

Getting the Most From Your Cosmetology Education

Enrolling in beauty school is the first step in pursuing a career as a cosmetologist, makeup artist, or esthetician. In order to make the most of your time spent in cosmetology school, it is essential to work hard while at school, learn as much as possible, listen to your teachers, ask a lot of questions and keep learning. Then practice what you've learned on friends, relatives, school clients, etc. Some things to keep in mind to help you succeed in school:

Prioritize Your Time - When embarking on any pursuit of higher education, it's essential to prioritize your time. Between your cosmetology courses and working in the salon, it can be difficult to devote time to a social life. While maintaining your mental health is important, carefully choose your evenings out. For example, you should consider staying home for the evening if you have an important exam the following day. If you begin to feel overwhelmed with your courses and workload, speak with your instructors. All of your beauty school professionals have successfully completed cosmetology school and will offer you their expert advice on succeeding in your courses.

Review Your Notes – Cosmetology students don't always have to sit in a classroom like other students, but that doesn't mean that studying can be neglected. You can make sure you keep up with your studies by reviewing notes on a regular basis. Whether you take handwritten notes, type notes, or have a photographic memory, you should take some time to review the lesson you learned in your last class before you arrive for your next session.

Spend Extra Time Studying Hard Topics – You may find yourself having more success with some cosmetology topics than with others. If so, it is important to spend more time studying or practicing those you find more difficult. Most students find strengths and weaknesses during their time in cosmetology school. Take any available opportunity to spend more time studying and practicing the topics that you find hardest, and ask for additional guidance from your teachers and mentors.

Follow Board Protocols When Practicing – Once you have advanced in your education to labs and student salon activities, follow state board protocols in all your actions, such as washing hands, putting used tools in your soiled container, using a Sanex strip when draping, etc. Implementing those protocols during practice will further engrain the behaviors in your memory so they become as natural as breathing. You'll have more than enough to remember when you're taking your state board exam, so anything that becomes automatic in your actions prior to then, will be one less thing to remember.

Study with Friends - While some topics can easily be reviewed at home on your own, there are other areas in which you can benefit from having a study partner or study group. You can ask a few of your fellow cosmetology students if they would like to start a study group. Meet up once or twice a week to discuss the various lessons learned that week. This will allow you to get another point of view on certain techniques and catch up on lessons you may have missed or have difficulty with.

Ask for Help - Teachers and administrators are there to help you; our Health and Style Institute staff *wants* you to succeed. Trying to power through the program on your own can leave you missing out on valuable knowledge. If there is something that you do not understand, ask for clarification. If at some

point in your program you are experiencing transportation, child care, or other personal obstacles that may jeopardize your progress, communicate with the staff to work out a solution or to find out about student support services that may help you overcome your challenge.

Take Care of Your Equipment - During a cosmetology program, you will be provided with equipment that helps you learn the skills you need to succeed in the beauty industry. Once you receive your bag of equipment, which includes scissors, curling irons, rollers, products, manicure kits, and textbooks, it is important to take care of it. The better care you take of your equipment, the more useful it will be toward your education.

Stay Dedicated to Learning - Throughout your beauty school education, it is important to continue to build onto your knowledge base. Practice your new skills. Look through hair and style magazines to stay on top of the latest trends and hair tips. Talk to your teachers about their careers, and ask for advice. There are an unlimited amount of resources available to you at Health and Style Institute; it is up to you to take advantage of them.

Practice your people skills - The key to success in the beauty industry is repeat customers that's where good interpersonal communication comes in. If you truly care about people and you love what you do, that will shine through. But if your people skills are lacking, it'll be tough to secure repeat business, no matter how good your technical skills. Health and Style Institute can work with you to improve in these areas as well. Succeeding in a beauty career requires working well with others and understanding their needs and desires, from the common to the quirky.

Prepare for interviews - Unlike in other occupations, interviews for beauty and wellness jobs include a practical component. If you're a massage therapist, you'll be asked to give a massage. If you're a nail tech, you'll be required to do someone's nails. There's no bluffing your way through a job interview in the beauty industry you either have what it takes (and what a particular spa or salon is looking for), or you don't. Be prepared that if your interviewers offer feedback while you're doing your thing, to incorporate their suggestions, which requires thinking on your feet. You'll need to be able to show that you can tailor your services to the individual.

Last but not least, stay positive. Some days may seem overwhelming; some days may even seem a little boring. Keep focused on your goal, make the most of each day and each learning opportunity and before long, you'll be looking back at your school days wondering where the time went.