

## Meet the team!

**Hello from the Stockton Riverside College Schools Team!**

**We want to let you know we are here to help you as restrictions start to ease in any way that we can. Remember that although your exams have been cancelled your place at Stockton Riverside College hasn't.**



We know everyone is very keen to get started with us in September, and we can't wait to see you all then! We've developed these workbooks to help support you and help you fine-tune your knowledge and skills before you join us. Working closely with course tutors, we've come up with some tasks to help ensure you're up to speed once you start with us in September. We'll also be sending out more guides and top tips to get you started before you enroll!

Don't forget to follow us on our social channels for regular updates, competitions and campus news. Every Tuesday the Schools Team host weekly course takeover Q&A sessions on Instagram to answer any questions you may have! We hope you're as excited as we are for you to start your journey with us. If you have any questions, please get in touch via social media or check out our website for FAQs and latest updates relating to government guidelines.



## We hope to see you soon!

Firstly, all of us would like to congratulate you on the acceptance of your chosen course. We eagerly await to meet you in the coming months!

We continue to find ourselves in unfamiliar times, so let's focus on the future and the journey you will soon be beginning. This booklet contains several different activities to complete. The following tasks are aimed at preparing you for your new chapter. Please email your completed work to [adam.howe@the-etc.ac.uk](mailto:adam.howe@the-etc.ac.uk) Good luck!

etc.

STOCKTON  
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# Student Work Book

# HAIRDRESSING



## *A message from Nicola Templeman, Hairdressing course leader*

Firstly, all of us would like to congratulate you on the acceptance of your chosen course.

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Below you have been given several different activities to complete. The following tasks are aimed at preparing you for your new chapter. Good luck!

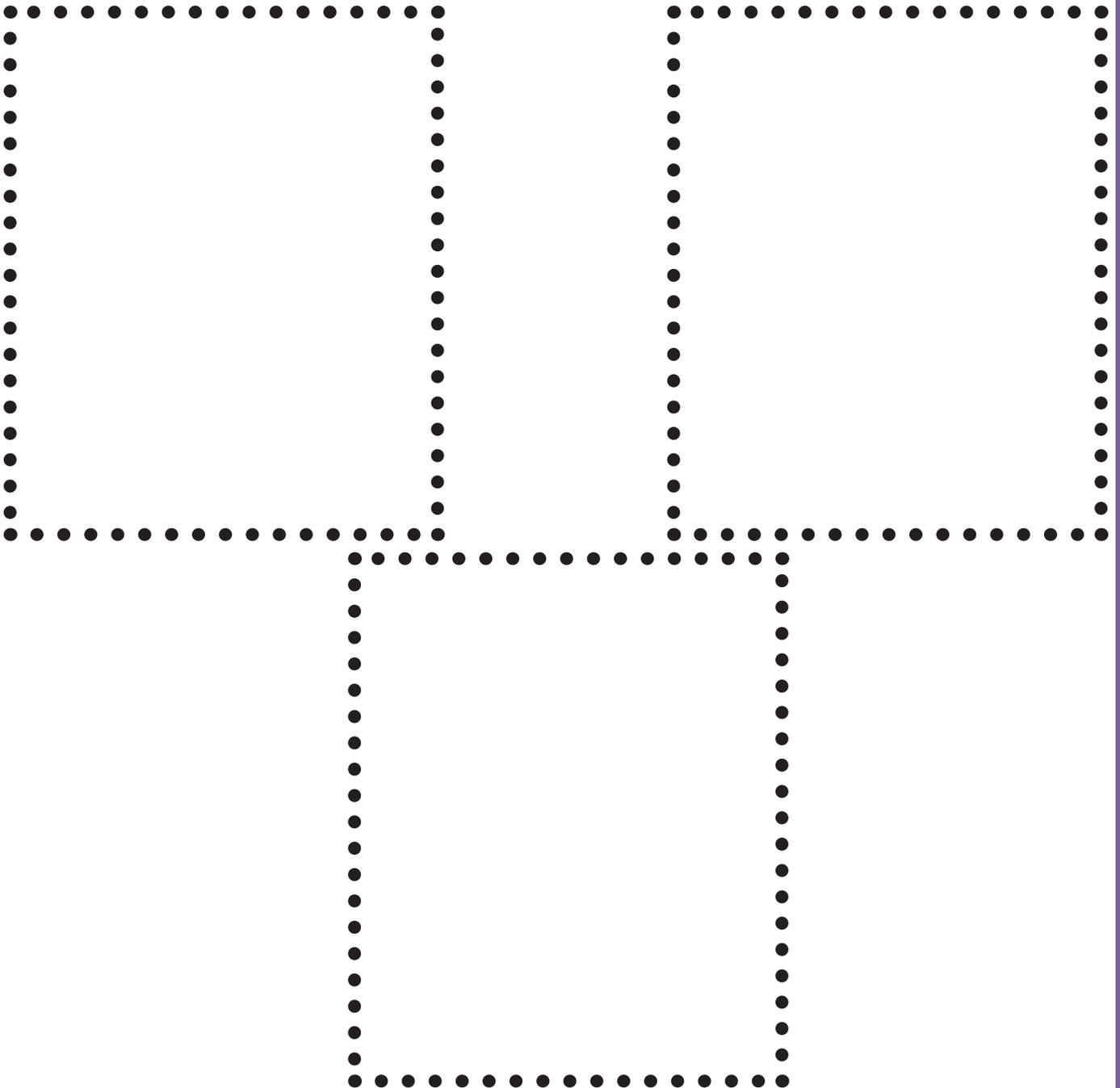
### **Contact us:**

[Nicola.templeman@stockton.ac.uk](mailto:Nicola.templeman@stockton.ac.uk)



## Task 1

Choose a least three different pictures and describe the technique used for each one below:



Three large rectangular boxes outlined with dotted lines, arranged in a row. The first box is on the left, the second is on the right, and the third is centered below the space between the first two. These boxes are intended for students to write their descriptions of hairdressing techniques.



## Task 2

**Please use pictures and a short description to answer this question:**

What equipment and products do you think is needed for setting and dressing the hair?

Research at least 2 different setting products and 2 dressing products



## Task 3

How can factors affect in the range affect the setting and dressing process of the finished look?

•Lifestyle

•Density

•Hair cut

•Hair growth

•Hair length

•Head and face shape

•Hair texture

•Elasticity

## Task 4

**What are the types of setting techniques? Why and when are they used?**

•Rollering

•Spiral curling

•Pin curling to give volume

•Pin curling to give flat movement

## Task 5

**Why and how would you use the following sectioning and winding techniques in the range?**

•Point to root

•Root to point

•On base

•Off base

•Directional setting

•Brick setting

•Hair texture

•Elasticity

## Task 6

How and why would you use the following?

- Smoothing
- Back combing
- Back brushing

## Task 7

- How can continued use of heat equipment affect the hair?
- What advice would you give to the client to maintain the style agreed?
- How can their lifestyle influence their choice of hairstyle?

## Task 8

### Prepare the Client for Hairdressing service

Assist the client to put on a suitable sized gown to protect his or her clothing while in the salon. After the hair is shampooed, it is combed through to detangle.

### Client Comfort During Styling

Whilst styling and finishing the client's hair, it is important for you to move around the client's head. However the client's comfort should be considered at all times.

Complete the following:

- Describe how you think a client should be positioned during styling.
- Why is it important for the client be in this position?
- Why is it important that a hairdresser be able to move around the client while styling their hair?
- For your own comfort, what should you ensure is correct?

## Task 9

### **Advise and Consult with Clients**

Before any service begins the hairdresser must find out the client's expectations. The consultation is used to ensure the client's wishes are interpreted accurately and the desired looks achieved. It is essential to be factual, honest, tactful, sincere, direct and clear.

The consultation will give the opportunity to decide on products, the service that is carried out and the equipment that is used.

Also, look to assess the texture of the hair. There are three types of hair; fine, medium and coarse.

**Write a description of your salons policy for consulting with clients prior to styling their hair. Make a note of important questions that should be asked.**