



GREAT LAKES SCHOOL OF MASSAGE

SELF-ASSESSMENT

DETERMINE IF THIS PROGRAM IS A FIT FOR YOU

To determine if this program aligns with your goals, consider the following criteria:

Time Management: Are you adept at managing your time effectively, balancing assignments, studying, and personal commitments?

Self-Motivation: Are you proactive in completing assignments and engaging in self-guided study independently?

Ability to Focus: Can you maintain concentration and study intentionally, minimizing distractions to maximize learning?

Punctuality and Preparation: Will you consistently arrive on time for classes, fully prepared and ready to engage in on-site learning?

Purposeful "Why": Do you have a clear, meaningful reason for enrolling in this 8-month program - providing you strong motivation to fall on during challenges?

Curiosity and Hunger for Learning: Are you eager to explore new concepts and techniques, driven by a desire for knowledge and growing your skills?

Responsibility and Organization: Do you demonstrate reliability in meeting deadlines, staying organized, and managing tasks effectively?

Commitment to Practice: Will you carve out dedicated time outside of class to practice techniques and complete assignments?

Attention Span: Can you sustain focus during lectures, discussions, and study sessions, absorbing and retaining information effectively?

Collaboration Skills: Are you able to work well with others, contributing positively to hands-on work in class and giving helpful feedback to your fellow peers?

Effective Communication: Will you communicate clearly and promptly with instructors and peers, seeking clarification when needed?

Investment of Time, Money, and Energy: Are you prepared to invest your time each week for 8 months, your financial resources, and your effort into excelling in this program?

Reflection: *Reflect on each criterion honestly and critically evaluate your readiness for this program. Identify areas where you excel and areas that may require improvement or adjustment. This self-assessment will help you make an informed decision about pursuing this opportunity and committing to it wholeheartedly.*