



SGS LESSON PLAN

Shear Genius Society - Instructor Guide

Essential Life Skills

BUILDING BLOCK FOR SUCCESS - reusable across all programs

Applies to: Cosmetology, Barbering, Esthetics, and Nail Technology

Suggested time: 2 hours (theory and activity)

How to use this plan: The lines under "Say" are scripted word for word so every class hears the same information - read them aloud. *Italic in brackets is what you do.* The jade "Teaching move" names the method; the "Students" line is their involvement.

Learning Objectives

By the end of this lesson, students will be able to:

- Define life skills and explain why they matter to a beauty career.
- Write a goal using the SMART method.
- Apply basic time-management and stress-management strategies.
- Describe the professional attitude and ethics expected in the industry.

Materials and Equipment

- SGS chapter slide deck, projector, and whiteboard
- SMART goal worksheet (one per student)
- Student workbook or chapter handout

Key Terms

life skills, goal setting, short-term goal, long-term goal, SMART goal, prioritize, time management, perfectionism, ethics, integrity, attitude, motivation.

Lesson Sequence

1. Opening Hook - 10 min

Teaching move: Relatable hook that names the real problem.

SAY (read aloud):

Raise your hand if you have ever set a goal - like 'I am going to start working out' - and it just did not happen. *[Pause.]* Almost everybody. And it is not because you are lazy. It is usually because no one ever taught you HOW to set a goal and stick to it. Those tools are called life skills, and they are the difference between a good idea and a real result. Today we build them.

- **Students:** share one goal they set that did not stick, with no judgment.

2. What Are Life Skills - 10 min

Teaching move: Define and connect to the career.

SAY (read aloud):

Life skills are the everyday tools that help you succeed - setting goals, managing your time, handling stress, and acting with integrity. Here is why they matter in our field: your talent gets you in the door, but your life skills keep clients coming back and keep you employed. A brilliant stylist who is always late and unreliable will not last. Life skills protect your talent.



- **Students:** name one life skill they already do well.

3. Setting Goals the SMART Way - 20 min

Teaching move: Teach a concrete tool with a before-and-after example.

SAY (read aloud):

Let's learn a tool that actually works, called SMART goals. *[Write SMART on the board.]* SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. Instead of 'I want to get better at cutting,' a SMART goal is 'I will practice one full haircut on a mannequin three times a week for the next month.'

See the difference? It is specific, you can measure it, you can actually do it, it matters to your career, and it has a deadline. A vague goal is a wish. A SMART goal is a plan.

- **Students:** with a partner, turn one vague goal into a SMART goal.

4. Managing Your Time - 15 min

Teaching move: Give a simple, usable system.

SAY (read aloud):

Time management is just deciding what matters most and doing that first - we call it prioritizing. Here is a trick that works: each morning, write your top three things for the day, and do the hardest one first, while your energy is highest. In the salon, the professional who manages time is never the one running behind and stressing out the whole floor.

- **Students:** list their top three priorities for tomorrow.

5. Stress and Staying Professional - 15 min

Teaching move: Normalize stress, then tie to ethics and attitude.

SAY (read aloud):

This work is rewarding, but it can be stressful - long days on your feet, demanding clients, a full book. So we manage stress on purpose: we breathe, we take our breaks, we ask for help, and we do not bring a bad day to the client in the chair.

That last part is about ethics and attitude. Ethics means doing the right thing even when no one is watching - being honest, being on time, respecting your clients and coworkers. And your attitude is something you choose, every single day. Skill can be taught; attitude is up to you.

- **Students:** share one healthy way they handle stress.

6. Activity - Your SMART Goal - 15 min

Teaching move: Apply the tool to a real program goal.

SAY (read aloud):

Now write one real SMART goal for this program. *[Hand out the worksheet.]* Make it specific and give it a deadline. We will keep these and check back on them, so make it something you truly want.

- **Students:** complete the SMART goal worksheet and share one goal aloud.

7. Recap and Closing - 10 min

Teaching move: Recap the tools, then motivate.

SAY (read aloud):



Let's recap. Life skills protect your talent. SMART goals turn wishes into plans. Prioritizing keeps you ahead. Managing stress keeps you professional. And your ethics and attitude are choices you make daily. Master these, and you will go further than talent alone could ever take you.

- **Students:** state the one life skill they will work on first.

Assessment

- Written: quiz on the SMART method and key terms.
- Performance: completed SMART goal worksheet that meets all five SMART criteria.
- Verbal: participation in goal and time-management discussion.

Assignment

Read the Life Skills chapter and complete the workbook. Write two SMART goals - one for school and one personal - each with a deadline.

Instructor Notes and Safety

Keep it practical and encouraging.

Revisit students' SMART goals throughout the program to reinforce follow-through.