

GETTING AHEAD



Start to develop skills that are relevant to your course before you join HSDC this September!

Hairdressing

This document contains Getting Ahead activities for Level 1, 2 and 3 Hairdressing courses and Level 2 Barbering and Male Grooming. Please complete the activities provided for your relevant level.

Level 1 Diploma in Hairdressing

Welcome to your first steps of being a part of the Level 1 Hairdressing Team. During your time with us we aim to build upon your knowledge of the hairdressing sector, develop your hairdressing skills and support your journey onto your target destination.

Research Project 1

Look in the area and surrounding areas of where you live. How many hair salons are there? Do any of them offer a more specialised service? What types of clients do these salons attract? Present your findings in whichever form you want to. Remember to include pictures.

Use google searches for salon information

Use google search to help you find out the information you need. Some salons have websites which allow you to explore the salon and what they offer (keep a journal on how your journey is going and where your journey takes you).

Watch and Create

Please click on the following link and watch some of the hair-up videos. Once you have watched the video clips, try to re-create some hair-up styles. Please can you take some photographic evidence of your work, so you can track your progress at various points of the year to see how far you will have progressed -

https://www.youtube.com/results?search_query=easy+plait+and+twist+hairstyles.

Health and safety are important to our industry, especially since the trying times of the Coronavirus, please click the following link and complete the safety quiz -

<https://www.easy-lms.com/barbicide-r-covid-19-certification/course-48584>. Print out your certificate to place in your portfolio you will build.

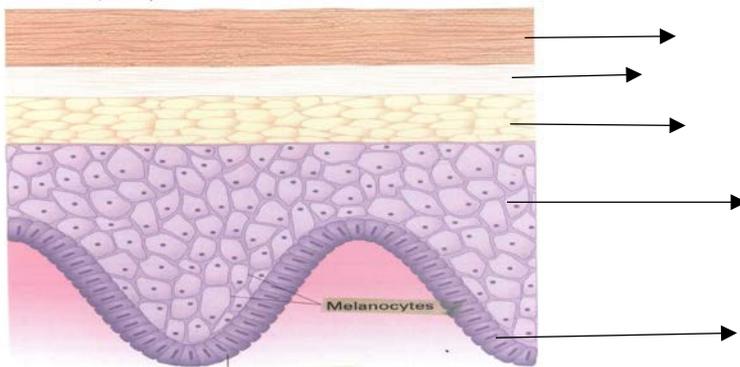
We look forward to seeing you in September!

For further information about your college and being a student at HSDC, please visit hsdc.ac.uk/South-Downs

Research Project 2

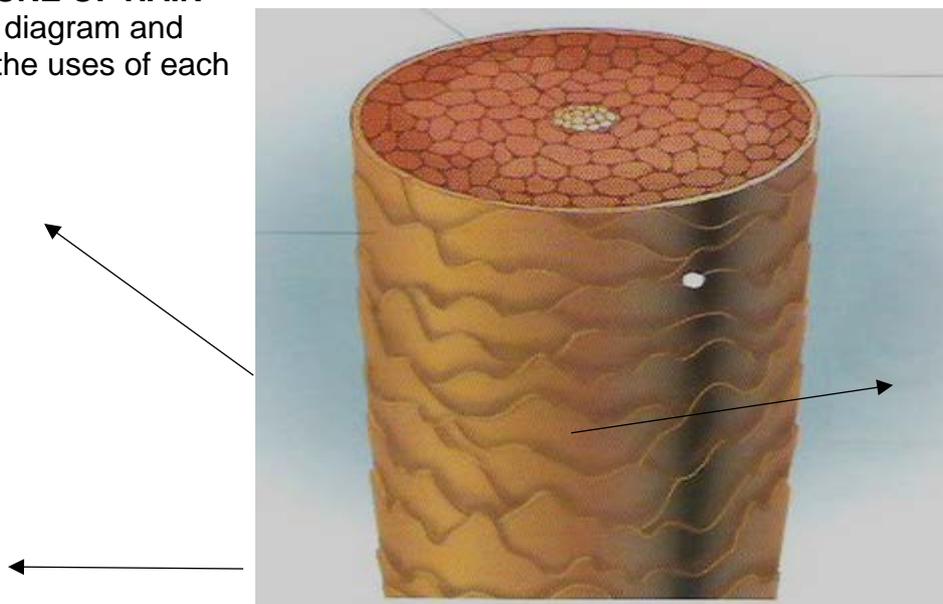
Hair and the skin are very important to us. Please use google to answer the following tasks.

1. What is the function of hair?
2. What is the function of skin?
3. What are the different types of hair found around the body?
4. DIAGRAM OF THE EPIDERMIS; Please research and label the cross section of the skin, which shows the different layers of the epidermis. You will need to know this for future few years.



STRUCTURE OF HAIR

Label the diagram and describe the uses of each layer.



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Did You Know?

Hairdressers are one of the least likely professions to be replaced by a machine or robot. But we use technology to aid our services, can you think of the types of technology we use?

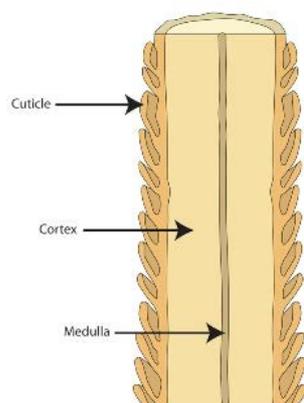
Level 2 Diploma in Hairdressing

Welcome to your first steps of being part of the Level 2 Hairdressing Programme. During your time with us we aim to build upon your knowledge of the hairdressing sector, develop your hairdressing, creative and consultation/customer service skills and start to support your journey onto your target destination.

Research Project

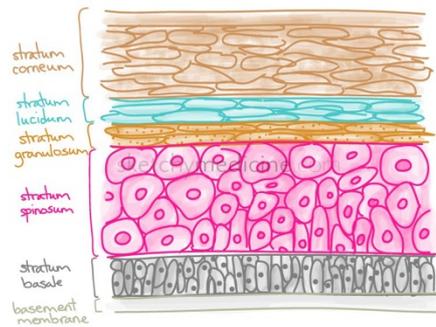
The diagram below is a cross section of the hair shaft, please research the different layers of the hair shaft – the cuticle, the cortex and the medulla.

- What is their function (what do they do)?
- What layer of the hair shaft changes when the hair is coloured or lightened (where do the colour molecules sit in the hair shaft)?
- What is the hair called when it is in its natural state (after you have washed it)?
- What is the hair called when it is in its temporary fixed state (after you have blow dried it)?



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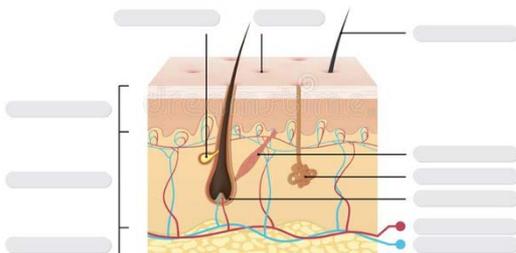


Research the common names of the layers of the epidermis. What is the function of the:

- Stratum basal layer
- Stratum spinosum layer
- Stratum granulosum layer
- Stratum lucidum layer
- Stratum corneum layer.

Label the cross section of the skin:

STRUCTURE OF THE SKIN



Research online to see if you can label the diagram and put the following words in the correct place:

- Epidermis
- Dermis

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- Subcutaneous layer
- Sebaceous gland
- Blood supply
- Nerve endings
- Hair
- Pore
- Hair bulb
- Arrector pili muscle
- Sweat gland

Use google search to help you find out the information you need to describe the layers of the hair in the diagram and complete the research project.

Watch and Create

Please click on the following link and watch some of the hair-up videos. Once you have watched the video clips, try to re-create some hair-up styles. Please can you take some photographic evidence of your work, so you can track your progress at various points of the year to see how far you will have progressed.

<https://youtu.be/k0erUyvT-58>

Did You Know?

A strand of hair is stronger than copper wire with the same diameter.

Level 3 Hairdressing

Welcome to the next chapter in your career progression. To keep you excited for your return to study in September we have designed this task, which will keep your memory fresh while building on your prior learning from this past academic year.

Activity

Analysing hair

By completing your Level 2 hairdressing qualification you will be familiar with different hair types. I would like you to give a description of your own hair type, the products you use to give you the best finish on a regular basis and an explanation of

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how you feel about your hair. Would you like it to be different? Perhaps length or colour? As this is a Level 3 task you need to be very descriptive and the use of professional terminology is expected throughout.

Upon deeper inspection...

This quiz is a great memory refresher -

https://media.hairdressing.jisc.ac.uk/HTQuizzes/Hairdressing%20Training%20Hair%20and%20Scalp%20Analysis%20Quiz%20-%20Storyline%20output/story_html5.html

How long?

We can all be a little impatient at times when waiting for healthy hair growth, this link will give more of an in-depth justification for how we can help not only ourselves but also our clients -

<https://www.healthline.com/health/beauty-skin-care/grow-hair-faster>.

Did You Know?

The hair of all races is made of keratin. The strands of Caucasian hair are round, the strands of Asian hair are oval, and the strands of Black hair are flat. Otherwise, there is no difference at all. However, Asian hair grows the fastest, while African hair grows the slowest. The average hair growth rate of Asian females is nearly 6 inches per year.

Level 2 Barbering and Male Grooming

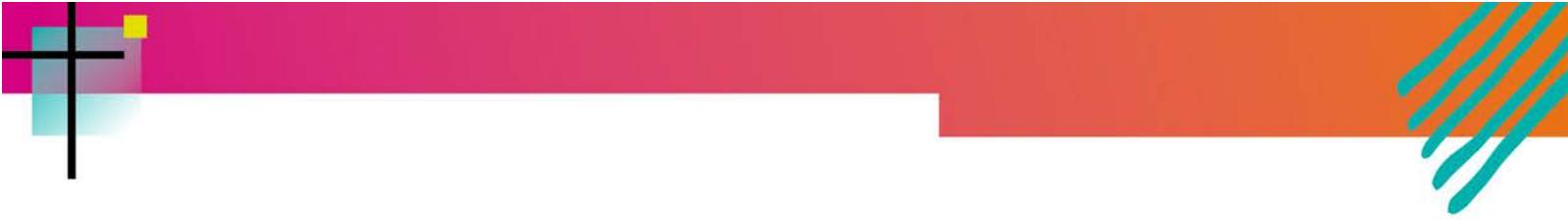
Welcome to your first steps of being a part of the Level 2 Barbering and Male Grooming Programme. During your time with us we aim to build upon your knowledge of the male grooming and barbering industry and develop your skills in this area.

Research Project

You need to research the different types of male grooming carried out in a barbershop. For example cut throat shaving, shaping eyebrows, removing nose hair.

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Research the different services for facial hair and hair styles. See how many different hair cut styles and facial cut styles you can find. Include images in your project, you can present it in either a slide show or word document. Use google search to help you find out the information you need to complete the research project.

Create

Please create a style booklet with as many male hairstyles as you can find. If you have a model you can use at home, try to recreate one of the styles on him!

Did You Know?

A hair strand has a life span of 5 years.

Avant Garde hair has been popular for decades, it allows you to be as creative and impulsive as you wish.

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