



Pro Level Stylist Capstone Reflection Workbook

Use this workbook throughout Pro Level to track your design decisions, challenges, examples, and growth as you prepare for your final Capstone Reflection.

How To Use This Workbook

This workbook is designed to help you collect notes, examples, and reflections throughout Pro Level so you feel prepared when you reach the final Capstone Reflection submission.

As you complete each submission, use these pages to record challenges, design decisions, efficiency improvements, Stylist growth, and Mentor feedback.

Design Intention

Think about why you made certain style choices throughout the groom, including length, shape, and overall finish.

Structural Understanding

Reflect on how balance, proportion, coat type, and anatomy influenced your grooming decisions.

Technical Growth

Track the areas where your technical skills improved throughout the program, such as blending, finishing work, consistency, or scissor control.

Efficiency Awareness

Consider how your prep work, workflow, timing, and overall grooming process improved throughout Pro Level.

Stylist Identity

Reflect on how your personal style, creative decisions, and overall approach helped make your work feel intentional rather than routine.

Lesson 4.9 Body, Feet, & Tail

Body Style: _____

Foot Style: _____

Tail Style: _____

Breed: _____

Coat
Type: _____

Style
Goal: _____

Approximate
Groom Time: _____

Special
Notes: _____

What look where you trying to create?

How did balance, proportion, structure, coat type, or anatomy influence your grooming decisions?

What part of this groom challenged you most? Did you make any adjustments to length, structure, outline, or finish during the groom?

Lesson 4.10 Head & Ear Styling

Head Style: _____

Ear Style: _____

Breed: _____

Coat
Type: _____

Style
Goal: _____

Approximate
Groom Time: _____

Special
Notes: _____

What expression or overall look were you trying to create through the head and ear styling choices?

How did head shape, ear placement, coat type, or overall balance influence your styling decisions?

What part of the head or ear styling challenged you most? Did you make any adjustments to shape, length, blending, or finish during the groom?

Lesson 5.10 Small Doodle

Breed/
Mix: _____

Coat
Type: _____

Approx
Weight: _____

How did coat type, structure, proportions, or Doodle features influence your grooming decisions?

What part of this groom challenged you most? Did you make any changes to your original plan during the groom?

What overall style or finish were you trying to achieve with this groom? How did you approach balance, shape, and softness throughout the design?

What helped your workflow feel more efficient during this groom? Consider prep work, section planning, drying, order of execution, or finishing techniques.

Approximate
Groom Time: _____

Special
Notes: _____

Lesson 5.11 Large Doodle

Breed/
Mix: _____

Coat
Type: _____

Approx
Weight: _____

How did size, structure, coat density, or anatomy influence your grooming decisions and finishing work?

What part of this groom challenged you most? Did you need to adjust your original grooming plan as you worked through the groom?

What overall style and silhouette were you trying to create? How did you maintain balance and consistency throughout the groom?

What changes in workflow, prep work, sectioning, drying, or finishing helped improve your efficiency during this groom?

Approximate
Groom Time: _____

Special
Notes: _____

Lesson 6.8 Wildcard #1

Breed/
Mix: _____

Coat
Type: _____

Style
Goal: _____

How did structure, balance, coat type, or anatomy influence the creative choices you made during this groom?

What part of this groom challenged you most? Did your design or execution change at any point during the grooming process?

What made this groom unique or creatively challenging? What inspired your design choices and overall finish?

How does this groom reflect your personal style or approach to grooming? What details made this groom feel intentional and recognizable as your work?

Approximate
Groom Time: _____

Special
Notes: _____

Lesson 6.8 Wildcard #2

Breed/
Mix: _____

Coat
Type: _____

Style
Goal: _____

How did structure, balance, coat type, or anatomy influence the creative choices you made during this groom?

What part of this groom challenged you most? Did your design or execution change at any point during the grooming process?

What made this groom unique or creatively challenging? What inspired your design choices and overall finish?

How does this groom reflect your personal style or approach to grooming? What details made this groom feel intentional and recognizable as your work?

Approximate
Groom Time: _____

Special
Notes: _____

Lesson 9.1 Capstone Reflection

Most Challenging Groom

Which submission challenged you the most and why? Describe the specific areas that required adjustment throughout the groom.

Did you modify length, structure, outline, or finish work during the process? If you completed this groom again, what would you refine and why?

Be specific about technique, balance, workflow, or overall finish work.

Think About:

- structure
- balance
- outline
- problem-solving
- adjustments made during the groom

Lesson 9.1 Capstone Reflection

Theory of 5

How has your understanding of the Theory of 5 developed throughout Pro Level? Reflect on how it now influences your grooming decisions and overall approach to balance, structure, and styling.

Consider how you use the Theory of 5 framework to create balance & proportion, choose your style, support coat type, and apply your knowledge of anatomy. Reference at least one specific submission where you intentionally applied the Theory of 5.

Think About:

- body styles
- feet styles
- head balance
- ear choices
- tail balance
- silhouette
- structure
- proportion

Lesson 9.1 Capstone Reflection

Efficiency & Professional Development

Reflect on your Small Doodle and Large Doodle submissions.

What did you learn about time management, workflow, preparation, and finishing work throughout the program?

Consider how your prep work, planning the groom using Theory of 5, your order of execution, and efficiency changed between the two submissions. Be specific about what improved and how those changes impacted your final results.

Think About:

- prep work
- drying
- section planning
- timing
- workflow
- finishing techniques
- efficiency improvements
- confidence during the groom

Lesson 9.1 Capstone Reflection

Stylist Identity

After completing Pro Level, how would you describe your grooming style and overall approach to grooming?

Reflect on what makes your work feel intentional rather than routine. Consider how your personal style, creative decisions, balance, finishes, and overall design choices developed throughout the program.

Reference at least one submission that best represents your Stylist identity and explain why.

Think About:

- soft vs structured finishes
- salon-friendly styling
- creative decisions
- balance and silhouette
- what makes your work recognizable
- how your confidence evolved

Before You Submit Your Capstone

Before submitting your final Capstone Reflection, take a moment to review your notes, submissions, Mentor feedback, and overall growth throughout Pro Level.

Your Capstone Reflection should demonstrate intentional design thinking, technical growth, applied anatomy understanding, workflow development, and your evolving Stylist identity.

- I referenced specific Pro Level submissions.
- I explained why I made certain design choices.
- I discussed structure, balance, coat type, and anatomy.
- I reflected on my technical growth throughout the program.
- I discussed workflow, timing, or efficiency improvements.
- I compared my Small Doodle and Large Doodle experiences.
- I explained how my Stylist identity developed.
- I used complete sentences and clear professional language.
- I reviewed my Mentor feedback before completing my reflection.

Final Reflection:

What is the biggest lesson, skill, or mindset shift you are taking away from Pro Level?