

DYNAMICS OF CLOTHING I

UNIT I: *PSYCHOLOGY OF CLOTHING AND APPEARANCE*

TOPIC B: **PERSONAL GROOMING * (Optional)**

OBJECTIVE: Students will assess the importance of consistent personal grooming, examine a variety of grooming techniques, and develop a personal grooming regimen.

CONCEPT: Proper care of skin, hair, nails, and teeth as well as proper diet, posture, exercise, and sleep are all important parts of one's personal appearance. It is important to study these topics so one can present his/her best possible image and elevate his/her level of self-esteem.

COMPETENCIES:

1. Examine personal appearance.
2. Discuss impact of grooming on personal image.
3. Discuss impact of personal grooming on self-esteem and self-concept.
4. Identify personal changes needed to improve or clarify personal image.
5. Develop a plan for achieving needed changes.

ACTIVITIES/OPTIONS:

Use the materials and activities from Unit III: Grooming in the Fashion Strategies curriculum.

Note: Teachers need to be sure the activities in this unit are appropriate for both male and female students (e.g., basic skin and nail care, hair care and styles, face shapes, personal hygiene, etc.). Topics such as make-up and other types of grooming that only relate to the female students should not be covered in class.

* If the materials in this unit have been covered elsewhere in the Home Economics program, such as the Exemplary School Curriculum or Fashion Strategies course, omit this topic from this course.