



How to PASS the Exams

(MBLEx or NCBTMB exams)

How to Pass the Exams (MBLEx or NCBTMB exams) is taught by Laura Allen, author of the Plain & Simple Guide to Therapeutic Massage & Bodywork Examinations (2nd ed, LWW, 2009). In this dynamic class, you will learn:

- How to banish test anxiety
- The *ineffective* study habits you need to leave behind
- The *effective* study habits you need to adopt
- How to take charge of your study time
- What content is covered on the exam
- What you can expect at the testing center
- Great strategies for taking the actual test

Additionally, you'll take a practice exam that will be answered in class so you can take it home and use it as a study aid. You'll find out how you're doing time-wise and what areas you need to improve on before



you take the actual exam. Laura Allen has been helping students pass licensure exams for over ten years and looks forward to helping you!

Saturday, October 16th

Cost: \$15 AMTA members; \$30 non-members

Become a member and received a \$15 refund within 30 days after this class!

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You may contact her regarding the class at
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