

INTRODUCTION

The Aromatherapy 101 Workbook contains twenty lessons.

Follow the instructions in the Workbook for each lesson and complete the exercises provided before going on to the next lesson. You will see that most of these exercises are hands on self-exploration type exercises and therefore do not need to be sent back to me for review.

At the end of each lesson you will also find a set of multiple choice questions to work through. As the final 100 multiple choice question exam will be drawn from this bank of questions, working through them will start preparing you for the exam from the first lesson. You will find the Answer Key at the back of the workbook.

This structure will allow you to start learning about, and using, the essential oils from day one. Please take your time to fully complete each lesson. Don't try and rush through the course. You will get so much more out of the course if you do take your time, and think about what you are learning as you go along. It is recommended that you do no more than one lesson a day and you may well find that you want to spend more than a day on any one lesson anyway.

If you have any questions please just ask. I am always happy to answer them. You can ask me privately by email or phone, or through the closed Facebook Group or the closed Yahoo group. You will also find additional information and some videos and audios in the Student's Corner on the website. This is password protected and the password is: Rosemary.

You have a timeline of 9 months from the date you purchased the Aromatherapy 101 course within which to order the exam. (If you purchased the Full Professional Course, both Aromatherapy 101 and Aromatherapy 201 together, your timeline is 27 months from the date of purchase within which to order and complete both exams.)

When you are ready to write your exam all you need to do is order and pay for it from the secure shopping cart. It costs \$75.00 and is available as a downloadable PDF, or a mailed out version. The exam is a closed book exam. It is accompanied by a Proctor Form to be completed by a friend or family member who will sit with you while you write the exam. There is no official time limit to complete the exam, but it should be written in one sitting. Your Proctor will enter the time it is started and the time it is completed. They will also sign the statement that the course was completed without reference to any other material. When returning the exam you should send back the completed Proctor Form, The Cover Sheet and the Answer Sheet. I also appreciate receiving the Evaluation Sheet.

The Exam requirement for Aromatherapy 101 is: the 100 multiple choice question exam plus the Essay and both should be returned at the same time for grading. Your essay should be a minimum of 500 words and a maximum 2000 words, on one of the following topics: My Favourite Essential Oil – Or - How I Use Aromatherapy In My Life.

Just as you have a couple of options in how you receive your exam, you also have a couple of options on how to return the exam and essay to me. You could mail them back as a hard copy. You could scan them in and mail them back as an email attachment. You could fax them back to me. Or you could download the fillable PDF file from the Student's Corner and use that to have your Proctor sign the form digitally and fill in your answers. This can then be saved as a new file and sent back to me with your essay as an attachment.

There is a 10 day timeline for completing the exam, this is really there to allow time for the exam to reach you, and for you to arrange a time to sit it and then return it to me. If you are mailing things out they do need the time, on the other hand if you are downloading the exam and sending it back as an attachment you can complete this in much less time.

So let us get started. Please turn to Lesson One.

