



Teacher Training Curriculum Correspondence Course 2003, 2022



Review Charting Study Notes



WOOMB International Ltd

REVIEW **TRIALS**

Study Notes

CHARTING

Session 9 Section 2

It is important that you have completed the reading for this Session and the PowerPoints, listed in the Study Notes 9.01. Once you have completed that section of the course you are now ready to do the charting assessments and session worksheet.

In this section of this Teacher Training Correspondence Course, the example chart reviews the relationship between the pituitary and ovarian hormones and the woman's record.

Charts 23 and 24 are examples of the effects of acute stress. Complete these charts along with Chart 25 which is a review of the Basics of the Billings Ovulation Method®.

The PowerPoints for each session show how the woman would chart her patterns of fertility and infertility during the phases of her cycle. Look at them carefully so that you understand the concepts you will be exposed to in this Session.

The following has appeared on all your Study Notes.

The **Four Rules** apply to **ALL SITUATIONS**.

There are **THREE** **'EARLY DAY RULES'**

ONE **'PEAK RULE'**

Your written assessments throughout this course will have verified these statements.

But before sending your charting exercises to your tutor, review what you have done. Ask yourself these questions.

- ***What Rule is the couple applying?***
- ***Have I applied a count of 123 on ALL the days that this is necessary?***
- ***Have I put the correct symbol on the chart for the day after intercourse – on the day of seminal fluid?***
- ***Is this chart an accurate pictorial resource for the couple to see the patterns of fertility and infertility?***
- ***Will the couple be able to use this pictorial resource to apply the Rules accurately, whether they wish to conceive or avoid a pregnancy?***

This is the last session of the Course, and it is expected that you would have the charting correct in your assessments at this stage. Please check the above carefully before you send your assessments to your tutor.

To make it easier for you we have included row of symbols which you can copy and paste to complete your chart. Depending on how these files open on your computer, you may need to download the file onto your computer or device, and/or “enable editing” before you can complete the worksheets. It is best to view the chart in 100% zoom, however, depending on the size of your screen, you may choose to make the zoom smaller so that the 35 days of the chart appear on your screen and you can see the complete charted record.

When completing the answers, place the cursor over the beginning of the dotted line after each question as dialogue boxes have been created to allow you to fully answer each question. The small grey squares have been provided for the Tutor. Please leave these blank.

When you are asked to draw hormone lines, use the “Draw” function (explained in 4.05 – highlighted area) or print out the chart and complete the hormones by hand. You may then scan or photograph any charts with hand-drawn hormone lines and email them back in PDF or jpeg format with your assignment work. We will not be able to correct your work until we receive your completed charts.

Remember to put your name on all material to be returned. Complete and return the work in Excel and Word formats – except for hormone line drawings - so the Tutor can correct it.

To be able to save your work you will have to rename the file. Please add your initials to the file name, e.g. 2.12 Normal Cycles Worksheet A.B.C.