

March 26, 2020

Dear Parents and Students,

I hope everyone is doing well. We are out of school through the end of April. I miss seeing all of you!!! **GOOD NEWS!!!!!!!!!!!!** I have received an e-mail from the S.C. Board of Education and SC State Board of Cosmetology. Together they have agreed students will receive some hours. Students must continue to complete the assignments given to them. This is how I will credit your hours. I will also be able to grade the assignments.

Cosmetology 2-

Some of the assignments given in this packet will be a review for you. Some will also be what we were studying in class before we had to shut down. There are a couple of the assignments that will be new. These are chapters we will cover at a later date. **ALL assignments MUST be completed by the end of April. THEY WILL BE GRADED!!!!**

Your first assignment will be to make a poster of the levels of natural color. Remember there are 10 levels. I want you to be creative and use your imagination. You may use anything to complete this assignment.

Your second assignment is to make a poster of the 10 levels of decolorization. There are 10 levels here also. Again I want you to be creative and use your imagination. You may use anything to complete this assignment.

After you complete these two assignments, please complete the packet. We will go over everything once we return to the classroom. If there are any questions or concerns, you may get in touch with me

from 9:00 a.m. until 7:00 p.m. at (843)425-6557 or vivian.hall@dcctc.org, or you may also text me. Please be safe.

COSMETOLOGY 4

Ladies, you are still going to St. Board testing when they reschedule us!!!!!!! You will be given hours while we are out of the classroom, as long as you are completing the assignments. Please continue to practice for the Practical Exam. I am continuing to stay in touch with PCS and St. Board. In the meantime, your assignments are review for the St. Board written exam. Each assessment is divided into the chapters in MiLady textbook. Each assessment will be graded separately. Please do your best!!!!

Your last assignment for April is to create a Kahoot or a Quizlet. This assignment should be at least 50 questions. It must be used as a written St. Board Review. If you have any questions or concerns, please call me at any time between 9:00 a.m. to 7:00 p.m. at (843) 425-6557 or e-mail me at vivian.hall@dcctc.org, or you may also text me. Please be safe.

LADIES- I APPRECIATE YOU TEXTING ONE ANOTHER AND RELAYING MESSAGES TO EACH OTHER!!!!!!! I THINK ALL OF MY STUDENTS ARE AWESOME!!!!!!!!!!!! PLEASE BE CAREFUL AND BE SAFE!!!!!!

Thank you,

Name: _____

ID: A

- _____ 11. The barber pole—symbol of the barber-surgeon—has its roots in a medical procedure called:
- a. staff
 - b. dentistry
 - c. knifing
 - d. bloodletting
- _____ 12. The salon industry depends heavily on its relationships with product distributors, which are referred to as:
- a. directors of sales
 - b. distributor sales consultants
 - c. directors of cosmetics
 - d. directors of styles
- _____ 13. Types of facilities in which cosmetologists work include which of the following?
- a. specialty salons
 - b. full-service salons
 - c. day spas
 - d. all answers are correct
- _____ 14. Your license will unlock countless doors for employment; however, your career will be fueled with:
- a. focusing on hair cutting
 - b. skills and gossiping
 - c. personal dedication and passion
 - d. poor taste and dishonesty

Cosmo 2 Chapter 3

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. The hallmark of professionalism is:
- a. posture
 - b. trendy makeup
 - c. functional clothing
 - d. politeness
- _____ 2. Sitting improperly puts stress on all of the following EXCEPT:
- a. neck
 - b. legs
 - c. wrists
 - d. back
- _____ 3. Guidelines for good work posture include all of the following EXCEPT:
- a. elongate the neck
 - b. sit with a straight back
 - c. hold shoulders high
 - d. keep chest up and out
- _____ 4. The design and planning of the workplace for maximum comfort, safety, and efficiency is known as:
- a. ergonomics
 - b. physics
 - c. decorating
 - d. architecture
- _____ 5. Stressful, repetitive motions have a cumulative effect on joints and:
- a. eyes
 - b. muscles
 - c. skin
 - d. heart
- _____ 6. Which of the following will help counter the negative effects of repetitive motions?
- a. stretching and walking around at intervals
 - b. reaching across the table when giving a manicure
 - c. bending the neck when standing
 - d. holding elbows away from body when cutting
- _____ 7. A tennis ball is useful in exercises to release stress from repetitive movement of which body part?
- a. shoulders
 - b. ankles
 - c. wrist
 - d. fingers

Cosmo 2 Chapter 4**Multiple Choice**

Identify the choice that best completes the statement or answers the question.

- _____ 1. A fundamental factor in human relations involves a person's sense of _____.
- a. style
 - b. fear
 - c. security
 - d. color
- _____ 2. An important aspect of human relations is to:
- a. talk more, listen less
 - b. avoid eye contact
 - c. interrupt often
 - d. talk less, listen more
- _____ 3. The act of successfully sharing information between two people, or groups of people, is known as:
- a. reflective listening
 - b. reflexive language
 - c. mutual respect
 - d. effective communication
- _____ 4. The client consultation is also known as the:
- a. needs assessment
 - b. intake interview
 - c. sales pitch
 - d. personal encounter
- _____ 5. Prior to sitting at your station, every new client should fill out an intake form, also called a:
- a. client assessment
 - b. visual tool
 - c. rating card
 - d. consultation card
- _____ 6. A client who prefers simple and sophisticated clothing, monochromatic colors, and no bright patterns is said to have what kind of style?
- a. plain
 - b. dramatic
 - c. classic
 - d. simple
- _____ 7. The first step in the 10-step consultation method is:
- a. analyze the client's hair
 - b. review the intake form
 - c. show and tell
 - d. discuss upkeep
- _____ 8. You should ask the client what at-home products she uses as part of which step of the consultation?
- a. determine client's preferences
 - b. show and tell
 - c. analyze client's hair
 - d. review client's lifestyle
- _____ 9. Counseling clients on salon maintenance, lifestyle limitations, and home maintenance commitments is part of which step of the consultation?
- a. discuss upkeep and maintenance
 - b. suggest options
 - c. review the consultation
 - d. make color recommendations
- _____ 10. When suggesting options to a client, which of the following criteria should be used?
- a. lifestyle
 - b. face shape
 - c. hair type
 - d. All answers are correct.
- _____ 11. When handling a scheduling mix-up with a client, it is recommended that you:
- a. cover up the issue
 - b. argue with the client
 - c. never argue and be polite
 - d. cancel the appointment

Name: _____

ID: A

- _____ 12. When communicating with your salon manager, you should do all of the following EXCEPT:
- a. complain about colleagues
 - b. get your facts straight
 - c. be open and honest
 - d. check your attitude

Name: _____

ID: A

- _____ 25. The type of immunity that the body develops after overcoming a disease or through inoculations is:
- a. natural immunity
 - b. natural healing
 - c. acquired immunity
 - d. acquired resistance
- _____ 26. Which of the following is an acceptable way to clean tools or instruments?
- a. using an ultrasonic unit
 - b. using a cleaning solvent
 - c. washing with soap and water, then scrubbing with a clean, disinfected nail brush
 - d. All answers are correct.
- _____ 27. A reaction due to extreme sensitivity to certain foods, chemicals, or other normally harmless substances is a(n):
- a. allergy
 - b. infection
 - c. disease
 - d. parasite
- _____ 28. The term describing the effectiveness with which a disinfecting solution kills germs when used according to the label instructions is:
- a. effect
 - b. concentration
 - c. efficacy
 - d. disinfection
- _____ 29. A safe and useful type of disinfectant, commonly called quats, is:
- a. quarter antiseptic solution
 - b. quaternary-based compounds
 - c. phenolic quaternary agents
 - d. quaternary ammonium compounds
- _____ 30. Which of the following is a drawback to using phenolic disinfectants?
- a. can cause some metals to rust
 - b. can damage plastic and rubber
 - c. are known carcinogens
 - d. All answers are correct.
- _____ 31. Sodium hypochlorite is the chemical name for:
- a. phenols
 - b. bleach
 - c. baking soda
 - d. soap
- _____ 32. Which of the following is an example of a multi-use item?
- a. wooden sticks
 - b. nippers
 - c. gauze
 - d. All answers are correct.
- _____ 33. Single-use items that do not have the capacity to be disinfected after each client use must be:
- a. discarded
 - b. washed
 - c. stored
 - d. immersed
- _____ 34. When hand washing, it is important to rub hands together for a minimum of how long?
- a. 20 seconds
 - b. 30 seconds
 - c. 1 minute
 - d. 2 minutes
- _____ 35. Universal Precautions for bloodborne pathogens are regulated by:
- a. DOL
 - b. DOE
 - c. OSHA
 - d. FDA
- _____ 36. If an exposure incident should occur, discard all disposable contaminated objects in a:
- a. trash bag
 - b. contaminated waste container
 - c. paper towel
 - d. trash can

Name: _____

ID: A

- _____ 12. The bone that forms the forehead is the:
a. parietal
b. frontal
c. occipital
d. hyoid
- _____ 13. Two bones that form the sides of the head in the ear region are the:
a. temporal bones
b. parietal bones
c. frontal bones
d. occipital bones
- _____ 14. The bone that joins all of the bones of the cranium together is the:
a. ethmoid bone
b. parietal bone
c. malar bone
d. sphenoid bone
- _____ 15. The cheekbones are also called the malar bones or:
a. hyoid bones
b. lacrimal bones
c. ethmoid bones
d. zygomatic bones
- _____ 16. The elastic, bony cage that acts as a protective framework for the heart and lungs is the:
a. ribs
b. thorax
c. scapula
d. clavicle
- _____ 17. The uppermost and largest bone of the arm, extending from the elbow to the shoulder is the:
a. hyoid
b. humerus
c. ulna
d. carpus
- _____ 18. The inner and larger bone of the forearm, attached at the wrist and located on the side of the little finger, is the:
a. humerus
b. carpus
c. ulna
d. radius
- _____ 19. The bones in the fingers or digits are called:
a. phalanges
b. metacarpus
c. scapula
d. carpus
- _____ 20. The heavy, long bone that forms the leg above the knee is called the:
a. femur
b. tibia
c. fibula
d. patella
- _____ 21. The ankle joint is composed of how many bones?
a. nine
b. six
c. four
d. three
- _____ 22. Muscles that are attached to bones and are voluntary or consciously controlled are:
a. nonstriated muscles
b. striated muscles
c. cardiac muscles
d. insertion muscles
- _____ 23. The part of the muscle at the movable attachment to the skeleton is the:
a. ligament
b. tendon
c. insertion
d. origin

Name: _____

ID: A

- _____ 36. Which nerve supplies impulses to the skin on the outer side and back of the foot and leg?
- a. sural nerve
 - b. common peroneal nerve
 - c. saphenous nerve
 - d. dorsal nerve
- _____ 37. A lower, thick-walled chamber of the heart is the:
- a. atrium
 - b. mitral valve
 - c. ventricle
 - d. pericardium
- _____ 38. Thin-walled blood vessels that are less elastic than arteries and located closer to the skin surface are:
- a. buccinators
 - b. capillaries
 - c. veins
 - d. arteries
- _____ 39. Which blood component gives blood its color?
- a. white blood cells
 - b. hemoglobin
 - c. platelets
 - d. plasma
- _____ 40. The main arteries that supply blood to the head, neck, and face are the:
- a. common carotid arteries
 - b. common aorta arteries
 - c. internal jugular
 - d. serratus anterior arteries
- _____ 41. Ductless glands that release secretion of hormones directly into the bloodstream are:
- a. endocrine glands
 - b. digestive glands
 - c. exocrine glands
 - d. sweat glands
- _____ 42. Insulin, adrenaline, and estrogen are examples of:
- a. digestive enzymes
 - b. waste products
 - c. hormones
 - d. proteins
- _____ 43. Spongy tissues composed of microscopic cells in which inhaled air is exchanged for carbon dioxide during one breathing cycle are:
- a. glands
 - b. lungs
 - c. pancreas
 - d. integumentary system
- _____ 44. The word *integument* means:
- a. skin
 - b. hormone
 - c. natural covering
 - d. gland

Cosmo 2 Ch.11

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. The hair, skin, nails, and glands are known collectively as the:
- a. epidermis
 - b. integument
 - c. dermal papilla
 - d. trichology
- _____ 2. The five main structures of the hair root include all of the following except the:
- a. hair follicle
 - b. dermal papilla
 - c. arrector pili muscle
 - d. epidermis
- _____ 3. The pocket or tube-like depression in the scalp or skin that contains the hair root is the:
- a. bulb
 - b. follicle
 - c. shaft
 - d. dermal
- _____ 4. The thickened, club-like structure that forms the lower part of the hair root is the:
- a. cuticle layer
 - b. hair bulb
 - c. dermal papilla
 - d. arrector pili
- _____ 5. A small, cone-shaped area located at the base of the hair follicle that fits into the hair bulb is the:
- a. hair follicle
 - b. hair strand
 - c. dermal papilla
 - d. dermal cuticle
- _____ 6. The substance secreted by the sebaceous glands is called:
- a. sebum
 - b. sulfur
 - c. sudoriferous
 - d. lymph
- _____ 7. The tiny, involuntary muscle fiber in the skin inserted in the base of the hair follicle is the:
- a. inner follicle
 - b. angled bulb
 - c. arrector pili
 - d. dermal papilla
- _____ 8. Which layer of the hair shaft creates the shine and the smooth, silky feel of healthy hair?
- a. cuticle
 - b. arrector pili
 - c. cortex
 - d. medulla
- _____ 9. A lengthwise section of hair shows that cuticle scales overlap and each individual cuticle scale is attached to the:
- a. medulla
 - b. melanin
 - c. cortex
 - d. root
- _____ 10. The fibrous protein core formed by elongated cells that contains melanin pigment is the:
- a. cuticle
 - b. sebum
 - c. cortex
 - d. medulla
- _____ 11. The medulla, the innermost layer of the hair, is composed of cells that are:
- a. transparent
 - b. elongated
 - c. flat
 - d. round

- _____ 12. Hair is composed of protein that grows from cells originating within the:
- a. hair bulb
 - b. hair follicle
 - c. dermal papilla
 - d. medulla layer
- _____ 13. The hair shaft that emerges from the scalp is a nonliving fiber composed of:
- a. keratinized acids
 - b. hydrogen bonds
 - c. melanin protein
 - d. keratinized protein
- _____ 14. The major elements that make up human hair are carbon, oxygen, hydrogen, nitrogen, and sulfur, often referred to as the:
- a. COHNS elements
 - b. dermal foundation
 - c. amino acids
 - d. keratins
- _____ 15. The units of structure that build protein and are joined together end to end like pop beads are:
- a. oxygenated cells
 - b. primary acids
 - c. amino acids
 - d. lymph glands
- _____ 16. A long chain of amino acids linked by peptide bonds is called a:
- a. amino-peptide chain
 - b. polymer chain
 - c. keratin chain
 - d. polypeptide chain
- _____ 17. The three different types of side bonds are:
- a. oxygen, hydrogen, and salt
 - b. hydrogen, ionic, and carbon
 - c. ionic, helix, and covalent
 - d. hydrogen, salt, and disulfide
- _____ 18. A physical side bond that is easily broken by water and heat is a:
- a. nitrogen bond
 - b. hydrogen bond
 - c. disulfide bond
 - d. sulfur bond
- _____ 19. A weak, physical, cross-link side bond between adjacent polypeptide chains that is broken by changes in pH is a:
- a. hydrogen bond
 - b. carbon bond
 - c. salt bond
 - d. sulfur bond
- _____ 20. Permanent waving and hair relaxers change the shape of hair by chemically altering the hair's:
- a. hydrogen bonds
 - b. ionic bonds
 - c. disulfide bonds
 - d. amino acids
- _____ 21. Hydroxide chemical relaxers break disulfide bonds and convert them to:
- a. lanthionine bonds
 - b. sulfur bonds
 - c. carbon bonds
 - d. hydrogen bonds
- _____ 22. All natural hair color is the result of pigment located in the cortex called:
- a. melanin
 - b. tissue
 - c. sebum
 - d. proteins
- _____ 23. The melanin that provides brown or black color to hair is:
- a. ionic
 - b. eumelanin
 - c. pheomelanin
 - d. telogen

Name: _____

ID: A

- _____ 24. Which of the following terms is used to describe hair's wave pattern?
- a. curly
 - b. straight
 - c. extremely curly
 - d. All answers are correct.
- _____ 25. Vellus hair is the is short, fine, and downy hair also known as:
- a. straight hair
 - b. melanin
 - c. lanugo hair
 - d. terminal hair
- _____ 26. The three growth cycles of human hair are:
- a. anagen, endocentric, and telogen
 - b. catagen, return, and transition
 - c. anagen, catagen, and telogen
 - d. anagen, transition, and mature
- _____ 27. The resting phase or final phase of the hair cycle that lasts until the fully grown hair is shed is the:
- a. telogen phase
 - b. anagen phase
 - c. catagen phase
 - d. transition phase
- _____ 28. The sudden falling out of hair in round patches or baldness in spots is:
- a. postpartum alopecia
 - b. androgenic alopecia
 - c. alopecia totalis
 - d. alopecia areata
- _____ 29. The technical term for gray hair is:
- a. alopecia
 - b. canities
 - c. albino
 - d. ringed hair
- _____ 30. The condition of abnormal hair growth of terminal hair is referred to as:
- a. monilethrix
 - b. ringed hair
 - c. hypertrichosis
 - d. trichoptilosis
- _____ 31. Trichoptilosis is the technical term for:
- a. split ends
 - b. hair loss
 - c. knotted hair
 - d. beaded hair
- _____ 32. A condition that is characterized by brittleness and the formation of nodular swellings along the hair shaft is:
- a. fragilitas crinium
 - b. trichorrhexis nodosa
 - c. alopecia areata
 - d. hypertrichosis
- _____ 33. The medical term used to describe dandruff is:
- a. alopecia
 - b. selenium
 - c. pityriasis
 - d. pyrrithione
- _____ 34. Current research confirms that dandruff is the result of a fungus called:
- a. pyrrithione
 - b. steatoides
 - c. capitis
 - d. malassezia
- _____ 35. A severe type of dandruff characterized by an accumulation of greasy or waxy scalp scales mixed with sebum is:
- a. pityriasis capitis
 - b. tinea favosa
 - c. pityriasis papules
 - d. pityriasis steatoides

- _____ 36. Tinea is characterized by itching scales and sometimes painful circular lesions and is caused by:
- a. seborrheic dermatitis
 - b. parasites
 - c. subcutaneous tissue
 - d. fungal organisms
- _____ 37. Which of the following scalp disorders is characterized by dry, sulfur-yellow, cup-like crusts on the scalp?
- a. tinea capitis
 - b. pediculosis furuncle
 - c. tinea favosa
 - d. tinea barbae
- _____ 38. A highly contagious skin disease caused by a parasite called a mite is:
- a. dandruff
 - b. pediculosis
 - c. scabies
 - d. tinea
- _____ 39. An infestation of the hair and scalp with head lice is:
- a. pediculosis capitis
 - b. pediculosis furuncle
 - c. alopecia areata
 - d. vesicles parasites
- _____ 40. An acute, localized bacterial infection of the hair follicle that produces constant pain is a:
- a. alopecia
 - b. furuncle
 - c. capitis
 - d. tinea
- _____ 41. The thickness or diameter of the individual hair strand is referred to as hair:
- a. dryness
 - b. texture
 - c. elasticity
 - d. porosity
- _____ 42. Hair that has the largest diameter and usually requires more processing is:
- a. fine hair
 - b. coarse hair
 - c. medium hair
 - d. gray hair
- _____ 43. The measurement that describes the number of individual hair strands on 1 square inch of the scalp is:
- a. porosity
 - b. diameter
 - c. elasticity
 - d. density
- _____ 44. The ability of the hair to absorb moisture is:
- a. porosity
 - b. elasticity
 - c. density
 - d. saturation
- _____ 45. Chemical services performed on hair with low porosity require a solution that is:
- a. less alkaline
 - b. absorbent
 - c. gentle
 - d. more alkaline
- _____ 46. The ability of hair to stretch and return to its original length without breaking is referred to as hair:
- a. density
 - b. elasticity
 - c. porosity
 - d. resistance
- _____ 47. Hair flowing in the same direction, the result of follicles sloping in the same direction form a:
- a. section
 - b. hair stream
 - c. hair whorl
 - d. cowlick
- _____ 48. Dry hair and scalp should be treated with products that contain moisturizers and:
- a. sulfur
 - b. chemicals
 - c. alcohol
 - d. emollients

- _____ 12. The element used to define texture and line and tie design elements together is:
a. form
b. color
c. space
d. curves
- _____ 13. To draw a line in a hairstyle in the direction you want the eye to travel, use a:
a. light color
b. dark color
c. recessed color
d. warm color
- _____ 14. A single line of color, or a series of repeated lines, creates a:
a. thinner and straighter accent
b. closer-to-the-surface accent
c. bold, dramatic accent
d. soft, warm excitement
- _____ 15. The comparative relationship of one thing to another in hair design is called:
a. contrasting
b. principles
c. volume
d. proportion
- _____ 16. Establishing equal or appropriate proportions to create symmetry in a design is called:
a. balance
b. volume
c. asymmetrical
d. silhouette
- _____ 17. The hair design where both sides of a hairstyle form a mirror image of each other is said to have:
a. elevated balance
b. symmetrical balance
c. asymmetrical balance
d. visual balance
- _____ 18. The regular pulsation or recurrent pattern of movement in a design is the:
a. design
b. pattern
c. rhythm
d. harmony
- _____ 19. The principle of hair design that holds all the elements of design together is:
a. rhythm
b. balance
c. emphasis
d. harmony
- _____ 20. The two defining characteristics of hair type are:
a. wave patterns and hair texture
b. wave patterns and hair color
c. hair texture and hair length
d. hair color and head profiles
- _____ 21. A client's facial shape is determined by the position and prominence of the:
a. head shape
b. chin line
c. profile
d. facial bones
- _____ 22. The facial shape that is one and a half times longer than its width across the brow is the:
a. square face
b. oblong face
c. diamond face
d. oval face
- _____ 23. The styling choice for a client with a round facial type would be a style that has:
a. volume on top and volume or length at sides
b. no volume on top and volume and softness at sides
c. volume on top and closeness or no volume at sides
d. volume between temples and jaw

Name: _____

ID: A

- _____ 24. To offset or round out the square facial type, choose a style that has:
- a. the illusion of width in the forehead
 - b. volume around areas between the temples and jaw and adds width around ears
 - c. the illusion of length to the face
 - d. no volume around the area between the temples and no width around ears
- _____ 25. The outline of the face, head, and figure seen in a side view is the:
- a. profile
 - b. shape
 - c. silhouette
 - d. convex
- _____ 26. The profile that is considered to be ideal is the:
- a. straight profile
 - b. convex profile
 - c. concave profile
 - d. balanced profile
- _____ 27. Lighter highlights may be used at the temples to create the illusion of:
- a. height
 - b. division
 - c. width
 - d. space
- _____ 28. A curved part is used for a high forehead or:
- a. round face
 - b. long face
 - c. square face
 - d. receding hairline

- _____ 12. Pin curls sliced from a shaping and formed without lifting the hair from the head are referred to as:
- a. ridge curls
 - b. carved curls
 - c. alternating curls
 - d. skip waves
- _____ 13. Ridge curls are pin curls placed immediately behind or below a ridge to form a:
- a. space
 - b. ribbon
 - c. wave
 - d. curl
- _____ 14. Two rows of ridge curls on the side of a head are called:
- a. dual waves
 - b. carved curls
 - c. sculptured curls
 - d. skip waves
- _____ 15. Large diameter pin curls that are similar to a roller but do not have the same amount of tension are:
- a. straight curls
 - b. rectangular curls
 - c. open curls
 - d. barrel curls
- _____ 16. The panel of hair on which a roller is placed is called the:
- a. section
 - b. panel
 - c. base
 - d. circle
- _____ 17. To create curls in hair using rollers, the hair should be wrapped around the roller:
- a. one and a half turns
 - b. two and a half turns
 - c. one complete turn
 - d. two complete turns
- _____ 18. For a roller set where the least amount of volume is desired, rollers should be placed:
- a. completely off the base
 - b. completely on the base
 - c. half off base
 - d. half on the base
- _____ 19. The point where curls of opposite directions meet forming a recessed area is called:
- a. volume
 - b. movement
 - c. base
 - d. indentation
- _____ 20. When securing a roller, one end of the clip should be under the roller and one end:
- a. invisible
 - b. inside the roller
 - c. angled at the scalp
 - d. twisted
- _____ 21. Another term used to describe backbrushing is:
- a. backcombing
 - b. matting
 - c. teasing
 - d. ruffing
- _____ 22. Combing small sections of hair from the ends toward the scalp to form a cushion at the base is known as:
- a. teasing
 - b. slicing
 - c. backbrushing
 - d. smoothing
- _____ 23. A styling technique used to keep curly hair smooth and straight while retaining shape is:
- a. backcombing
 - b. interlocking
 - c. wrapping
 - d. ruffing
- _____ 24. The technique of drying and styling damp hair in one operation is:
- a. french lacing
 - b. Velcro styling
 - c. wrapping hair
 - d. blowdry styling

Name: _____

ID: A

- _____ 38. The process of temporarily straightening extremely curly hair by means of a heated comb is called:
- a. hair pressing
 - b. hair texturizing
 - c. hair relaxing
 - d. hair treatments
- _____ 39. The type of hair pressing service that removes 50 to 60 percent of the curl is the:
- a. classic press
 - b. soft press
 - c. hard press
 - d. medium press
- _____ 40. The hair type that is very resistant to hair pressing and requires more heat and pressure is:
- a. fine/soft
 - b. coarse/brittle
 - c. wiry/curly
 - d. medium/straight
- _____ 41. To press hair satisfactorily for a client with a flexible scalp, the stylist must:
- a. not apply cream
 - b. use enough tension
 - c. not apply pressure
 - d. apply low heat
- _____ 42. Good-quality pressing combs are constructed of either:
- a. brass or iron
 - b. brass or porcelain
 - c. stainless steel or brass
 - d. stainless steel or tin
- _____ 43. Pressing combs with less space between the teeth produce a:
- a. coarse press
 - b. smooth press
 - c. quick press
 - d. hard press
- _____ 44. After heating a pressing comb, the temperature of the comb should be tested using:
- a. light paper
 - b. a hair section
 - c. fingers
 - d. cloth
- _____ 45. To remove the carbon buildup from the metal portion of a pressing comb, immerse the metal portion of the comb in a solution containing:
- a. sodium hydroxide
 - b. baking soda
 - c. hydrogen peroxide
 - d. ammonia water
- _____ 46. The press performed when the hair becomes curly again due to perspiration or dampness is a:
- a. soft press
 - b. chemical press
 - c. touch-up
 - d. moderate press
- _____ 47. When executing an updo, inspect the shape from every angle to make sure it is:
- a. simple and shaped
 - b. well balanced and proportioned
 - c. large and creative
 - d. executed and large
- _____ 48. A true classic hairdo created out of a simple ponytail that can be a simple style or dressed up is a(n):
- a. pleat
 - b. chignon
 - c. twist
 - d. blowdry

Ch 20**Multiple Choice**

Identify the choice that best completes the statement or answers the question.

- _____ 1. The process of chemically altering the natural wave pattern of hair is:
a. chemical hair softening c. natural hair services
b. chemical texture services d. alternative texture services
- _____ 2. The range of numbers used in the pH scale is:
a. 0 to 5 c. 0 to 10
b. 0 to 7 d. 0 to 14
- _____ 3. Chemical hair texturizers temporarily raise the pH of the hair in order to:
a. expand and harden the shaft c. swell and set the shaft
b. harden and close the shaft d. soften and swell the shaft
- _____ 4. In the restructuring process, coarse, resistant hair with a strong compact cuticle requires a chemical solution that is:
a. slightly alkaline c. strongly acidic
b. mildly acidic d. highly alkaline
- _____ 5. Chemical side bonds formed when two sulfur-type chains are joined together are:
a. disulfide bonds c. keratin bonds
b. peptide bonds d. amino bonds
- _____ 6. Hydrogen bonds are easily broken by water or heat and are re-formed when the hair is:
a. stretched c. softened
b. dried d. styled
- _____ 7. In permanent waving, the shape and type of curl are determined by the shape and type of rod and the:
a. long rods c. sectioning
b. hair length d. wrapping method
- _____ 8. Rods that are equal in diameter along their entire length or curling area are:
a. convex rods c. conventional rods
b. straight rods d. spiral rods
- _____ 9. The wrapping technique that provides the most control over hair ends is the:
a. single flat wrap c. double flat wrap
b. bookend wrap d. placed wrap
- _____ 10. All perm wraps begin by sectioning the hair into:
a. subsections c. parts
b. base sections d. panels
- _____ 11. In permanent waving, panels of hair are divided into smaller subsections called:
a. rod sections c. outer sections
b. base sections d. placements

- _____ 25. Waves that are activated from an outside heat source are considered:
- a. stabilized
 - b. endothermic
 - c. exothermic
 - d. acid waves
- _____ 26. Hair that has too many disulfide bonds broken and will not hold a firm curl is considered:
- a. underprocessed
 - b. overprocessed
 - c. underneutralized
 - d. tinted
- _____ 27. The process that stops the action of permanent wave solution and rebuilds the hair into its new form is:
- a. sectioning
 - b. rinsing
 - c. thio neutralization
 - d. normalization
- _____ 28. Base sections are offset from each other row by row, to prevent noticeable splits, in which wrapping pattern?
- a. weave technique
 - b. bricklay permanent wrap
 - c. basic permanent wrap
 - d. straight wrap set
- _____ 29. The double-rod wrap technique is also called the:
- a. piggyback wrap
 - b. straight wrap
 - c. spiral wrap
 - d. weave technique
- _____ 30. The process of rearranging the basic structure of curly hair into a straighter or smoother form is:
- a. texturizing
 - b. permanent waving
 - c. chemical softening
 - d. chemical hair relaxing
- _____ 31. The active ingredient in all hydroxide relaxers is the:
- a. hydrogen ion
 - b. keratin ion
 - c. peroxide ion
 - d. lithium ion
- _____ 32. Hydroxide relaxers remove a sulfur atom from a disulfide bond, converting it into a(n):
- a. normalization bond
 - b. acidic bond
 - c. lanthionine bond
 - d. amino bond
- _____ 33. Relaxers that contain only one component and are used without mixing are:
- a. neutralizing relaxers
 - b. metal hydroxide relaxers
 - c. guanidine hydroxide relaxers
 - d. calcium hydroxide relaxers
- _____ 34. Sodium hydroxide relaxers are commonly called:
- a. metal relaxers
 - b. no-lye relaxers
 - c. lye relaxers
 - d. medium relaxers
- _____ 35. Relaxers are often marketed and sold as no mix-no lye relaxers are:
- a. potassium hydroxide relaxers
 - b. sodium hydroxide relaxers
 - c. ammonium thio relaxers
 - d. guanidine hydroxide relaxers
- _____ 36. Relaxers that contain two components and must be mixed immediately prior to use are:
- a. guanidine hydroxide relaxers
 - b. ammonium thioglycolate
 - c. no-lye relaxers
 - d. potassium hydroxide relaxers
- _____ 37. Hydroxide relaxers that do not require the application of a protective base are:
- a. no-base relaxers
 - b. base cream relaxers
 - c. cream relaxers
 - d. metal hydroxide relaxers

Name: _____

ID: A

- _____ 38. The difference in the strength of most chemical hair relaxers is determined by the concentration of:
- a. lanthionization
 - b. hydroxide
 - c. ammonia
 - d. coatings
- _____ 39. During a relaxer strand test, hair that is pressed to the scalp and continues to curl is:
- a. sufficiently relaxed
 - b. insufficiently relaxed
 - c. normalized
 - d. overprocessed
- _____ 40. The application for chemical relaxers should be started in the most resistant area, usually the:
- a. back of head
 - b. front hairline
 - c. scalp area
 - d. side area
- _____ 41. Conditioner with an acidic pH that restores the hair's natural pH after a hydroxide relaxer is:
- a. lanthionization solution
 - b. natural lotion
 - c. swelling cream
 - d. normalizing lotion
- _____ 42. A combination of a thio relaxer and a thio permanent wrapped on large rods is a:
- a. permanent wave
 - b. soft curl permanent
 - c. full curl permanent
 - d. relaxer retouch
- _____ 43. Chemical services should not be performed if the scalp analysis shows any signs of:
- a. porosity
 - b. abrasions
 - c. disorders
 - d. tightness
- _____ 44. Hair that is treated with hydroxide relaxers must not be treated with:
- a. conditioning solutions
 - b. color shampoos
 - c. thio relaxers
 - d. normalizing solutions

Name: _____

ID: A

- _____ 49. The coloring technique that involves coloring some strands of hair lighter than the natural color is:
- a. activating
 - b. toning
 - c. lowlighting
 - d. highlighting
- _____ 50. The technique of coloring strands of hair darker than the natural color is:
- a. lowlighting
 - b. accelerating
 - c. highlighting
 - d. baliaige
- _____ 51. In the weaving technique, selected strands are picked up from a narrow section of hair with a:
- a. straight part
 - b. balanced part
 - c. soft motion
 - d. zigzag motion
- _____ 52. The technique using a free-form of painting hair lightener directly on clean, styled hair is:
- a. lowlighting
 - b. highlighting
 - c. brushing
 - d. baliaige
- _____ 53. The process of treating gray or very resistant hair to allow for better penetration of color is:
- a. accelerating
 - b. presoftening
 - c. prescribing
 - d. developing
- _____ 54. You should NEVER apply hair color to a client if the scalp has any obvious signs of:
- a. dandruff
 - b. demarcations
 - c. abrasions
 - d. fading