

Common PT School Mistakes

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TIME MANAGEMENT

Many students, especially in their first few semesters, prioritize studying over everything - no social scene, no gym, no downtime - just studying. Pace yourself and study a little bit every day, don't procrastinate so you have time to do fun things! Your mental health will thank you.

You have to consider:

Will that extra one hour of studying really help you or should you go to sleep?

Will you come back from the gym more focused or would you be just as productive sitting in the library for 10 hours straight?

Do what's best for yourself and don't worry about your classmates. Avoid study guilt.

Just because some classmates may be in the library all day, everyday whenever class isn't in session, doesn't mean you have to be too. You are not them. Find what methods work best for you whether it's how you study, how you practice for practicals or even how you feel about your grades.

STAY IN YOUR LANE

When school is over, you will be the clinician one on one with a patient.

You may or may not have a 4.0 in PT school like you did in undergrad.

GPA

Don't put pressure on yourself to be a straight A student. Your GPA won't matter after you get your degree & license..and employers won't ask for it either. Instead, challenge yourself to try your hardest and consistently put your best foot forward.

'Worry' about becoming a well rounded clinician that can build a rapport with a patient and truly understand them to help achieve their goals.

Don't become a talking, walking textbook..... ^see above [don't compare yourself]..

Don't change your study style just because you are in graduate school.

Trust yourself and the study habits you had in undergrad, the same ones that helped you ace your pre-requisite classes. If that means recording lectures, listening to them, writing things out and spending extra time to learn and review how you want - then do it! Yes, the material in PT school may be harder but continue to do what has worked for you before! (Disclaimer: some habits may need to be refined or tweaked depending on the course and material you are learning)

STUDYING STYLES
