

New Jersey Student Assembly Activities

BOOM! That was the sound we made as our bare hands crashed into and, to our amazement, straight THROUGH solid wooden boards like we were karate masters! In less than 15 minutes we all learned the mind control secrets behind this feat that seemed impossible, demonstrating in very dramatic fashion, that we really can accomplish anything if we apply our mind in the right way.

As Chairperson of the New Jersey Student Assembly, it's my vision to not just take this organization to the "next level", but to help us break through the idea of what's possible as if it were just another wooden board. This vision means providing amazing value and fun to our members, providing tools that are relevant to succeeding as students, and entering the professional workforce a few steps ahead of everyone else.

This "board-breaking" exercise capped off a discussion of how our mind operates, specifically in the context of how we study more effectively and perform better on exams. The response was tremendous from everyone who came, and I'm working on repeating this exercise on-campus at some schools to help those who weren't able to make it to the APTAnj office in Robbinsville on February 23rd.

Other initiatives we've been working on include web-based technologies to enable members across the state to participate in meetings from the comfort of their own home (board-breaking not included!), a "reverse mentoring" program whereby students go out in the field to help veteran physical therapists and physical therapist assistants understand the value of evidence-based practice, and more opportunities to meet with special guests from the fields of physical therapy and peak-performance to teach us about unique areas of specialization and give us skills to maximize our success. I've received many enthusiastic emails from you all regarding the campus visits I've made over the past couple of months, and I promise you that I'm working hard to address all of your requests. Keep your eyes open over the coming months for more information and direction. Remember: PT rocks!

-Guy Ardito, NJSA Chairperson