

# SUSSEX BEAUTY TRAINING SCHOOL



## STUDENT INFORMATION SHEET

### FAQ's

#### What do I need to bring for my course?

We will order your uniform for you. This may take a few weeks, so please wear black trousers and a white short sleeved blouse or shirt for the first lesson.

- Please leave valuable jewellery at home. When performing practical work you are only allowed to wear small stud earrings and a wedding band.
- You will need to purchase black or white closed in shoes. Once your kit arrives you will be responsible for bringing it to every lesson.
- You will need to supply your own disposables such as tissues, cotton wool and cotton buds. You will also be responsible for replenishing your kit when necessary.
- You will need to provide your own pens, paper and files.
- We will supply a selected book, and a CD to support your learning. We also have a supply of various text books we are happy to lend out to students each week to help with their studies.
- We also recommend you purchase one or more from our suggested book list below:

*The Official guide to Beauty Therapy – Level 2: Lorraine Nordmann*  
*The Official Guide to Beauty Therapy – Level 3: Lorraine Nordmann*  
*Beauty Therapy Fact File: Susan cressy*  
*Anatomy and Physiology for Holistic Therapists: Francesca Gould*  
*Body Massage for Holistic Therapists: Francesca Gould*  
*The Official Guide to Body Massage: Adele O Keefe*  
*Anatomy and Physiology Therapy Basics: Helen McGuinness*

#### What breaks will I get throughout the day?

On daytime courses tea, coffee and biscuits are provided.

We tend to have tea and coffee breaks throughout the morning whilst learning theory.

There will be a strict 30 minute lunch break for students on full day courses. Please bring a packed lunch as there will not be time to go into town to purchase food.

We do have a microwave, fridge and kettle for student use.

On evening classes refreshments can be taken whilst partaking in theory work at the discretion of the Tutor. Evening classes allow for an induction/feedback period of time at the start of each session, so tea and coffee is often taken at this time and then students work through the remaining session.

#### What time do I need to arrive to class?

Please arrive 5 - 10 minutes prior to class commencing.

Once we begin practical work on clients you may need additional time to prepare

#### How will I learn the practical treatments?

Be prepared to practise on each other in class. Each week you will be giving and receiving treatments – this is an important part of the learning process.

You must try and practise on friends and family every week. Ideally at least 2 treatments a week should be practised at home. eg: 2 facials, 2 manicures, 2 leg waxes etc.

You will be required to keep a reflective working journal and provide photos as evidence of your practise.

Case studies will need to be completed. This will be explained to you in class once you learn each technique.

Be prepared to live, breathe and eat Beauty Therapy throughout your chosen fast track course. It is intensive, hence we cannot stress enough that you manage your study time efficiently.

#### What support can I expect?

We are here to support you throughout your studies. If you ever have any queries about coursework please request to see your Tutor at the beginning or end of the session on a one to one basis. If you ever have any issues with the School then we are adamant that you contact the Principal Anita Hayman.

Once the duration of the course is complete there is a 'safeguarding' period of time before the external examination date to prepare students. We provide mock exams, revision tutorials and work experience at the Schools discretion which students are requested to partake in.

#### What happens for the Examination?

You will be prepared for your CIBTAC Exam. We hold Sussex Beauty Training School Assessment Exams approximately 2 weeks prior to the CIBTAC Exam. We will award our own grade either Pass, Credit or Honours and provide a Certificate.

CIBTAC Exams include a multiple choice theory paper. For example Aesthetics Option A is a 90 minute paper. We do find that students do not always need this much time. On completion of the theory Exam there is a 30 minute break and then practical Exams commence. The Aesthetics exam is 3 ½ hours in length and the External examiner will instruct you on requirements and timings. Please see all our Examination times and criteria listed our syllabus.

You receive your CIBTAC results and certificate within a 6 week time frame after your exam.

**If you need any further information about CIBTAC you can visit their website: [HYPERLINK http://www.cibtac.com](http://www.cibtac.com)**

**We can be contacted on: Tel: 01444 233060**

**Email: [enquiries@sussexbeautytraining.co.uk](mailto:enquiries@sussexbeautytraining.co.uk)**