

Get Involved

Many people ask how they can get involved in APTA, but the easiest way to start is through your Chapter! There is much to be gained, both personally and professionally, by getting involved. The best way to start is to attend a chapter district, membership, or board meeting. There are seven geographic districts in the Maine Chapter, and you are assigned a district based on where you live. Attending a district meeting is an easy way to get started and to meet other physical therapy professionals right in your area. The Maine Chapter is always looking for great people to volunteer, so contact the Executive Office if you'd like to be an officer, district chair, or committee chair, or to serve on a committee. Benefits of volunteering include:

Network, network, network!

Whether you're speaking at a district meeting or working on a committee, you never know whom you might meet. A positive impression may turn into a job opportunity down the road, and you'll develop stronger interpersonal skills that will serve you well in anything you do.

Gain experience outside of your job responsibilities

Is there something you've always wanted to do but aren't qualified for at this point in your career? Do you need more experience in an area before you're ready for a promotion? If the answer is "yes," volunteering may be the answer. Let's say you want to move into a management role but have no experience with budgets. Working on the chapter finance committee or even as treasurer may be just what you need to fill that gap.

Enrich yourself personally

Experiences like organizing or coordinating an event for the district or chapter will help you grow personally and will help a cause you care about. It will also show your employer that you're well-rounded and interested in using your skills to help others.

Become a mentor of a student or new graduate

Do you wish you had someone to show you the ropes when you were just starting out? Share what you know. You'll benefit yourself while benefiting others.

Affect change

If the profession is going to continue to grow, then we must rely on ourselves to do it. Contribute to the success of a conference. Work on a Chapter initiative. Contribute to the Chapter's political action committee. Serve on the Maine Chapter's Board of Directors. Whatever you choose to do will create a positive impact on the profession – and yourself!

If you'd like to get involved, contact cindysliwa@apta.org to find out how!