

Cosmetology, Esthetics, Manicuring, and Teacher Program Consumer Packet

8521 Geyer Springs Road, Unit 30 Little Rock, AR 72209

www.arbs.edu

Arkansas Beauty School-LR (ABS-LR) is proud of its educational record and cosmetology, esthetics, and manicuring curriculum. ABS-LR's accredited faculty and staff are dedicated to giving our students the skills to excel in this industry and the knowledge to enhance employment opportunities. The School does not discriminate its admittance on the basis of sex, age, race, color, religion or ethnic origin. We offer both day and evening classes, providing students with every opportunity to pursue their education and embark on an amazing journey, on their way to an exciting new career.

FROM THE U.S. DEPARTMENT OF LABOR OCCUPATIONAL OUTLOOK HANDBOOK, 2014-15 EDITION
<http://stats.bls.gov/oco/>) looking your best has never been easy. It requires exquisite nails, and the perfect hairstyle and skin. Hair, nails, and skin has been a center of attention since people first began to care about their appearance. As people increasingly demand styles that are better suited to their individual characteristics, they must choose from a vast array of cosmetic products and rely on professionals to help them make sense of the different options. Although tastes and fashions change from year to year, the basic tasks of cosmetologists, estheticians, and manicurists have remained the same – helping people to look their best.

What Cosmetologist Do

Cosmetologists provide beauty services and treatments to clients. Examples of cosmetology services include hairstyling, makeup application and nail care. To work as a cosmetologist, you need a professional license issued from the state you intend to work in. These licenses are only available after you complete a state-approved cosmetology training program. Before investing your time and money in a training program, it is wise to know the career outlook for the field, including industry growth, where to work and the average pay.

What Estheticians Do

Skincare specialists provide facials, full-body treatments, and head and neck massages to improve the health and appearance of the skin. Some may provide other skin care treatments, such as peels, masks, or scrubs, to remove dead or dry skin.

In addition to working with clients, skincare specialists create daily skin care routines based on skin analysis and help clients understand which skin care products will work best for them. A growing number of specialists actively sell skin care products, such as cleansers, lotions, and creams.

Those who operate their own salons have managerial duties that include hiring, firing, and supervising workers, as well as keeping business and inventory records, ordering supplies, and arranging for advertising.

What Manicurists Do

Manicurists work exclusively on the hands and feet, providing treatments to groom fingernails and toenails. A typical treatment involves soaking the clients' hands or feet to soften the skin in order to remove dead skin cells. Manicurists and pedicurists apply lotion to the hands and feet to moisturize the skin. They may also shape and apply polish to artificial fingernails.

Manicurists use a variety of tools, including nail clippers, nail files, and specialized cuticle tools. They must be focused while they perform their duties, because most of the tools they use are sharp. Keeping their tools clean and sanitary is important.

Some Manicurists operate their own nail salon business. They manage the daily decision-making tasks, such as keeping inventory records and ordering supplies. They also hire and supervise workers and sell

nail care products, such as nail polish and hand or foot cream, to clients. A small, but growing, number of workers make house calls. Their mobile manicure and pedicure services are popular because clients consider them convenient.

What Instructors Do

An instructor serves as a model and inspiration for aspiring students. The instructor educates and molds students' knowledge and skills by providing students with quality instruction in both theory and clinical practices. The instructor also conducts teaching labs, monitors all classroom and clinic activities, outlines lessons, keeps student records, such as grades and attendance, as well as provides active instruction. The instructor is also responsible for keeping all licenses current and meeting all state continuing education requirements.

What is the work environment like, and what are the physical demands of the job?

Cosmetologists, estheticians, instructors, and manicurists work mostly in clean, pleasant shops, salons, training schools, and spas that are equipped with good lighting and ventilation. Good health, good posture, and physical stamina are important, because they are on their feet, or sitting on a stool for most of their shift. Prolonged exposure to some chemicals may cause skin irritation, so they often wear protective clothing, such as disposable gloves or aprons.

Many full-time cosmetologists and other personal appearance workers put in a 40-hour week, but longer hours are common, especially among self-employed workers. Work schedules may include evenings and weekends, the times when beauty salons and shops are busiest. Many barbers, hairstylists, and cosmetologists or personal care specialist work full time; however, part-time positions are also common. Those who run their own barbershop or salon may have long workdays. Work schedules often include evenings and weekends—the times when barbershops and beauty salons are busiest. Those who are self-employed usually determine their own schedules.

How much do cosmetologist, estheticians, and manicurists make?

In May 2020, the mean annual wage for cosmetologists was \$27,630 according to The Bureau of Labor Statistics (www.bls.gov).

The median annual wage for manicure and pedicure specialists was \$27,870 in May 2020.

In May 2020, the median salary for skincare specialists in the top industries in which they worked was \$36,510.

In May 2020, the median wage for cosmetology/barber instructors was \$31,230.

Information found in the Occupation Outlook Handbook www.bls.gov/

What is the job outlook?

Employment of cosmetologists is projected to decline 1% from 2019 to 2029. Employment of hairdressers, hairstylists, and cosmetologists in the personal care services industry is expected to decrease. Because of specialization, consumers will continue to choose manicurists and pedicurists and skincare specialists for some services, rather than to visit hairdressers, hairstylists, and cosmetologists for them. Employment of skincare specialists is projected to grow 17 percent from 2019 to 2029, much faster than the average for all occupations.

Most job openings will result from the need to replace workers who leave the occupation (<http://www.bls.gov/ooh/personal-care-and-service/barbershairdressers-and-cosmetologists.htm>).

What are the job prospects?

Job opportunities generally should be good, particularly for licensed personal appearance workers seeking entry-level positions. A large number of job openings will come about from the need to replace workers who transfer to other occupations, retire, or leave the labor force for other reasons. However, workers can expect keen competition for jobs and clients at higher paying salons, as these positions are relatively few and require applicants to compete with a large pool of licensed and experienced cosmetologists. Opportunities will generally be best for those with previous experience and for those licensed to provide a broad range of services.

Important Qualities

Business skills. Hair, nail, and skincare specialists who run their own salons or spas must understand general business principles. For example, they should be skilled at administrative tasks, such as accounting and personnel management, and be able to manage a salon efficiently and profitably.

Creativity. Cosmetologists, estheticians, teachers, and manicurists must keep up with the latest trends and be ready to try new hairstyles for their clients.

Customer-service skills. Workers must be pleasant, friendly, and able to interact with customers in order to retain clients.

Listening skills. Cosmetologists, estheticians, teachers, and manicurists should be good listeners. They must listen carefully to what the client wants in order to make sure that the client is happy with the result.

Physical stamina. Cosmetologists, estheticians, teachers, and manicurists must be able to stand on their feet for long periods.

Good personal hygiene and sanitation practices. Workers must keep a neat personal appearance and keep their work area clean and sanitary. This requirement is necessary for the health and safety of their clients, as well as to make the clients comfortable enough to want to return.

Time-management skills. Time-management skills are important in scheduling appointments and providing services.

Dexterity. A steady hand is essential in achieving a creative and precise nail design. Also, because haircutters and manicurists often use sharp tools, they must have good finger dexterity.

ADDITIONAL INFORMATION about careers in cosmetology and state licensing requirements can be obtained from:

Department of Health, Cosmetology Section

4815 West Markham, Slot B

Little Rock, AR 72205

501-682-2168

AACS American Association of Cosmetology Schools

9927 E. Bell Rd, Suite 110

Scottsdale, AZ 85260

1-800-831-1086

National Accrediting Commission for Cosmetology Arts and Sciences (NACCAS)

4401 Ford Avenue Suite 1300

Alexandria, Virginia 22302

(703)600-7600

<http://www.naccas.org>

How do you become a cosmetologist, esthetician, or manicurist?

All states require cosmetologists, estheticians, and manicurists to be licensed. To qualify for a license, candidates are required to graduate from a state-approved cosmetology program.

Education and training. A high school diploma or GED is required for some personal appearance workers in some States. In addition, most States require that cosmetologist, esthetician, or manicurist complete a program in a State-licensed barber or cosmetology school. Programs in hairstyling, skin care, and other personal appearance services can be found in both high schools and in public or private postsecondary vocational schools.

Full-time cosmetology program in Arkansas is 1500 clock hours, usually last at least 9 months, and may lead to an associate's degree. Full-time esthetics and manicuring programs are 600 clock hours, and can be completed in approximately 5 months. Most of these workers take advanced courses in hairstyling or in other personal appearance services to keep up with the latest trends. Those who want to open their own business also may take courses in sales and marketing.

After graduating from a state-approved training program, students take a state licensing exam that includes a written test and, in some cases, a practical test or an oral exam.

In many states, cosmetology training may be credited toward a barbering license and vice versa, and a few states combine the two licenses. A fee usually is required to apply for a license, and periodic renewals may be necessary.

Some states have reciprocity agreements that allow licensed cosmetologists, estheticians, and manicurists to get a license in another state without needing additional formal training, but such agreements are not common. Consequently, people who want to work in a particular state should review the laws of that state before entering a training program.

Licenses, Certifications, and Registrations:

State licensing requirements vary. However, applicants need to be at least 16 years old and have a high school diploma or the equivalent. After completing a state-approved cosmetology, esthetics or manicurist program, teacher training, and manicurists must take a written exam and a practical exam to get a license through their state board. School must submit a Certificate of Training Form. Forms can be downloaded online at <https://www.healthy.arkansas.gov/programs-services/topics/cosmetology-testing-and-training>

License Requirements: A candidate who wishes to obtain a Cosmetologist license must pass both a written and a practical examination. To qualify to take either of these examinations, a candidate must:

1. Have successfully completed a 1500-hour course of instruction in a cosmetology program section or 600-hour course of instruction in esthetics or manicuring program section of an approved school of cosmetology. School must submit a Certificate of Training Form. Forms can be downloaded online at <https://www.healthy.arkansas.gov/programs-services/topics/cosmetology-testing-and-training>
2. Be at least 16 years old (for state licensure, not school enrollment)
3. Must have completed the 10th grade or its equivalent for state licensure not school enrollment

Cosmetology Practical Exam Fee \$65.00

Cosmetology Written Exam Fee: \$60.00

Entrance Requirements for Arkansas Beauty School-Little Rock

Proof of date of birth

Social Security Card

High School Diploma or sealed transcript (showing high school completion/G.E.D.)

Enrollment: A registration fee and application fee must be paid to reserve a place in the class of your choice. All necessary enrollment requirements are to be completed at least two weeks prior to class start date.

Tuition and Fee Information

COSMETOLOGY PROGRAM TUITION: \$19,455

REGISTRATION FEE: \$250 APPLICATION FEE: \$100

BOOKS, SUPPLIES, UNIFORM AND KIT: \$2,000

TOTAL COST: \$21,805

Installment Method: Students may choose to make monthly payments. The first payment is made no later than the first week of class and then continues monthly until paid in full.

ESTHETICS, MANICURING, and INSTRUCTOR PROGRAM TUITION: \$7,782

REGISTRATION FEE: \$250

APPLICATION FEE: \$100

BOOKS, SUPPLIES, UNIFORM, AND KIT: \$2,000

TOTAL COST: \$10,132

Installment Method: Students may choose to make monthly payments. The first payment is made no later than the first week of class and then continues monthly until paid in full.

Financial Aid

What types of financial aid are available?

Information for financial aid is available at www.studentaid.gov.

Arkansas Beauty School- Little Rock is approved by the United States Department of Education. Applicants/students wanting financial aid should consider the various programs

Our programs are set by the U.S. Department of Education guidelines. Whether a student is eligible for assistance, and how much is determined by the need of the particular student. Each case is different. The school makes an evaluation on the individual, privately and impartially.

Federal Pell Grant

- A Federal Pell Grant, unlike a loan, does not have to be repaid. Federal Pell Grants usually are awarded only to undergraduate students who have not earned a bachelor's or a professional degree.
- Amounts can change yearly. The maximum Federal Pell Grant award is \$6,495 for the 2021-2022 award year (July 1, 2021 to June 30, 2022). For the 2020–2021 award year (July 1, 2020 to June 30, 2021), the maximum award will be \$6,345. The amount you get, though, will depend on
 - your financial need,
 - your cost of attendance,
 - your status as a full-time or part-time student, and
 - your plans to attend school for a full academic year or less.
- You may not receive Federal Pell Grant funds from more than one school at a time.
- Effective on July 1, 2012, you can receive the Federal Pell Grant for no more than 12 semesters or the equivalent (roughly six years)

Federal Direct Loans- Subsidized and Unsubsidized

- Subsidized and unsubsidized loans are federal student loans for eligible students to help cover the cost of higher education at a four-year college or university, community college, or trade, career, or technical school. The U.S. Department of Education offers eligible students at participating schools Direct Subsidized Loans and Direct Unsubsidized Loans.
- **LOANS MUST BE REPAYED.**

Subsidized Loans

- Direct Subsidized Loans are available to undergraduate students with financial need.
- Your school determines the amount you can borrow, and the amount may not exceed your financial need.
- The U.S. Department of Education pays the interest on a Direct Subsidized Loan
 - while you're in school at least half-time,

- for the first six months after you leave school (referred to as a grace period*), and
- during a period of deferment (a postponement of loan payments).

Unsubsidized Loans

- Direct Unsubsidized Loans are available to undergraduate and graduate students; there is no requirement to demonstrate financial need.
- Your school determines the amount you can borrow based on your cost of attendance and other financial aid you receive.
- You are responsible for paying the interest on a Direct Unsubsidized Loan during all periods.
- If you choose not to pay the interest while you are in school and during grace periods and deferment or forbearance periods, your interest will accrue (accumulate) and be capitalized (that is, your interest will be added to the principal amount of your loan).

PLUS

- The U.S. Department of Education is the lender.
- The borrower must not have an adverse credit history.
- The maximum loan amount is the student's cost of attendance (determined by the school) minus any other financial aid received.

Who qualifies for financial aid?

1. You are enrolled at least half time (23 hours per week)
2. You are a US citizen or an eligible non-citizen
3. You show you have a need (the difference between the cost of education and expected family contribution). Need is determined by the information supplied by the student on the application for financial aid (FAFSA).
4. You are making satisfactory progress towards completing your program of student.
5. You are not in default on an education loan.
6. You do not have an overpayment on a Pell Grant or SEOG at any school.

How do I apply for Financial Aid?

1. The student must complete the application for Federal student aid at www.fafsa.ed.gov.
2. If you are interested in taking out a student loan, you must complete entrance counseling at www.studentaid.gov.
3. For loans, you must also complete the Master Promissory Note (MPN) at www.studentaid.gov.
4. Use the school code when completing the FAFSA, Entrance Counseling, and MPN. The Financial Aid Office must receive confirmation electronically.

How does my tuition and fees get paid?

Disbursements are made directly to the school. In most cases, the Federal Student Loans and Pell Grant will be disbursed at; 1- 450 hours 451-900 hours, 901-1200 hours, and 1201-1500 hours