

getting ready

for Massage Therapy School

Now that you have committed to a career in Massage Therapy, here is a checklist of items to consider **before your first day of class**:

- Get a massage! Make sure you experience a professional massage before you begin your program so you understand what your work may be like when you graduate.
- Practice your commute before the first day of class so you're familiar with the travel time and route. Feeling comfortable with your commute will make your first day less stressful.
- If you have children, be sure to have several child care options in place.
- Do you need to complete a health history form before your massage program begins? Ask your school.
- Talk to your school's Financial Services department before your orientation. They can help you understand all of your options in regard to tuition. Ask them about any grant or scholarship opportunities. Your local library can help you with this too.
- Make sure you have all necessary supplies before you start school— textbooks, sheets, massage table, or anything else your school requires you to have prior to beginning your massage program. Ask your school for the supply list ahead of time.
- Is there a study group you can join? If not, start your own! Improve your grades and make new friends. Many classes start a Facebook group to keep in touch outside of class. Find out if there is one at your school.
- Attend a local amta chapter meeting. Meet as many massage therapists as you can! All students are welcome at chapter meetings. To find your state's chapter, visit www.amtamassage.org/chapters
- Ask questions! Your school is here to help you become a successful massage therapist, from beginning to end. If you have questions, ask away! If you have concerns, make sure they are addressed before orientation.
- Get involved! Consider all possibilities on campus and with professional organizations.

