words
- Lecturers body language can be important – hand movements
- Try to copy dates and numbers exactly
- Use bullet points or numbering
- Divide for and against statements – listen for these words  
However, In contrast, But, Qualify, two or three points of view
- Don't write too much if lecturer gives you a handout print.
- Number pages and write date of lecture
- Write clearly so you can read your writing
- Leave spaces to add more information on each point
- Re-write your notes after the lecture if you think you need to
- Don't use a tape recorder to record the lecture
- Don't worry if you miss a point

## What is a Bad Listener?

This is a list of what are bad things when you have to listen to a lecture

1. "I think the lecturer is boring".
2. Laughing at the Speaker
3. Writing too many notes for one point
4. Too relaxed
5. Easily distracted
6. Giving up too easily
7. "It's too fast!!".

# Caesarean Section Lecturer Notes

<p><b>What is a Caesarean Section?</b></p> <ul style="list-style-type: none"> <li>• Abdomen instead of Vagina</li> <li>• Also known a C-section</li> </ul>	<p><b>Why?</b></p> <ul style="list-style-type: none"> <li>• Baby too large</li> <li>• Pelvis shape</li> <li>• Twins or Triplets</li> <li>• Baby stop breathing</li> <li>• Umbilical cord</li> <li>• Woman unconscious – can't push</li> <li>• But baby boys are healthier with C-section</li> </ul>
<p><b>History</b></p> <ul style="list-style-type: none"> <li>• Name from Julius Caesar</li> <li>• C-section were dangerous</li> <li>• Mothers died</li> <li>• Dirty rooms no drugs or good equipment</li> <li>• Doctors didn't know about safety</li> </ul>	<p><b>How?</b></p> <ul style="list-style-type: none"> <li>• Mother has anaesthetics</li> <li>• Sometimes awake sometimes not</li> <li>• Abdomen cut and baby pushed and pulled out.</li> <li>• Placenta is removed - it gives oxygen and food to baby via umbilical cord 11cm</li> <li>• (Funny Placenta story)</li> <li>• 45mins operation</li> </ul>
<p><b>After Birth</b></p> <ul style="list-style-type: none"> <li>• Mother in Hospital longer – 4 weeks</li> <li>• Infection possible</li> <li>• Going to bathroom difficult</li> </ul>	<p><b>How many in UK and USA?</b></p> <ul style="list-style-type: none"> <li>• Some doctors make too many c-sections</li> <li>• Afraid of being sued</li> <li>• In UK 25% are C-section babies 2008</li> <li>• 1980 only 9%</li> <li>• US – about the same</li> </ul>
<p><b>Problems</b></p> <ul style="list-style-type: none"> <li>• Difficult to have 2<sup>nd</sup> baby with C-section – must open cut again</li> <li>• Not good for big family</li> <li>• Pain from Scar cut</li> <li>• More expensive but quicker than normal birth</li> <li>• Some women want C-section for wrong reasons</li> </ul>	<p><b>Conclusion</b></p> <ul style="list-style-type: none"> <li>• C-Section are</li> <li>• Not Normal</li> <li>• Quick but expensive</li> <li>• More dangerous</li> <li>• Painful – longer to recover</li> <li>• 2<sup>nd</sup> baby difficult</li> <li>• Sometimes mother must have C-section</li> <li>• But babies grow up normally and health</li> </ul>

**What is a Caesarean Section?**

**Why have a C-section?**

# History

**How is it done?**



**After the birth**

**How many in UK and USA?**

# Problems

## **Conclusion**

What do we have to do next?

1.

2.

3.

4.

Some helpful vocabulary

## References

### **Caesarean Section Lecturer Notes**

By Simon Mason

18<sup>th</sup> September 2009

### **Parenting – Having a baby**

Caesarean Section by Heather Welford

24<sup>th</sup> September 2009

URL:[http://www.bbc.co.uk/parenting/having\\_a\\_baby/birth\\_caesarean.shtml](http://www.bbc.co.uk/parenting/having_a_baby/birth_caesarean.shtml)

<http://www.aurorahealthcare.org/yourhealth/healthgate/getcontent.asp?URLhealthgate=%2214798.html%22>

### **Caesarean Section from Wikipedia**

24<sup>th</sup> September 2009

[http://en.wikipedia.org/wiki/Caesarean\\_section](http://en.wikipedia.org/wiki/Caesarean_section)