



Student Resources

Use the following ABMP Student Life materials, videos, and resources to enhance your study skills, time management skills, life skills, and to reinforce massage technique skills. Log in to www.abmp.com and click the “Student Life” link; then click the “Newsletter Archives” link and explore these resources online.

Study Methods

Articles & Tips

- Fun Study Methods that Work
- Writing Great Notes!
- Get More Out of Reading Assignments!
- Quiz Me! 10 Tips to Ace the Quiz
- Overcome Your Study Obstacles
- Ignore the Noise: Strategies to Get Focused!
- Two Essential Study Methods for Learning A&P
- Organize a Study Party

Downloadable Forms

- 15 unique graphic organizers
- Active Reading Form
- Integrated Note Form
- ABMP Quiz Prep Form
- Concentration Evaluation
- Concentration Tracker
- A&P Graphic Organizer
- Study Party Planning Form

Mastering the Sciences

Articles & Tips

- Mastering Health-Care Terminology
- Easier Ways to Learn the Muscles
- Effective Methods for Learning Pathologies

Downloadable Forms

- Vocabulary Form
- Muscle Graphic Organizer
- Pathology Graphic Organizer

Time-Management Resources

Articles & Tips

- Time Management for Busy Students
- Study Plans that Make a Difference
- Tips for Homework Completion
- How Am I Spending My Time?

Downloadable Forms

- Study Log Form
- Time Management Planning Form
- Weekly Study Plan
- Assignment Calendar
- Daily Study Plan
- Grade Tracking Worksheet
- Homework Tracker
- Time Tracker Form

Practice Building/ Hands-On Skills

Articles & Tips

- Ethics, Knowledge, and Skill Check
- The Massage Artist
- The Art of Giving and Receiving Feedback
- Get More Out of Teacher Demonstrations
- Great Massage Exchanges
- Approaching Palpation Effectively
- Five Steps to Writing a Research Paper
- Preventing Sexual Harassment on Campus
- Saving for Your Massage Career

Downloadable Forms

- ABMP Code of Ethics
- Student-To-Student Feedback
- Session Exchange Form
- Demonstration Graphic Organizers
- Massage Exchange Checklist
- Palpation Exercise
- Your Healthy Practice Toolkit
- Business Start-Up Projector
- Master Equipment and Supply List

Resilience and Communication Skills

Articles & Tips

- You: The Student You Want to Be!
- How Motivated Are You?
- Goals Will Get You There!
- Resilience Can Get You Through—Cultivate Yours
- Positive Affirmations for Overcoming Challenges
- Overcome School Fatigue
- Is Negativity Impacting Your Life?
- Rewire Your Brain for Success!
- Dealing with Test Anxiety
- Inspiring Moments of New Learning
- Are You Disrupting Class?
- When School Worries Get Overwhelming

Downloadable Forms

- Student Habit-Builder Checklist
- Motivation Assessment
- Goal-Setting Forms
- Resilience Assessment
- Affirmation Worksheet
- Exam Preparation Form
- Disruptive Behaviors Self-Assessment

MBLEx Test Prep

Articles & Tips

- Step 1: Know Your State Laws, Regulations, and Requirements
- Step 2: Know What to Study
- Step 3: Use Effective Study Methods
- Step 4: Create a Study Plan
- Step 5: Apply to Take the Test
- Step 6: Understand Strategic Test Taking
- Step 7: Overcome Test Anxiety
- Step 8: The Test is Here!

Downloadable Forms

- Pass the Test Checklist
- Motivation Assessment
- Fun Study Methods that Work
- Study Plans that Make a Difference
- Mastering Health-Care Terminology
- Writing Great Notes
- Easier Ways to Learn the Muscles
- Effective Methods for Learning Pathologies
- Quiz Me! 10 Tips to Ace the Quiz
- MBLEx Study Plans
- Practice Strategic Test Taking
- Affirmations for Passing the Test

Career Support

Articles & Tips

- Step 1: Write a Personal Mission Statement
- Step 2: Explore Employment Opportunities
- Step 3: Explore Private Practice
- Step 4: Explore a Blended Career
- Step 5: Explore Specialization
- Step 6: Write a Career Plan
- Step 7: Get the Job!
- Step 8: Your First Steps in Private Practice

Downloadable Forms

- Mission Statement Worksheet and Plan Your
- Career Handout
- Explore Your Career Worksheet
- Estimating Your Private Practice Income
- My Perfect Visualization Activity
- Career Plan Sample
- Resume and Cover Letter Samples
- Starting My Private Practice Gift Certificates

36 Massage Technique Videos

Session Tips

- Draping Mistakes to Avoid
- Great Ways to Start Your Massage
- Get Grounded Before Massage
- Transitions During Sessions
- Talking about Depth
- Soothing Ways to End a Session

Techniques

- My Favorite Techniques – ABMP member Brian Halterman
- Passive Stretches
- My Favorite Techniques – ABMP member Anne Williams
- My Favorite Techniques – ABMP member Cindy Williams
- Massage Techniques for the Arms
- My Favorite Techniques – ABMP member Kristin Coverly
- The Crossed-Hands Stretch
- Bounce, Bounce, Bounce: Traction, Traction, Traction
- Chair Massage Techniques
- My Favorite Techniques – ABMP member Katie Esper
- Proprioceptive Techniques to Use Right Now
- Anterior Pin and Stretch Techniques
- Posterior Pin and Stretch Techniques
- Skin Rolling
- Fascial Bowing Techniques

Body Regions

- Gluteal Massage Methods
- Fantastic Footwork
- Neck and Neck
- Handy Work
- The Facial Massage Clients Love
- Anterior Leg Techniques
- Back Story
- Pull Your Client's Hair (Really!)
- Posterior Leg Techniques
- Dance of the Arms
- Abdominal Massage Techniques

Session Add-Ons

- Open with a Foot Soak
- Massage Extras that Make a Difference
- Add a Scrub
- Add Steam to Your Routine

