

0b Orientation: People, Study Skills, and Quality of Touch

Lesson Plan

<u>Minutes</u>	<u>Activity</u>
10	Break Announce the return time and write it on the board.
5	Attendance and Breath of Arrival
10	Howdy Partner <ul style="list-style-type: none">Students introduce themselves each other. This is an icebreaker moment to help ease any anxiety the room may be experiencing. They take 5 minutes to learn about their partner:<ul style="list-style-type: none">First and last name, pronounsMost anticipated aspect of massage schoolFavorite color, food, or animal.
30	One-minute Introductions <ul style="list-style-type: none">Each student and instructor gives a one-minute introduction by sharing their:<ul style="list-style-type: none">First and last name, pronounsMotivation to learn massage
10	Your student packet
5	Lecture: State License, FSMTB, and MBLEx.
20	Student portal. ClassMarker, GroupMe (may be removed), illness
30	Lecture: Study Skills – what to study
15	Break Announce the return time and write it on the board. Add one every hour or so.
45	Introduction to Kinesiology and bony landmarks
5	Lecture: Test Anxiety

20 Quality of touch

 5 Break down, clean up, and circle up

3h 30m Total Class Time

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Learning Outcomes

- **Program Level:** "Welcome to TLC. We want to get to know you and provide you with an excellent education so that your massage career is effective, sustainable, and enjoyable."
- **Course Level:**
- **Class Level:**
 - To navigate and use the Packet to prepare for lessons.
 - To navigate and use the Trail Guide to the Body
 - To grasp and use study skill habits early on.
 - To understand TLC testing procedures and format
 - To recognize and better understand test anxiety

Class Schedule – Student Preparation

- Packet A: 1-38.

Class Schedule – Assignments and Exams

- None.

Topic Focus

- To acclimate students to each other, the classroom, teachers, the program and how to prepare for studying, hands-on practice, testing, and the workload ahead.

Thoughts, Advice, or Warnings

- Stress the importance of organization and time management to effectively prepare/over-prepare for lessons, tests, and hands-on practice.
- Give common sense methods for studying and offer ideas to make the information stick.
- Create an interactive environment, keeping students engaged by involving them.

Materials, Equipment, and Supplies

- PowerPoint presentation, packet, attendance book
- Computer, projector, projector remote, projector screen, laser pointer
- Whiteboard with dry erase markers and eraser

