

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:** **MAKE-UP** – make-down, John Robert Powers philosophy on beauty, understanding skincare, how to apply: foundation, powders, lips, etc.
- WEEK 3:** **FASHION COORDINATION AND WARDROBE** – clothing do's and don'ts, image consulting, jewelry and accessories, proper shoes and handbags, undergarments and hosiery.
- WEEK 4:** **HEALTH AND FITNESS** – nutrition, exercise, diet, and eating disorders.
Note: Students should wear appropriate exercise attire and bring completed weekly diet homework.
- WEEK 5:** **HAIRSTYLING** – hair care, color shape, style and product knowledge.
- WEEK 6:** **VISUAL POISE** – first impressions, eye contact, walking with grace, posture and poise, single line walking, stooping.
- WEEK 7:** **SOCIAL AWARENESS** – formal dining, silverware settings, courtesy, removal of gloves and coats, 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** – introductions, hand shaking, party etiquette, hosting a party, invitations, guest responsibilities, thank you notes.
- WEEK 10:** **FINAL REVIEW** – overview of all techniques, before and after grading, after-picture taken.