

John Robert Powers

School System

OBJECTIVE: Developing skills to improve one's inner image and outer appearance. Awareness of behavior in career and social environments. Students must have The John Robert Powers Personal Development and Modeling textbook to participate in this course.

WEEK 1: ORIENTATION – goal setting, self- esteem, public speaking and over-coming shyness, what is to be expected, before picture- taken.

WEEK 2: SKINCARE – skin types – cleansing techniques – sun protection – facial treatments - shaving - waxing

WEEK 3: FASHION COORDINATION AND WARDROBE – rules for dressing – basic line – color – coordination – care in purchasing clothes

WEEK 4: HEALTH AND FITNESS – nutrition - exercise – diet – calorie burning - weight training – vitamins and minerals – body mass index

Note: Students should wear appropriate exercise attire and bring completed weekly diet homework.

WEEK 5: HAIR – hair care, color shape, style and product knowledge.

WEEK 6: PRINT AND MODELING – posture - smooth walk – hand and arm positions – creating individual style – head movements – photography – facial expressions – sitting for the camera

WEEK 7: SOCIAL AWARENESS – formal dining - silverware – first impressions – greetings – protocol - introductions – dating - courtesy - current etiquette for telephones and electronic devices

WEEK 8: COMMUNICATIONS AND VOCAL EXPRESSION – voice and diction – flexibility - volume and voice pitch - articulation.

WEEK 9: PERSONAL GROWTH – personality - extending your vocabulary – building confidence – values – trust – responsibility – group interactions

WEEK 10: FINAL REVIEW – overview of all techniques - before and after grading – “after” photograph taken – tutorial dinner