

Objective

By the end of this lesson, the student will have a basic understanding of cosmetology and be able to explore different aspects of the field.

Materials and Prep

- Mirror
- Makeup products (if available)
- Access to the internet for research
- Pen and paper for note-taking

No prior knowledge or preparation is required for this lesson.

Activities

- **Activity 1: Self-Reflection** - Have the student sit in front of a mirror and observe their own facial features. Ask them to identify what they like about their features and what they might want to enhance or change.
- **Activity 2: Research** - Instruct the student to use the internet to research different areas of cosmetology such as makeup, hair styling, nail art, skincare, etc. Encourage them to take notes on interesting techniques or trends they come across.
- **Activity 3: Makeup Experimentation** - If makeup products are available, allow the student to experiment with different makeup looks. They can follow online tutorials or create their own unique styles. Emphasize the importance of hygiene and proper product usage.
- **Activity 4: Create a Vision Board** - Provide magazines or printouts of beauty-related images and ask the student to create a vision board showcasing their ideal beauty style. They can cut out pictures, write notes, or sketch their ideas.
- **Activity 5: Interview a Professional** - Encourage the student to reach out to a local cosmetologist or hairstylist for a short interview. They can prepare questions about the profession, required skills, and the professional's personal journey.

Talking Points

- **Self-Reflection:** "Take a moment to observe your own facial features. What do you like about them? Is there anything you would want to enhance or change? Remember, everyone has unique beauty."
- **Research:** "Explore different areas of cosmetology online. Look for makeup techniques, hair styling trends, nail art inspirations, or skincare tips. Take notes on anything that catches your interest."
- **Makeup Experimentation:** "If you have access to makeup products, feel free to experiment with different looks. Follow online tutorials or create your own unique style. Remember to cleanse your face before and after, and be mindful of hygiene."
- **Create a Vision Board:** "Use magazines or printouts to create a vision board showcasing your ideal beauty style. Cut out pictures, write notes, or sketch your ideas. This will help you visualize your goals."
- **Interview a Professional:** "Reach out to a local cosmetologist or hairstylist for a short interview. Ask about their profession, required skills, and their personal journey. It's a great way to gain insights from someone experienced in the field."