

# success

## for New Massage Therapy Students

Now that you are starting your Massage Therapy program, here is a checklist of items to consider as you begin your studies:

- Identify your goals and priorities. What do you want to get out of school? What do you need to do to achieve your goals?
- Plan your weekly schedule including class times, work schedule and personal time (get a planner or download an app on your smartphone). Remember, the habits you develop as a student will help you once you begin your career.
- Familiarize yourself with your student handbook. Share any questions or concerns with your school's administration early on.
- Understand your instructors' expectations and ask for clarification if needed. This will help tremendously throughout your education so there are fewer misunderstandings.
- Determine your learning style—are you a visual, auditory, or kinesthetic learner? Once you determine your style, you can apply appropriate study methods for success in school.
- What are your areas of need? Is anatomy a challenge for you? If so, an anatomy coloring book is a great tool to help reinforce what you learn in class. You can get one at your local book store or by becoming an amta Student Member.
- Aim for 100% class attendance, develop good study habits, don't cram, and be sure to actively participate in class. Form a study group to help you through the more challenging times. If you are struggling, ask for help.
- Learn how to cope with stress. Keep a journal, practice relaxation techniques, get regular massages, and most important—breathe!
- Take care of your health—physical and mental—to be the best you can be! Take advantage of your school's subscription to *Massage Therapy Journal*. Each issue includes sections that focus on body mechanics and self care.
- Be sure to get plenty of rest and drink lots of water.
- Find a mentor and expand your understanding of the profession while building your network of massage therapists. Participate in amta's mentoring program.
- Get involved! Consider all possibilities on campus and with professional organizations.
- Learn something new every day!

