Paul Mitchell The School Portsmouth

COSMETOLOGY COURSE INFORMATION

COSMETOLOGY COURSE DESCRIPTION

Standard Occupational Classification (SOC) 39-5012.00
Classification of Instructional Programs (CIP) Code 12.0401:

The curriculum involves 1500 hours to satisfy New Hampshire state requirements. The course includes extensive instruction and practical experience in infection control, safety for the salon and client services, Shampooing, hair and scalp analysis, Science related to cosmetology (anatomy, chemistry, electricity, hair care product knowledge, etc.), Haircutting and Hairstyling techniques, Hair coloring and lightening techniques, Chemical texturizing techniques, Manicuring and pedicuring, nail enhancements (basic polish services, gel application, sculptured nail techniques), Skin care treatment and hair removal (facial, waxing, skin analysis, etc.), Makeup theory and application, Reflexology and massage related to skin and nail services, Business and professional development (marketing, social media, retail training, salon ownership and operations, customer service, personal motivation and development, etc.), State law and rules, state board examination preparation and licensure requirements, Hands on client services and preparation for professional success in the cosmetology industry, salon-type administration. This institution offers employment assistance to help graduates' efforts to secure education-related employment that includes, but is not limited to, training in professionalism, resume development, job interview preparation and job search skills.

* As of August 2025, the State of New Hampshire reduced the required education hours for Cosmetology licensing to 1200. Paul Mitchell The School Portsmouth is currently approved by the state to offer a 1500 hour curriculum. During the additional 300 hours of training. students will gain more hands-on experience with service guests on the clinic classroom, allowing them to refine and strengthen the skills learned throughout the program. Students will also continue to develop their technical abilities while receiving instruction in more advanced techniques, improving their efficiency, professionalism, confidence, and salon readiness. These additional hours provide valuable experience to further prepare for successful employment in the cosmetology industry.

Graduate's are prepared to become entry level cosmetologist.

This course if taught in English. Textbooks and Course Materials are only offered in the English Language.

COSMETOLOGY COURSE OVERVIEW

Course Hours: 1500 clock hours

The course is divided into pre-clinical classroom instruction and clinic classroom learning experiences.

- **Pre-clinical Classroom Instruction:** The first 200 hours are devoted to preclinical classroom instruction where Future Professionals develop foundational knowledge and practical skills through classroom workshops, demonstrations, theory instruction, and guided practice. Instruction emphasizes design principles, technical procedures, safety and sanitation, professional conduct, and readiness for supervised services.
- **Clinic Classroom Learning Experience:** Future Professionals apply classroom learning through supervised practical instruction and guest services. With coaching and guidance from Learning Leaders, they refine technical skills, consultation and communication, guest experience, product recommendations, and professional work habits. Learning continues through mini-classes, feedback, and structured practice.

COSMETOLOGY COURSE OVERVIEW

- **Core Curriculum:** The Core Curriculum introduces the foundational principles and skills of the program through theory instruction, demonstrations, and hands-on practice. Future Professionals build essential technical knowledge, safety and sanitation practices, client care, and professional habits. Learning Leaders monitor progress, and learning is evaluated through written, oral, and practical methods, as applicable. Completing Core successfully prepares students for the next phase of their education, including supervised clinic classroom experiences.
- **Protégé Learning Experience:** The Protégé Learning Experience supports the transition from Core into the Adaptive Curriculum and clinic classroom learning. Future Professionals continue guided practice, strengthen service readiness, and prepare to apply their skills in supervised guest experiences.
- **Clinic Classroom Learning Experience:** In the clinic classroom, Future Professionals provide services to guests under Learning Leader supervision. They keep learning and reinforce classroom instruction through coaching, mini-classes, practical worksheets, and progress evaluations. They practice consultations, service planning, technical proficiency, guest communication, sanitation and safety, and professional service habits.
- **Classroom Learning Experience:** Classroom education throughout the program includes cutting, coloring, texture, makeup, skin, and nails. Instruction combines theory, demonstrations, and practical application. Additional learning opportunities may address retailing and product knowledge, communication, professional development, motivation, and career readiness, facilitated by appropriate school team members or guest artists.
- **Adaptive Curriculum:** During the Adaptive phase, Future Professionals expand their knowledge through specialty classroom instruction and progressively challenging practical work. They continue developing technical consistency, problem-solving, guest service, confidence, and professionalism, with feedback and assessments supporting their progress.
- **Creative Curriculum:** The Creative phase focuses on refining technical and professional abilities as Future Professionals prepare to enter the industry. They apply artistic judgment, strengthen independence and accountability, and practice the standards of guest experience, teamwork, and professional conduct expected in a salon environment, with continued Learning Leader guidance.

COSMETOLOGY COURSE SUBJECTS

The instructional program of Paul Mitchell the School Portsmouth meets or exceeds the state requirements:

SUBJECT	COURSE DESCRIPTON	THEORY	PRACTICAL
State Laws & Rules	*New Hampshire Cosmetology laws, rules, and regulations, State Board Exam preparation, licensure requirements.*	35	60
Professional Development & Business	*Business management and career planning, resume building, client market, client building, salon structure, ownership and operations, retail and sales, professional image, hygiene, human relations, ethics, etc.*	45	0
Infection Control	*Transmission, first aid, Cosmetology related cleaning and disinfection procedures, blood exposure procedure.*	20	10
Scientific Concepts	*Anatomy, physiology, electricity related to Cosmetology, chemistry in chemical services and hair care products, etc.*	30	0
Shampooing	*Proper procedures for shampooing a guest*	15	30
Hair & Scalp Analysis & Treatments	*Hair and scalp properties, hair and scalp diseases and disorders, contraindications, scalp treatments, hair conditioning treatments, product use and safety.*	20	5
Haircutting	*Long and short foundational haircuts, creative haircuts, haircutting tools, razor cutting, clipper cutting, beard grooming, texturizing techniques, hand & body position, etc.*	40	60
Hairstyling	*Styling tools, wet styling, thermal styling, braiding, wigs and hair additions, long hair styling, special occasion and events, straight, wavy and curly hair styling, etc.*	35	75

SUBJECT	COURSE DESCRIPTON	THEORY	PRACTICAL
Permanent Waving & Straightening	*Perm wrapping techniques, types of perms, chemical relaxing techniques, perm and relaxer chemistry, product use and safety, etc.*	30	40
Hair Coloring	*Temporary, semi-permanent, demi-permanent, and permanent color classifications and applications, lightening, foiling, creative color placements, color theory and chemistry of hair color, etc.*	60	80
Hair Removal	*Waxing and tweezing procedures, safety, contraindications.*	15	10
Facial & Skin Care	*Facial treatments, skin analysis, skin diseases and disorders, contraindications, product knowledge, etc.*	30	10
Makeup	*Basic makeup application, special occasion and event makeup, special effects, disinfection procedures related to makeup application, etc.*	20	10
Manicuring & Pedicuring	*Care of the hands and feet, basic manicure and pedicure services, polish application, infection control and safety procedures, nail diseases and disorders, etc.*	25	15
Nail Enhancements	*Sculptured nails and extensions, light-cured gel, removal, nail design, infection control and safety for sculptured nails.*	10	5
Reflexology & Massage	*Basic reflexology and massage as it relates to Cosmetology, skin and nail services.*	10	0
Textbook Theory	*Workbook assignments, in depth discussion, activities, studying and review, written assessments.*	65	0
Clinic Classroom & Services	*Clinic orientation, guest services, practical skills evaluations, client communications and consultations, service booking and retail experience, etc.*	0	580
TOTAL		**510**	**990**

COSMETOLOGY PROGRAM TESTING AND GRADING PROCEDURE

The following tests and grading procedures are incorporated during the student's 1500 hour course:

1. **Core written and practical skill exams:** Students must receive a grade of 75% or higher on each written exam and each practical skill exam in order to complete the Core program. The exams are an overview of instruction taught during the Core schedule. All Core written and practical skill exams must be passed with a 75% in order to transition to the Clinic Classroom. If students are unable to pass each exam after two attempts, the student may be asked to withdraw from the program and re-enroll in the next available Core class start date.
2. **Academic theory exams:** Students must receive a grade of 75% or higher on each assigned theory exam.
3. **Final exam (approximately 1400 hour written test):** The final written exams cover an overview of all theory instruction, New Hampshire state law, and other items covered on the state cosmetology exam. Students must receive a grade of 75% or higher on all final exams.
4. **Clinic Practical Skill Assessments:** Students progress in practical skill assessments and theory hours will be digitally monitored on a weekly basis by the Future Professional Advisor using My Portico App. All assigned practical skill assessments must be completed in order to complete the program.

INSTRUCTIONAL TECHNIQUES AND METHODS

The cosmetology 1500 hour course is provided through a sequential set of learning steps which address specific tasks necessary for State Board preparation, graduation and job entry level skills. Clinic equipment, implements and products are comparable to those used in the industry. Each student will receive instruction that relates to the performance of useful, creative and productive career oriented activities. The course is presented through well-developed lesson plans that reflect the latest educational methods. Subjects are presented by means of lecture, demonstration, and student participation. Audio-visual aids, guest speakers, field trips, and other related learning methods are used in the course.