

53. Human Services Cluster - Personal Care Careers (4 hours)

Purpose/Abstract: To introduce students to various personal care careers.

NCCCS Adult Education Standards: R.3.2.3, W.5.2.4, M.5.2.5

Learning Objective:
By the end of the session, students will be able to:

- Assess information from charts and labels to identify various personal care careers, answering related questions
- Compile task information from resources, create concise notes, and classify them into relevant categories for personal care careers.
- Demonstrate effective communication skills and a positive attitude through role-play activities

Soft Skills	Communication, enthusiasm & attitude	Resources	<p>Math:</p> <p>Math Review Part 2: Fun with Multiplication and Division Worksheet Education.com Division Facts related to Multiplication Optional: Math Crossword - Operations</p> <p>Barbers, Hairstylists, and Cosmetologists : Occupational Outlook Handbook 39-5012.00 - Hairdressers, Hairstylists, and Cosmetologists Massage Therapists : Occupational Outlook Handbook 31-9011.00 - Massage Therapists Manicurists and Pedicurists : Occupational Outlook Handbook 39-5092.00 - Manicurists and Pedicurists</p> <p>Handouts: Exploring Personal Care Careers - one for each student</p>
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Additional Materials

- Exploring Personal Care Careers, one for each student
- Index cards with a few personal care careers listed for the ice-breaker activity
- Art supplies (glue, glitter, markers, paint, etc.)
- Pencils, paper, and scissors
- Computers for student use

Icons	 Activity	 Check-In	 Review
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PREPARATION

- Prepare a set of index cards with the following careers: Barbers, Hairdressers, Shampooers, Massage Therapists, Personal Care Aides, Tailors-Dressmakers, Pressers-Dry Cleaning Workers, Manicurists, Pedicurists.



- Review the worksheets from [education.com](https://www.education.com) and print them as needed.
- Familiarize yourself with the career links listed in resources
- Review the [Instructional Support Guide](#) and print/prepare referenced scaffolds.
- Print handouts.
- Familiarize yourself with [O*NET](#)
- Familiarize yourself with [Skills to Pay the Bills](#), though it won't be used directly in this lesson.

INTRODUCTION (30 min)

Welcome students to the class!

Start the lesson with a career charades activity. Divide the class into small groups and ask one student from each group to come and pick up a career card and act it out for their group to guess. Repeat the activity so each student in the group gets a chance to act out the career.

Briefly discuss what is common between all these careers and have students share their thoughts.

Introduce the lesson topic and emphasize that the lesson will dive into the tasks and responsibilities associated with different personal care careers. Students will gain insights into what professionals in these fields do on a daily basis. Explain that beyond tasks, the lesson will also focus on the essential communication skills required in these careers. Effective communication is vital for interacting with clients and providing exceptional service.

Share the objectives of the lesson.

VOCABULARY, READING & WRITING (30 min)

Introduce the reading standard R.3.2.3 and explain its importance. Use the following to explain the activity:

This practice activity will assess your ability to analyze charts and labels to categorize personal care roles and address related questions based on your categorization. It encourages you to think critically about the roles and their primary responsibilities.

Distribute Exploring Personal Care Careers and direct students' attention to the format of the handout that includes charts and labels. Have them share how it's different from previous reading activities.

Allow 20 minutes for this activity.

REFLECTION (10 minutes)

✓ Invite a few students to share their understanding of categorization and how it will help them remember information. Add to students' responses with explanations.

Lower Level

Consider pairing students up.

Higher Level

Encourage students to think about different ways they can categorize these professions in terms of work hours, salary and skills required. Have them

list other categories they can think of.

MATHEMATICS (45 min)

Assign the following worksheets one after the other two students while you work with small groups to help students with any difficulties they have.

- [Math Review Part 2: Fun with Multiplication and Division | Worksheet | Education.com](#)
- [Division Facts related to Multiplication](#)

Allow students time to complete both the worksheets. Provide the optional [crossword worksheet](#) if students complete ahead of time or want more challenges.

REFLECTION (10 minutes)

✓ Review the answers with the whole class.

Lower Level

Work individually or in small groups to support students better.

Higher Level

Assign [Math Crossword - Operations](#) as an enrichment practice.

GROUP WORK (75 min)

Tell students they will explore three pathways within personal care careers. Divide into groups of 4, assign one of the following pathways to each group and share the provided links for their research. Let students know that their task is to explore specific personal care career pathways, compile task information, create concise notes, and categorize tasks for each career.

1. Barbers, Hairstylists and Cosmetologists
 - a. [Barbers, Hairstylists, and Cosmetologists : Occupational Outlook Handbook](#)
 - b. [39-5012.00 - Hairdressers, Hairstylists, and Cosmetologists](#)
2. Massage Therapists
 - a. [Massage Therapists : Occupational Outlook Handbook](#)
 - b. [31-9011.00 - Massage Therapists](#)
3. Manicurists and Pedicurists
 - a. [Manicurists and Pedicurists : Occupational Outlook Handbook](#)
 - b. [39-5092.00 - Manicurists and Pedicurists](#)

Guide them to read and extract key tasks, responsibilities, and information about the careers within their pathway. Encourage note-taking to compile task information and essential details. Provide each group with a large sheet of paper and ask them to label the categories such as: Key Tasks, Responsibilities, Salary, Interesting Insights. Instruct each group to categorize the compiled information from their pathway into the relevant categories.

 REFLECTION (20 minutes)

✓ Give each group a chance to present their findings for their assigned pathway. Encourage them to share key tasks, responsibilities, and any interesting insights they discovered.

Engage the class in a reflective discussion about the differences and similarities in tasks and responsibilities across the different pathways.

Instructor Note: By structuring the activity this way, students will engage in guided research, compile information, and collaboratively present their findings. This aligns with the objective of compiling task information and categorizing them effectively for personal care careers within specific pathways. The two links for each pathway are from different websites. Consider highlighting the importance of looking through multiple resources to compile information for research.

INDEPENDENT WORK TIME (30 min)

Inform students that they will work with a partner to role-play scenarios related to personal care careers using information gathered during the group work activity and presentations.

Provide the following scenarios and have students choose which one they want to practice with their partner. Emphasize the importance of effective communication during their practice.

Scenarios:

Role	Situation
Hairstylist and Client	The client wants a new haircut and hairstyle for an upcoming event. The hairstylist needs to understand the client's preferences, provide suggestions, and ensure the client feels comfortable and excited about the change.
Massage Therapist and Client	The client is a first-time visitor seeking a massage for relaxation and stress relief. The massage therapist needs to gather information about the client's preferences, any medical conditions, and ensure a calming and reassuring environment.
Manicurist and Client	The client visits the nail salon for a manicure and pedicure. The manicurist needs to engage in friendly conversation, offer choices for nail treatments, and ensure the client leaves
Personal Care Aide and Elderly Client	The personal care aide is assisting an elderly client with daily activities like dressing, grooming, and meal preparation. The aide needs to establish trust, communicate respectfully, and provide assistance with empathy.

Presser-Dry Cleaning Worker and Customer	The customer has brought in clothing items for dry cleaning. The worker needs to handle the transaction efficiently, answer any questions, and ensure the customer leaves satisfied.
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WRAP-UP & REFLECTION (15 min)

Invite students to share their experiences with someone in a personal care career. Have a few students share what they found interesting about these careers.

Review objectives and key learnings in the lesson.

Distribute exit slips to students.

Ask for a few volunteers to share their reflections.

Collect and review the answers.

Exploring Personal Care Careers

Directions:

- Review the simple charts and labels provided below.
- Use the information to categorize different personal care roles in the human services industry.
- Answer the related queries for each role based on your categorization.

Chart 1 - Personal Care Roles: Hair and Grooming

Role	Description
Barbers	Provide haircut and grooming services for clients.
Hairdressers	Style and care for clients' hair.
Shampooers	Shampoo and cleanse clients' hair.
Manicurists	Perform nail grooming and treatments.
Pedicurists	Offer specialized foot care and nail treatments.

Chart 2 - Personal Care Roles: Relaxation and Care

Role	Description
Massage Therapists	Use touch to manipulate muscles and relieve tension.
Personal Care Aides	Assist clients with daily tasks and personal care.

Chart 3 - Personal Care Roles: Clothing Care

Role	Description
Tailors-Dressmakers	Create, alter, and repair clothing for clients.



Pressers-Dry Cleaning Workers	Press and clean clothing using specialized methods.
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Questions:

Which roles focus on hair care and grooming?	
Name a role that provides massage therapy.	
Which roles involve assisting clients with daily tasks?	
Identify a role that specializes in nail grooming.	

Reflection Exit Slip

In one sentence, describe what you learned in this lesson.

Today, I learned _____.

Is one of the careers discussed today of interest to you? Why or why not?

I liked / did not like _____ career because _____

Is there anything you still need help understanding?

What's one question you have?

Circle the emoji that shows how you feel about your mastery of content in this lesson.



Happy



Smart



Confused



Sad



Angry