

My Future

By: Sadie Denoyer

Massage Therapist

When I get out of high school I want to go to College at the Myotherapy Institute (for massage) in Lincoln. Why massage? Because I like helping people and massage has always interested me. I will have to stand for up to two hours at a time giving massages. Massage Therapists also have to communicate with people to determine which kind of massage would be best for them, a few examples are:



- Acupressure- Inserts tiny needles across various acupuncture points throughout the body to unlock and restore mental and physical health.
- Aromatherapy- A massage treatment using essential oils to relax the body
- La Stone Therapy (hot and cold stone therapy) - uses smooth heated and cooled stones to relieve stiffness and soreness.
- Swedish Massage- firm yet calming pressure, improves blood circulation, eases muscle tension, and improves flexibility.
- Shiatsu- used to heal various ailments, aches and diseases.

Massage Therapist make about \$35.00 to \$50.00 an hour, and one massage can last up to two and a half hours, depending on the patients needs. Most Massage Therapists work a 10 hour or more week.

Registered Nurse

My second choice for a career would be a Registered Nurse (RN). I choose this occupation because it sounds interesting and my aunt is a RN. Things to expect would be long, hard, irregular hours assisting patients and doctors. I could work in a hospital, nursing home, or an assisted living facility.

There were 2.5 million jobs for RNs in 2006 and it is expected to double in the next few years so it's a great opportunity. Training needed would be a Bachelor's degree, Associate's degree, and a Diploma from an approved Nursing Home. The beginning salary is \$45,464 and the range is from \$45,464 to \$59,224.



Counselor

My third choice is a counselor, because I like helping people with things. I think I would be good at this because I'm understanding, and good at listening. Most school counselors work 11 months in schools, with 40 hour weeks. They need a master's degree and a State school counseling certification. Counselors starting salary is \$27,240 and ranges from \$27,240 to \$60,990.

