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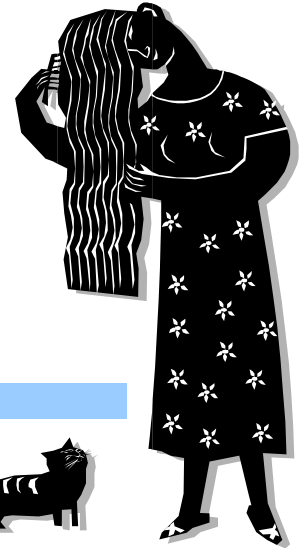
# FEMALE GROOMING: PART I

JAMES STANFIELD COMPANY, INC.

1996

Grade Levels: 6-13+

16 minutes



## DESCRIPTION

Preparing for a job interview means paying attention to personal details. For a female, good grooming includes a good haircut. Demonstrates easy-care cuts for white and African American hair.

## ACADEMIC STANDARDS

### Subject Area: Health

- Standard: Knows the availability and effective use of health services, products, and information
  - Benchmark: Knows factors that influence personal selection of health care resources, products, and services (e.g., cost, benefits)

### Subject Area: Life Work

- Standard: Displays reliability and a basic work ethic
  - Benchmark: Practices appropriate hygiene and dress at work

## INSTRUCTIONAL GOALS

1. To define *grooming*.
2. To emphasize the impact grooming has in making a good first impression.
3. To introduce the basics of hair care.

## AFTER SHOWING

### Discussion Items and Questions

1. What is *grooming*?
2. Why is grooming an important part of making a good first impression?
3. When is it time to get a haircut?
4. What should one do about getting a haircut?
5. What should one do before the haircut begins?
6. What is the easiest and most simple haircut?
7. Discuss the signs of a good haircut.
8. Describe traditional African-American haircuts.

## Applications and Activities

1. Discuss the effects of the bad impression made by Justin and Kisha (as seen in the music video) on:
  - a. The people in the elevator.
  - b. The Sears store clerk.
  - c. The restaurant host.
  - d. The fast-food boss.

List the consequences of a bad impression in terms of social rejection. Sum up by stressing what the employment counselor says:

“There’s an old cliché that you never get a second chance to make a good first impression and as an employment counselor, I’d have to say that’s really true. You have one chance, one shot, within 30 seconds, to make that good first impression and that’s what you can control.”

Emphasize the control factor—the impression they make is something they have control over.

2. Review with the class the effects of the bad impression made by Justin and Kisha on the host at the Red Robin restaurant. Ask students why they think the host was disturbed by Justin and Kisha and refused to seat them. Emphasize how quickly the host sized them up as being “undesirable.” Sum up by stressing that “first impressions” can make a big difference in being respected and getting service in the community.
3. Make an individual or class collage using magazine pictures of people who have messy hair or are in need of a haircut versus people who’s hair is combed and neatly cut (ideally showing the reaction of others to these people). Discuss with students the impression made by each group, as well as the impression they make on the students.
4. Make a list of the signs that indicate someone needs a haircut. Using this list, put students into pairs and ask each one to determine if the other needs a haircut.
5. Make a collage of women with “wash and wear” haircuts.
6. Find pictures of women with haircuts they would like to have. Discuss with the class the appropriateness and “wash and wear” attributes of the selected style. Have students put their favorite hairstyles from magazines in their hygiene notebooks so they can use them to show to their hairstylist.
7. Using local newspapers and telephone books, make a list of places to get a haircut in the neighborhood, i.e., small salons and large “quick cut salons.” Find out prices and record locations of affordable places in hygiene notebook.
8. Role-play showing a picture and talking to a haircutter about the style of haircut wanted, the need for “wash and wear” cut, the maintenance required, and when she will need to come back for a trim.
9. After getting a haircut, students should mark in their hygiene notebook calendars when to get the next cut.
10. Have students model how to blow-dry their hair, first with the dryer off and then with the dryer on. They can use either their hand or a brush to “curl” the hair in a particular direction. Also, gel, mousse or hair spray can be used.
11. Have students demonstrate the correct way to comb or brush mid-neck or longer hair.

## SUMMARY

Opens with a brief statement from a vocational counselor regarding the importance of making a good first impression at a job interview. Although this video is not specifically about getting a job, it is about the universal components that make up a good impression. The counselor's observations about how quickly impressions are formed (30 seconds) and his perception that the first impression we make is often the one thing we can control, apply whether making an impression in the community, on a date, or at a job interview.

A montage illustrates the negative consequences a bad first impression can make on getting service in a store, being seated in a restaurant, and getting a job.

The hosts of this program discuss the importance and meaning of good grooming. They dramatize the impression bad grooming can have on others in a restaurant setting.

In the interest of good grooming, the host goes to an expert hair stylist. Another hair stylist discusses special hairstyle issues of interest to African-American men. The hosts conclude by describing essential hair styling tools for women and how to use them.

## RELATED RESOURCES



### Captioned Media Program

- Common Mistakes People Make in Interviews #8248
- Female Grooming: Part II #9160



### World Wide Web

The following Web sites complement the contents of this guide; they were selected by professionals who have experience in teaching deaf and hard of hearing students. Every effort was made to select accurate, educationally relevant, and "kid safe" sites. However, teachers should preview them before use. The U.S. Department of Education, the National Association of the Deaf, and the Captioned Media Program do not endorse the sites and are not responsible for their content.

- **INTELIHEALTH**

<http://www.intelihealth.com/>

Features Harvard's Consumer Health Information (click on "Women's Health"). Extensive explanation, symptoms, factors, prevention tips, and suggestions are given on women's appearance and health. Areas covered include: skin, fitness, weight management, and others.

- **WANNALEARN.COM**

[www.wannalearn.com](http://www.wannalearn.com)

Provides free, family-safe, online tutorials. Search for "male grooming," then select personal grooming for women. Links to sites providing tips for skin care, cosmetics, wardrobe selection, and beauty tips.

- **OUR HAIR**

<http://www.ourhair.net/main.htm>

View various pictures of hair styles of African Americans who wear them natural, perm, braided, or relaxed. Contains advice on caring for textured hair, identifies what hair type you have, features a forum and chat area, and provides information on several other topics.