

INTRODUCTION

The Aromatherapy 201 Workbook contains forty 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 exercisers are hands on self-exploration type exercisers 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 18 months from the date you purchased the Aromatherapy 201 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.

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The Exam requirement for Aromatherapy 201 is: the **100 multiple choice question exam; An 8 - 10 page, research paper** on any topic of your choice relating to essential oils or their use. This is really very wide ranging and will allow you to write on your own particular area of interest; **30 completed Client Consultations**. This entails completing a full client history for each client. Each time you see the client you will note which essential oils were chosen and how they were used for the client. While it is not necessary to see 30 different clients seeing a number of different people will give you more experience in taking case histories. You could for instance see 5 clients 6 times each to complete your 30 case studies or any combination that will give you 30 consultations. On follow up visits you would make a note of how the client felt after using the previous blend, how they were feeling that day, what you were wanting to address on this visit, the blend chosen and the method used; all of which should be returned at the same time for grading.

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.