

**Abingdon
& Witney
College**

College Taster Pack

Hairdressing, Beauty Therapy
and Make-Up Artistry



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Welcome

Welcome to the Hairdressing, Beauty Therapy and Make-Up Artistry department. The Abingdon and Witney College Team will inspire you to develop and explore the skills needed to gain a fantastic job out in industry. We aim to nurture and guide our learners right from the outset of their exciting journey with us.

This book will give you an idea of some of the topics you can expect to learn whilst you are studying with us and give you a head start when you begin your studies with us in September.



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Preparation Tasks

Create a Mood Board

The make-up, hair and beauty industries are very creative and you will have to develop your artistic skills to get the most out of your studies. Part of your course could require you to create an image based on a theme.

For this you need to design a mood board and plan your hair, make-up and outfit. A mood board is a collection of ideas and images based on a given theme. Design your own mood board based on a theme of your choice. Some ideas are:

Theatrical

Casualty

Avant Garde

Hollywood

Historical

Fantasy

or Create a Body Art Design

Think of anything which inspires you and get creative.....
This could just be a paper sketch to begin with.



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Hairdressing Word Search

The word search grid below includes the names of different types of **styling and finishing products** that you will use in college or in a hair salon. See how many you can find! The words may appear horizontally, vertically, diagonally, forwards or backwards in the grid.

GEL

MOUSSE

SERUM

LOTION

PROTECTOR

SPRAY

CREAM

Q	W	E	R	T	Y	U	I	O	P
A	S	D	F	G	H	J	K	H	K
Z	M	X	C	V	B	N	X	M	N
Q	W	O	D	F	G	R	H	J	K
Z	X	C	U	B	I	N	M	L	K
S	F	E	W	S	S	S	Z	P	S
L	E	G	P	P	S	F	A	L	H
B	G	R	M	U	R	E	S	K	C
N	A	D	Y	O	F	R	L	M	R
Y	H	F	H	I	G	E	O	N	E
G	J	G	J	F	E	K	T	H	A
T	K	J	K	Y	H	C	I	U	M
P	R	O	T	E	C	T	O	R	G
R	L	K	L	F	T	H	N	Y	M
Y	O	L	L	G	D	B	Q	T	U
S	P	O	U	H	Q	V	W	F	L



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Daily Expectations

Please read the information below about what is expected from you when you work in the Hair, Beauty or Make-Up industries.

Think about, research or discuss with friends and family why you think each of these points is relevant to and important in college and your chosen career?

Watch this short tutorial on two easy ways to put your hair up in a bun style <https://youtu.be/GDzYMneG0So> Why not get practising!

What staff expect from students

Hair - Tied back, up, off the collar

Jewellery - All jewellery removed, exception of a wedding ring and one pair of small studs in the ears. No watches, all facial jewellery removed.

Nails - Short, clean, no nail polish

Uniform - Wearing full uniform, clean & ironed. Flat, black, fully enclosed shoes must be worn.

Are you wearing your ID badge ?
Have you brought all your kit ?
Are you on time for your lesson ?
Are you ready to participate ?
Are you ready to be professional ?
Are you ready to learn ?
Is your phone on silent ?
Do you have a pen, your ILP & your workbooks ?
Are you wearing a smile ?

Are you

Ready,
Respectful
and Safe?



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Label a Skin Diagram

Research and see if you can label the cross section of the skin below, using the following terms:

Epidermis

Dermis

Blood vessels

Hair

Subcutaneous layer

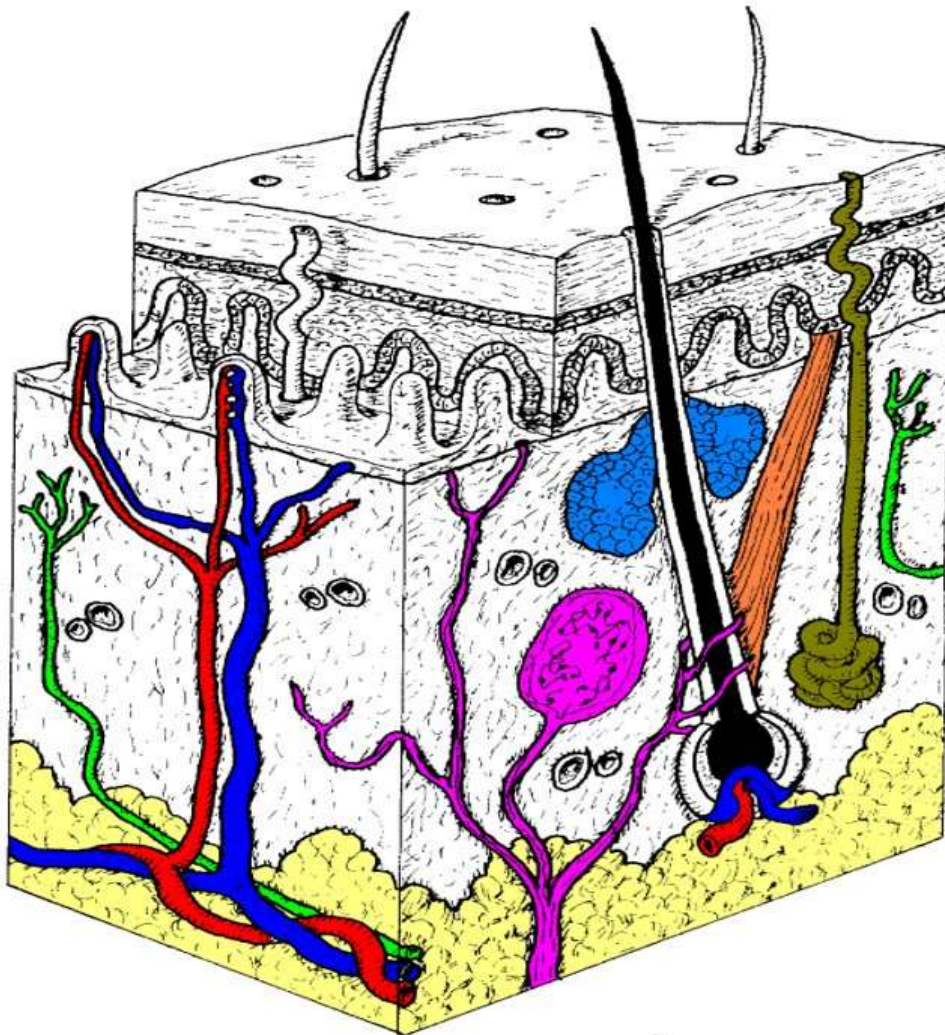
Sebaceous gland

Lymph capillary

Arrector pili muscle

Nerve endings

Eccrine sweat gland



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Product Brands

Research the following brands which we use within our salons to become more familiar and then find out all you can about your own favourite hair, beauty or make-up product.

- What are their ingredients?
- What do they cost?
- What are their key benefits?
- What effect do they have on the skin, hair or nails?



REDKEN
5TH AVENUE NYC




KRYOLAN
PROFESSIONAL MAKE-UP



Lee Stafford



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Common Skin Diseases or Disorders

You will need to identify various skin conditions and know whether you can work on these or not. The tables below are all muddled up! See if you can research each condition and then match the name, picture and description correctly.

Extension: Would it be safe to work on a client with each of these conditions?

Name	Picture	Description
1. Allergies	1. 	1. Silvery scales on the skin, most commonly on the elbows, knees and scalp.
2. Ringworm	2. 	2. Caused by an itch mite. Very itchy. Silvery lines on the skin
3. Impetigo	3. 	3. Red, swollen, itchy. Appears within 24 hours
4. Scabies	4. 	4. Fungal infection. Starts as a red spot, spreading out and healing from the centre.
5. Eczema	5. 	5. Bacterial infection. Honey coloured crusts
6. Psoriasis	6. 	6. Red, itchy, broken and sore skin. Caused by allergies or stress.



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Verbal Communication

Check your knowledge by ticking whether you think each statement is true or false.

	TRUE	FALSE
1. When communicating with clients, always speak clearly and politely.	<input type="checkbox"/>	<input type="checkbox"/>
2. Consider the person you are speaking to and adapt your vocabulary to suit their level.	<input type="checkbox"/>	<input type="checkbox"/>
3. Effective communication with clients includes the use of clear technical language.	<input type="checkbox"/>	<input type="checkbox"/>
4. When the salon is busy, you should speak quickly to clients.	<input type="checkbox"/>	<input type="checkbox"/>
5. To move a discussion forward, you can verbally summarise the main points.	<input type="checkbox"/>	<input type="checkbox"/>
6. During a consultation, visual aids such as colour charts, style books and magazines may be used to help confirm the client's requirements.	<input type="checkbox"/>	<input type="checkbox"/>
7. When speaking to a client for whom English is not their first language, you would speak in a raised voice.	<input type="checkbox"/>	<input type="checkbox"/>
8. The tone of your voice can be used to express the importance of information.	<input type="checkbox"/>	<input type="checkbox"/>
9. Good verbal communication helps present a professional image.	<input type="checkbox"/>	<input type="checkbox"/>
10. Do not use hairdressing jargon when communicating with clients.	<input type="checkbox"/>	<input type="checkbox"/>
11. To get someone's attention you should raise your voice.	<input type="checkbox"/>	<input type="checkbox"/>
12. Effective verbal communication is important to gain accurate information.	<input type="checkbox"/>	<input type="checkbox"/>



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Link Up!

Below are some links to relevant online tutorials or quizzes that you may like to try.....

Hand and arm massage https://youtu.be/_hyChSPaxpU

French polish <https://youtu.be/V0ZJ5KP7rvM>

Daytime smoky eye <https://www.youtube.com/watch?v=gHIQMJIsmHg>

Hairdressing quiz <https://www.hair-heads.co.uk/hairdressing-test/>

Hair and beauty videos <https://www.facebook.com/BeautyStudio.KeliNetwork/>

Free Barbicide certificate <https://barbicide.com/certification/>
(This is a sterilising product frequently used in salons.)

Wella hair care online learning
https://education.wella.com/home?forcelocaleid=27&cb_country=uk



Want to be a barber? Check out the [Great British Barbering Academy](https://www.greatbritishbarberingacademy.com/) and call us to discuss full time study options.



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