

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: _____ Class: _____ Date: _____

ID: A

Cosmo⁴ - CH 1

Multiple Choice

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

- ____ 1. The art and science of beautifying and improving the skin, nails, and hair is called:
a. esthetics
b. cosmetology
c. barbering
d. nail technology
- ____ 2. The term *cosmetology* comes from the _____ word *kosmeticos*.
a. Egyptian
b. Hindu
c. Greek
d. Russian
- ____ 3. The first to cultivate beauty with extravagant fashions and use cosmetics as part of their personal beautification habits were:
a. the Indians
b. the Romans
c. the Egyptians
d. the Renaissance
- ____ 4. Ancient Egyptians were the first civilization to infuse essential oils from:
a. rocks and minerals
b. animal remains
c. leaves and blossoms
d. clay and sand
- ____ 5. Which of the following was created by ancient Egyptians from a mixture of ground galena (a black mineral), sulfur, and animal fat?
a. henna
b. lipstick
c. perfume
d. kohl
- ____ 6. The process of steam distillation was refined by the:
a. Greeks
b. Romans
c. Middle Ages
d. Persians
- ____ 7. In ancient Rome, women used hair color to indicate their:
a. political beliefs
b. class in society
c. current age
d. marital status
- ____ 8. Poor women in ancient Rome colored their hair:
a. black
b. red
c. brown
d. blond
- ____ 9. During the Renaissance, the unusual practice of shaving eyebrows was done to give a woman a look of greater:
a. grooming
b. intelligence
c. height
d. boredom
- ____ 10. During the Victorian Age, women pinched their cheeks and bit their lips to:
a. punish themselves
b. create a mask
c. induce natural color
d. ready themselves for sleep

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 4 Chapter 2

Multiple Choice

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

- _____ 1. A success strategy where you imagine yourself working in your dream salon is:
a. arrogance
b. visualization
c. self-esteem
d. procrastination
- _____ 2. A symptom of taking on too much, which, in turn, is a symptom of faulty organization, is:
a. perfectionism
b. prioritizing
c. procrastination
d. development
- _____ 3. An unhealthy compulsion to always do things perfectly is:
a. personal
b. arrogance
c. symptoms
d. perfectionism
- _____ 4. The inner desire that propels you to do something is:
a. procrastination
b. motivation
c. development
d. manners
- _____ 5. A talent and unlimited inner resource of ideas and solutions is:
a. management
b. process
c. creativity
d. personality
- _____ 6. An essential part of a business plan is a(n):
a. lease agreement
b. employee contract
c. mission statement
d. income tax return
- _____ 7. Which of the following is an example of a long-term goal?
a. getting to class on time
b. completing homework assignments
c. graduating from cosmetology school
d. mastering techniques
- _____ 8. Which of the following professional behaviors demonstrates ethical behavior?
a. be courteous
b. be honest
c. provide competent services
d. All answers are correct.
- _____ 9. A combination of understanding, empathy, and acceptance is called:
a. arrogance
b. sensitivity
c. straightforwardness
d. diplomacy
- _____ 10. Professionals who have an easy time talking about themselves and listening to others have developed effective:
a. sensitivity skills
b. diplomacy skills
c. time management skills
d. communication skills

Cosmo 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

Cosmo4 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 c. security
 b. fear d. color
- ___ 2. An important aspect of human relations is to:
 a. talk more, listen less c. interrupt often
 b. avoid eye contact 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 c. mutual respect
 b. reflexive language d. effective communication
- ___ 4. The client consultation is also known as the:
 a. needs assessment c. sales pitch
 b. intake interview 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 c. rating card
 b. visual tool 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 c. classic
 b. dramatic d. simple
- ___ 7. The first step in the 10-step consultation method is:
 a. analyze the client's hair c. show and tell
 b. review the intake form 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 c. analyze client's hair
 b. show and tell 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 c. review the consultation
 b. suggest options d. make color recommendations
- ___ 10. When suggesting options to a client, which of the following criteria should be used?
 a. lifestyle c. hair type
 b. face shape 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 c. never argue and be polite
 b. argue with the client 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

Cosmo 4 Chapter 5**Multiple Choice**

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

- _____ 1. Useful product disposal guidelines and medical and first aid information can be found on a(n):
a. MSDS
b. OSHA
c. HCS
d. EPA
- _____ 2. Chemical products that destroy all bacteria, fungi, and viruses (but not spores) on surfaces are:
a. antiseptics
b. disinfectants
c. sterilizers
d. sanitizers
- _____ 3. State regulatory agencies include which of the following?
a. licensing agencies
b. boards of cosmetology
c. health departments
d. All answers are correct.
- _____ 4. Laws are also called:
a. regulations
b. guidelines
c. statutes
d. rules
- _____ 5. Invasion of body tissues by disease-causing pathogenic bacteria can result in a(n):
a. infection
b. antitoxin
c. abrasion
d. inflammation
- _____ 6. Which term means to remove all visible dirt and debris from tools, implements, and equipment by washing with soap and water?
a. sterilize
b. disinfect
c. antiseptic
d. clean
- _____ 7. One-celled microorganisms with both plant and animal characteristics are:
a. diseases
b. bacteria
c. cells
d. minute
- _____ 8. Nonpathogenic bacteria are:
a. harmful
b. harmless
c. disease producing
d. toxic
- _____ 9. The type of bacteria that rarely shows any active motility is:
a. cocci
b. pathogenic
c. spirilla
d. flagellum
- _____ 10. Bacteria generally consist of an outer cell wall containing a liquid called:
a. spore-forming
b. cilia
c. protoplasm
d. photosynthesis
- _____ 11. Together, the active stage and inactive, or spore-forming, stage of bacteria are referred to as the:
a. life cycle of bacteria
b. chemical origin of bacteria
c. beneficial effects
d. surrounding environment

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

- ___ 24. Pressure in massage is usually directed from the:
- a. insertion to beginning
 - b. insertion to the origin
 - c. origin to the insertion
 - d. front to sides
- ___ 25. The muscle of the scalp that raises the eyebrows, draws the scalp forward, and causes wrinkles across the forehead is the:
- a. occipitalis
 - b. masseter
 - c. temporalis
 - d. frontalis
- ___ 26. The muscle of the neck that lowers and rotates the head is the:
- a. sternocleidomastoideus
 - b. temporalis
 - c. masseter
 - d. aponeurosis
- ___ 27. The ring muscle of the eye socket that enables you to close your eyes is the:
- a. temporal oculi
 - b. corrugator muscle
 - c. orbicularis oculi
 - d. latissimus dorsi
- ___ 28. The muscle that draws the eyebrow down and wrinkles the forehead vertically is the:
- a. corrugator muscle
 - b. masseter muscle
 - c. orbicularis oculi muscle
 - d. epicranium muscle
- ___ 29. The muscle that covers the back of the neck and upper and middle region of the back is the:
- a. corrugator muscle
 - b. pectoralis minor
 - c. latissimus dorsi
 - d. trapezius
- ___ 30. Extensor muscles that turn the hand inward so the palm faces downward are:
- a. flexors
 - b. supinators
 - c. pronators
 - d. extensors
- ___ 31. Muscles that separate the fingers are:
- a. abductors
 - b. pronators
 - c. adductors
 - d. extensors
- ___ 32. The nervous system as a whole is divided into how many main subdivisions?
- a. two
 - b. three
 - c. four
 - d. six
- ___ 33. The nervous system that controls the voluntary functions of the five senses is the:
- a. peripheral
 - b. autonomic
 - c. central
 - d. voluntary
- ___ 34. The largest and most complex nerve tissue of the body is the:
- a. spinal cord
 - b. neurons
 - c. brain
 - d. axon
- ___ 35. The largest of the cranial nerves is the:
- a. sensory nerve
 - b. mandibular nerve
 - c. fifth cranial nerve
 - d. ophthalmic nerve

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

- _____ 12. The underlying or inner layer of the skin, which is also called the derma corium, cutis, or true skin, is the:
 a. papillary c. dermis
 b. dermal d. epidermis
- _____ 13. The muscle that causes goose bumps when a person is frightened or cold is the:
 a. angled muscle c. absorption muscle
 b. secretory muscle d. arrector pili muscle
- _____ 14. The dermis layer is made up of two layers, which are the:
 a. papillary and reticular c. dermal and tactile
 b. papillary and dermal d. tactile and reticular
- _____ 15. The top of the papillary layer where it joins the epidermis is the:
 a. dermis corpuscles c. epidermal–dermal connection
 b. epidermal–dermal junction d. epidermis junction
- _____ 16. The layer of the dermis that houses the nerve endings which provide the body with the sense of touch is found in the:
 a. secretory layer c. dermal layer
 b. papillary layer d. reticular layer
- _____ 17. The deeper layer of the dermis that supplies the skin with oxygen and nutrients is the:
 a. papillary layer c. reticular layer
 b. subcutaneous layer d. basal layer
- _____ 18. Fatty tissue found below the dermis is:
 a. tactile c. subcutaneous tissue
 b. papillae d. papillary layer
- _____ 19. Which type of nerve fibers carry impulses from the brain to the muscles?
 a. sensory c. secretory
 b. motor d. All answers are correct.
- _____ 20. The tiny grains of pigment deposited in cells that provide skin with its color are:
 a. protein c. melanin
 b. keratin d. collagen
- _____ 21. The melanin produced by the body that is red to yellow in color is:
 a. granular melanin c. eumelanin
 b. pheomelanin d. photovoltaic
- _____ 22. The fibrous protein that gives skin its flexibility and helps skin regain its shape after being expanded is:
 a. protein c. elastin
 b. collagen d. keratin
- _____ 23. Oil glands that are connected to hair follicles are also called:
 a. sudoriferous glands c. arrector glands
 b. sebaceous glands d. substance glands

Name: _____

ID: A

- _____ 24. When sebum hardens and the sebaceous duct becomes clogged, the pore impaction that is formed is a:
- a. secretory coil
 - b. lubricant
 - c. scar
 - d. comedo
- _____ 25. Which of the following is a function of the skin?
- a. sensation
 - b. excretion
 - c. heat regulation
 - d. All answers are correct.
- _____ 26. Which vitamin enables the body to properly absorb and use calcium?
- a. vitamin A
 - b. vitamin C
 - c. vitamin D
 - d. vitamin E
- _____ 27. Water is the number one nutrient of the body and composes what percentage of the body's weight?
- a. 20 to 30 percent
 - b. 35 to 45 percent
 - c. 50 to 70 percent
 - d. 40 to 45 percent

Ch 8**Multiple Choice**

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

- ____ 1. A freckle is an example of a mark on the skin called a:
a. pustule
b. lesion
c. cyst
d. bulla
- ____ 2. All of the following are examples of primary lesions EXCEPT:
a. bulla
b. cyst
c. keloid
d. nodule
- ____ 3. A large blister containing a watery fluid is a:
a. sac
b. freckle
c. bulla
d. papule
- ____ 4. A flat spot or discoloration on the skin is a:
a. pustule
b. bulla
c. lesion
d. macule
- ____ 5. A large sore bump that does not have a head of pus is a:
a. secondary
b. papule
c. freckle
d. stain
- ____ 6. An inflamed pimple containing pus is a:
a. papilla
b. pustule
c. wheal
d. vesicle
- ____ 7. An abnormal cell mass that varies in size, color, and shape is a:
a. tumor
b. pustule
c. scale
d. tubercle
- ____ 8. Lesions of the skin characterized by piles of material on the skin surface are:
a. secondary skin lesions
b. primary skin lesions
c. contagious skin lesions
d. excessive lesions
- ____ 9. Dead cells that form over a wound or blemish while it is healing comprise a:
a. crust
b. macule
c. tubercle
d. vesicle
- ____ 10. Cracks in the skin that penetrate the dermis layer, such as chapped hands or lips, are:
a. tissues
b. fissures
c. tumors
d. tubercles
- ____ 11. A thick scar resulting from excessive growth of fibrous tissue is known as a:
a. stain
b. cyst
c. keloid
d. bulla

Name: _____

ID: A

- _____ 24. The most common and least severe type of skin cancer is:
- a. basal cell carcinoma
 - b. malignant melanoma
 - c. brown patches
 - d. squamous cell carcinoma
- _____ 25. Dark, brown patches on the skin that may appear uneven in texture, jagged, or raised may be a warning sign of:
- a. malignant melanoma
 - b. malignant rosacea
 - c. keratoma
 - d. leukoderma
- _____ 26. The American Cancer Society recommends using a checklist to recognize potential skin cancer or changes in moles, using the letter B to check mole:
- a. borders
 - b. building
 - c. brightness
 - d. balance
- _____ 27. The main food source for acne bacteria is:
- a. oxygen
 - b. blood
 - c. fatty acids
 - d. propionibacterium
- _____ 28. Which of the following is NOT an intrinsic skin-aging factor?
- a. gravity
 - b. genetic aging
 - c. facial expressions
 - d. sun exposure
- _____ 29. The UV rays of the sun reach the skin in two different forms, which are:
- a. UVA rays and X-rays
 - b. UVA and UVB rays
 - c. UBC and VBT rays
 - d. VBA and UVC rays
- _____ 30. The rays of the sun that cause sunburns and tanning and are also known as burning rays are:
- a. AB rays
 - b. AC rays
 - c. UVB rays
 - d. UVT rays

Ch 9

Multiple Choice

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

- _____ 1. The natural nail is part of what system?
 - a. muscular
 - b. integumentary
 - c. skeletal
 - d. protective

- _____ 2. The water content of the natural nail directly affects the nail's:
 - a. length
 - b. grooves
 - c. flexibility
 - d. color

- _____ 3. The most visible and functional part of the nail unit is the:
 - a. nail bed
 - b. nail plate
 - c. nail grooves
 - d. nail mantle

- _____ 4. The nail plate is constructed of how many layers of nail cells?
 - a. 50
 - b. 75
 - c. 80
 - d. 100

- _____ 5. The part of the nail plate that extends over the tip of the finger or toe is called the:
 - a. cuticle area
 - b. nail body
 - c. free edge
 - d. extension

- _____ 6. The portion of living skin that supports the nail plate is the:
 - a. nail root
 - b. nail bed
 - c. nail groove
 - d. nail matrix

- _____ 7. The nail bed contains many nerves and is attached to the nail plate with a thin layer of tissue called the:
 - a. bed eponychium
 - b. bed lunula
 - c. nail mantle
 - d. bed epithelium

- _____ 8. The area of the nail where the nail plate cells are formed is the:
 - a. extension
 - b. matrix
 - c. lunula
 - d. free edge

- _____ 9. The dead, colorless tissue attached to the natural nail plate is the:
 - a. ligament
 - b. eponychium
 - c. cuticle
 - d. lunula

- _____ 10. The living skin at the base of the nail plate covering the matrix area is the:
 - a. eponychium
 - b. hyponychium
 - c. free edge
 - d. bed epithelium

- _____ 11. The slightly thickened layer of skin that lies between the fingertip and the free edge of the natural nail plate is the:
 - a. eponychium
 - b. mantle
 - c. hyponychium
 - d. matrix

Name: _____

ID: A

- _____ 12. The tough band of fibrous tissue that connects bones or holds an organ in place is the:
- a. bed epithelium
 - b. ligament
 - c. open muscle
 - d. nail tendon
- _____ 13. Normal, healthy nails grow in a variety of shapes, depending upon the shape of the:
- a. fingers
 - b. eponychium
 - c. matrix
 - d. free edge
- _____ 14. The average rate of nail growth in the normal adult is about:
- a. 1/10 inch per month
 - b. 1/4 inch per month
 - c. 1/8 inch per month
 - d. 1/2 inch per month

Ch 10

Multiple Choice

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

- ____ 1. The surface of a healthy natural nail should be:
- a. smooth and spotted
 - b. flexible and spotted
 - c. smooth and unspotted
 - d. pitted and rough
- ____ 2. Clients with skin or nails that are infected, inflamed, or swollen should be referred to a:
- a. technician
 - b. physician
 - c. stylist
 - d. specialist
- ____ 3. A nail condition in which blood clots form under the nail plate due to a small injury of the nail plate is:
- a. bruised nails
 - b. blue nails
 - c. abnormal nails
 - d. bruised onychia
- ____ 4. Nails with a noticeably thin, white nail plate that are more flexible than normal nails are:
- a. ingrown nails
 - b. bitten nails
 - c. leukonychia nails
 - d. eggshell nails
- ____ 5. Visible depressions running across the width of the natural nail plate that are the result of a major illness or injury are:
- a. eggshell nails
 - b. narrow lines
 - c. Beau's lines
 - d. hangnails
- ____ 6. Redness, pain, and swelling are signs of a(n):
- a. condition
 - b. disorder
 - c. infection
 - d. abrasion
- ____ 7. Minor damage to the matrix that produces a whitish discoloration or white spots on the nails is:
- a. leukonychia
 - b. melanonychia
 - c. a hangnail
 - d. nail fungus
- ____ 8. A dark band within the nail plate extending from the base to the free edge due to increased pigmentation is:
- a. melanin nails
 - b. onycholysis
 - c. onychophagy
 - d. melanonychia
- ____ 9. Split or brittle nails with a series of lengthwise ridges and a rough appearance to the surface of the nail plate is:
- a. onychophagy
 - b. onychophosis
 - c. onychorrhaxis
 - d. plicated nails
- ____ 10. A highly curved nail plate often called "folded nail," caused by injury to the matrix or inherited, is a(n):
- a. bruised nail
 - b. bitten nail
 - c. plicated nail
 - d. eggshell nail
- ____ 11. Ridges running vertically down the natural nail plate are caused by:
- a. overgrowth and polish
 - b. medication and cold
 - c. uneven growth and age
 - d. bitten nails

Name: _____

ID: A

- _____ 12. Parasites that under some conditions can cause infections to the feet and hands are:
a. *pedis* c. fungi
b. flagella d. tinea
- _____ 13. In the early stages, a typical bacterial infection on the nail plate can be identified as a:
a. yellow-green spot c. brown-black spot
b. blue spot d. white-yellow spot
- _____ 14. The naturally occurring skin bacterium that can grow out of control and cause nail infections, incorrectly referred to as mold, is:
a. *Pseudomonas aeruginosa* c. pyogenic granular
b. paronychia granular d. plicatured nails
- _____ 15. Any deformity or disease of the nails in general is called:
a. onyx c. onychosis
b. onychia d. onychophosis
- _____ 16. Inflammation of the nail matrix followed by shredding of the natural nail plate is:
a. onychia c. fungi
b. onyx d. flagella
- _____ 17. The lifting of the nail plate from the bed without shedding is a sign of:
a. onychomadesis c. eggshell nails
b. nail psoriasis d. onycholysis
- _____ 18. Onychomadesis is the separation and falling off of a nail plate and can be traced to:
a. darkening of nail c. local infection
b. nail splitting d. bitten nails
- _____ 19. Tiny pits or severe roughness on the surface of the nail plate is an indication of:
a. local infection c. athlete's foot
b. ingrown nails d. nail psoriasis
- _____ 20. *Tinea pedis* is the medical term used to describe:
a. scaling skin c. athlete's foot
b. whitish patches on the nail d. ingrown nails

Cosmo  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

Name: _____

ID: A

- _____ 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. phecomelanin
 - 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. pyrithione
- ____ 34. Current research confirms that dandruff is the result of a fungus called:
- a. pyrithione
 - 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

Name: _____

ID: A

- ___ 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

Ch 12**Multiple Choice**

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

- _____ 1. The branch of science that applies to substances that contain carbon is called:
 - a. inorganic chemistry
 - b. organic chemistry
 - c. matter chemistry
 - d. structural chemistry

- _____ 2. All matter has physical and chemical properties and exists in the form of a:
 - a. solid
 - b. liquid
 - c. gas
 - d. All of these answers are correct.

- _____ 3. The simplest form of chemical matter that cannot be broken down without the loss of identity is a(n):
 - a. element
 - b. energy
 - c. substance
 - d. mineral

- _____ 4. Elements differ from one another because of the difference in the structure of their:
 - a. atoms
 - b. deionized elements
 - c. occupying elements
 - d. elemental molecules

- _____ 5. Chemically combining two or more atoms produces a:
 - a. mixture
 - b. substance
 - c. molecule
 - d. miscible

- _____ 6. The chemical combination of two or more atoms of different elements produces a(n):
 - a. compound
 - b. solution
 - c. neutral
 - d. acid

- _____ 7. Change in the form of a substance that does not cause a chemical reaction is a(n):
 - a. anion change
 - b. chemical change
 - c. matter change
 - d. physical change

- _____ 8. Chemical reactions that are characterized by or formed by giving off heat are:
 - a. neutralization
 - b. acidic
 - c. electrons
 - d. exothermic

- _____ 9. A chemical combination of matter in definite (fixed) proportions is a:
 - a. physical mixture
 - b. physical blend
 - c. pure substance
 - d. pure combination

- _____ 10. Air contains many substances, including nitrogen, carbon dioxide, and water vapor, and is an example of a:
 - a. physical mixture
 - b. chemical change
 - c. pure substance
 - d. chemical compound

- _____ 11. A stable physical mixture of two or more substances is a(n):
 - a. solvent
 - b. solute
 - c. solution
 - d. emulsion

Name: _____

ID: A

- ____ 12. A substance, usually liquid, that dissolves another substance to form a solution is a(n):
a. solvent
b. immiscible
c. solute
d. solid
- ____ 13. Liquids that can be mixed together to form stable solutions are:
a. incompatible
b. miscible
c. solvents
d. compatible
- ____ 14. An unstable physical mixture of two or more immiscible substances is a(n):
a. synthesis
b. emulsion
c. suspension
d. solution
- ____ 15. Substances that allow oil and water to mix, or emulsify, are:
a. suspensions
b. mixtures
c. particles
d. surfactants
- ____ 16. Substances used to neutralize acids or raise the pH of many hair products are:
a. volatile alcohols
b. alkanolamines
c. carbons
d. resolute
- ____ 17. An example of an ammonia compound that is used to perform chemical services in a salon is:
a. ionization hydroxide
b. ammonium hydroxide
c. cetyl alcohol
d. silicone solutions
- ____ 18. A sweet, colorless, oily substance that is used as a moisturizer in skin and body creams is:
a. silicone
b. ammonia
c. glycerin
d. alkanolamines
- ____ 19. A common volatile organic compound used in hair spray is:
a. ionized water
b. ammonia water
c. hydrogen peroxide
d. ethyl alcohol
- ____ 20. An atom or molecule that carries an electrical charge is a(n):
a. solution
b. ion
c. current
d. resolute
- ____ 21. Ions with a positive electrical charge are considered to be:
a. nonaqueous
b. cation
c. neutral
d. anion
- ____ 22. A solution with a pH value of 7 indicates a(n):
a. volatile solution
b. alkaline solution
c. neutral solution
d. acidic solution

Name: _____

ID: A

- _____ 12. The electrical appliance connection that supplies current to the circuit is the:
- a. prong connection
 - b. indirect connection
 - c. live connection
 - d. ground connection
- _____ 13. Electronic facial treatments are commonly referred to as:
- a. electrotherapy
 - b. electronics
 - c. receptacles
 - d. electromagnetics
- _____ 14. An applicator that directs electric current from a machine to the client's skin is a(n):
- a. electrode
 - b. modality
 - c. converter
 - d. rectifier
- _____ 15. The negative or positive pole of an electric current is referred to as the:
- a. electrode
 - b. current
 - c. modality
 - d. polarity
- _____ 16. The positive electrode is called a(n):
- a. anode
 - b. active electrode
 - c. cathode
 - d. modality
- _____ 17. Infusing water-soluble products into the skin with the use of electric current is known as:
- a. desincrustation
 - b. iontophoresis
 - c. anaphoresis
 - d. cataphoresis
- _____ 18. Cataphoresis forces acidic substances into deeper tissues using galvanic current from the:
- a. positive toward the negative pole
 - b. inactive toward the electric pole
 - c. negative toward the positive pole
 - d. negative toward the ohm pole
- _____ 19. The process used to treat acne and milia and soften and emulsify deposits in the hair follicles is:
- a. cataphoresis
 - b. iontophoresis
 - c. desincrustation
 - d. diaphoresis
- _____ 20. Thermal or heat-producing current with a high rate of oscillation or vibration is:
- a. violet ray
 - b. acidic current
 - c. direct current
 - d. electrode current
- _____ 21. The type of current that should not be used on clients who are pregnant, have high blood pressure, or have a pacemaker is:
- a. white light
 - b. Tesla high-frequency
 - c. alternating current
 - d. battery current
- _____ 22. The distance between two successive peaks is called:
- a. radiation length
 - b. wavelength
 - c. therapy length
 - d. wave distance
- _____ 23. Rays with short wavelengths that are the least penetrating, produce chemical effects, and kill germs are:
- a. blue light
 - b. infrared rays
 - c. ultraviolet rays
 - d. red light rays

Name: _____

ID: A

- _____ 24. Rays with long wavelengths that penetrate more deeply and produce more heat than visible light are:
- a. X-rays
 - b. ultraviolet rays
 - c. radio waves
 - d. infrared rays
- _____ 25. Lasers work by a process that turns the light from the laser into heat called:
- a. catalyst
 - b. phototherapy
 - c. photothermolysis
 - d. radiography

Ch.14**Multiple Choice**

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

- _____ 1. Which of the following is NOT one of the five basic elements of three-dimensional hair design?
- a. form
 - b. line
 - c. space
 - d. creativity
- _____ 2. The element of hair design that defines form and space is:
- a. texture
 - b. line
 - c. space
 - d. color
- _____ 3. Lines a constant distance apart in the same direction that are used to create width in a hair design are:
- a. vertical lines
 - b. diagonal lines
 - c. horizontal lines
 - d. arc lines
- _____ 4. The type of line used to make a hairstyle appear longer and narrower is a(n):
- a. open line
 - b. vertical line
 - c. contrasting line
 - d. curved line
- _____ 5. Curved lines repeating in opposite directions create a(n):
- a. element
 - b. diagonal
 - c. dimension
 - d. wave
- _____ 6. Contrasting lines are horizontal and vertical lines that create a hard edge and form a:
- a. 45-degree angle
 - b. 90-degree angle
 - c. curved angle
 - d. 30-degree angle
- _____ 7. Curved lines that are used to blend and soften horizontal or vertical lines are:
- a. contrasting lines
 - b. single-lines
 - c. transitional lines
 - d. diagonal lines
- _____ 8. Another name for the form or mass of a hairstyle is:
- a. space
 - b. volume
 - c. angle
 - d. color
- _____ 9. The part of the overall design that the client will respond to first is the:
- a. silhouette
 - b. space
 - c. texture
 - d. combination
- _____ 10. The area surrounding the form or the area the hairstyle occupies is:
- a. texture
 - b. line
 - c. silhouette
 - d. space
- _____ 11. The wave pattern used to accentuate the face and narrow a round head shape should be:
- a. smooth
 - b. curly
 - c. combination
 - d. alternating

Name: _____

ID: A

- ___ 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

Name: _____

ID: A

- _____ 24. Two conditioning agents that restore moisture and elasticity to the hair shaft are:
- a. protein and oils
 - b. melanin and biotin
 - c. protein and biotin
 - d. collagen and niacin
- _____ 25. Products that do not remove artificial color from the hair are considered to be:
- a. neutral
 - b. medicated
 - c. moisturizing
 - d. nonstripping
- _____ 26. Shampoos that contain special chemicals or drugs that are effective in reducing dandruff or relieving other scalp conditions are:
- a. clarifying shampoos
 - b. conditioning shampoos
 - c. balancing shampoos
 - d. medicated shampoos
- _____ 27. Which type of shampoo should be used when a buildup is evident, after swimming, and prior to all chemical services?
- a. conditioning shampoo
 - b. balancing shampoo
 - c. medicated shampoo
 - d. clarifying shampoo
- _____ 28. Shampoos that are created by combining the surfactant base with basic color pigments are:
- a. moisturizing
 - b. clarifying
 - c. color-enhancing
 - d. neutralizing
- _____ 29. Substances that absorb moisture or promote the retention of moisture are known as:
- a. astringents
 - b. humectants
 - c. keratin
 - d. deionized
- _____ 30. Which of the following conditioning agents removes oil accumulation from the scalp and is used after a scalp treatment and before styling?
- a. scalp conditioners
 - b. scalp astringent lotions
 - c. spray-on thermal protectors
 - d. deep-conditioning treatments
- _____ 31. When securing a cape as draping for a basic shampoo, do not let the cape touch the:
- a. client's skin
 - b. shampoo sink
 - c. client's towel
 - d. clean towel
- _____ 32. During the shampoo procedure, apply small quantities of shampoo to the hair beginning at the:
- a. crown area
 - b. nape area
 - c. hairline
 - d. ear area
- _____ 33. When manipulating the scalp during a shampoo, begin at the front hairline and work in a(n):
- a. side-to-side movement
 - b. up-and-down movement
 - c. back-and-forth movement
 - d. zigzag movement
- _____ 34. Do not use high-frequency current on hair treated with tonics or lotions that contain:
- a. minerals
 - b. alcohol
 - c. proteins
 - d. creams

Ch 16**Multiple Choice**

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

- _____ 1. Surfaces on the head where the head changes, such as the ears, jaw line, and occipital bone, are referred to as:
- a. surface layering
 - b. reference points
 - c. apex points
 - d. technique points
- _____ 2. Reference points in a haircut are used to establish:
- a. head forms
 - b. techniques
 - c. design lines
 - d. tension
- _____ 3. Achieving balance within a design can be accomplished by understanding the head shape and:
- a. head points
 - b. reference points
 - c. four corners
 - d. technique points
- _____ 4. The part of the head that is found by placing a comb flat on the side of the head is the:
- a. parietal ridge
 - b. occipital ridge
 - c. temporal ridge
 - d. reference points
- _____ 5. Placing a comb flat against the nape of the head and finding where the comb leaves the head can be used to locate the:
- a. parietal ridge
 - b. reference points
 - c. four corners
 - d. occipital bone
- _____ 6. The location of the four corners signals a change in the:
- a. head shape
 - b. bone shape
 - c. hair texture
 - d. hair growth
- _____ 7. The two front corners represent the widest part of the:
- a. apex area
 - b. parietal area
 - c. bang area
 - d. nape area
- _____ 8. The area of the head that is between the apex and the back of the parietal ridge is the:
- a. crown
 - b. front
 - c. sides
 - d. top
- _____ 9. The nape area is defined as the area at the back part of the neck and consists of the hair below the:
- a. neckline
 - b. front
 - c. temporal bone
 - d. occipital bone
- _____ 10. The space between two lines or surfaces that intersect at a given point is a(n):
- a. formation
 - b. angle
 - c. bang
 - d. line
- _____ 11. The three types of straight lines in haircutting include all of the following EXCEPT:
- a. vertical
 - b. diagonal
 - c. straight
 - d. horizontal

- _____ 24. A guideline used in a blunt, one-length haircut, or used in overdirection to create a length or weight increase is a(n):
- a. stationary guide
 - b. traveling guide
 - c. angle guide
 - d. stacked guide
- _____ 25. In creating a length increase in the design of graduated and layered haircuts, the technique to use is:
- a. overdirection
 - b. beveling
 - c. stacking
 - d. traveling
- _____ 26. On a layered haircut, if you want the hair to be longer toward the front, overdirect the sections to a stationary guide at the:
- a. top of the face
 - b. front of the ears
 - c. front of the crown
 - d. back of the ears
- _____ 27. The conversation where the practitioner finds out what the client is looking for is the:
- a. client consultation
 - b. client greeting
 - c. gossip session
 - d. client assessment
- _____ 28. The growth pattern is the direction in which hair grows from the scalp and is also called the:
- a. hair texture
 - b. natural falling position
 - c. natural hairline
 - d. outer perimeter
- _____ 29. Hair density is usually described as being:
- a. thin, small, or dense
 - b. thin, coarse, or dark
 - c. medium, curly, and porous
 - d. thin, medium, or thick
- _____ 30. The thickness or diameter of each hair strand is referred to as hair:
- a. coarseness
 - b. texture
 - c. volume
 - d. density
- _____ 31. Which of the following *best* describes fine, thin hair?
- a. needs weight, limp
 - b. texturizing necessary
 - c. razors may frizz hair
 - d. very short cuts do not work
- _____ 32. The amount of movement in the hair strand is referred to as the:
- a. wave pattern
 - b. texture
 - c. thickness
 - d. density
- _____ 33. Shears that are designed to remove more hair, with larger teeth set farther apart, are:
- a. design shears
 - b. clippers
 - c. notching shears
 - d. haircutting shears
- _____ 34. Which type of comb is used mainly to detangle the hair?
- a. barber comb
 - b. wide-tooth comb
 - c. tail comb
 - d. all-purpose comb
- _____ 35. The comb used for close tapers on the nape and sides and when using a scissor-over-comb technique is a:
- a. detangle comb
 - b. barber comb
 - c. wide-tooth comb
 - d. tail comb

Name: _____

ID: A

- _____ 36. The best overall blade edge for a hair stylist is:
a. convex
b. beveled
c. opposing grip
d. forged
- _____ 37. Before purchasing shears, the stylist should:
a. analyze the cost of the shears
b. determine how many pairs are needed
c. ask about the service agreement
d. All answers are correct.
- _____ 38. Which type of texture shear adds increased blending?
a. chunking
b. thinning
c. texturizing
d. blending
- _____ 39. The degree of tension used on hairlines with strong growth patterns or around the ears is:
a. maximum
b. heavy
c. minimum
d. strong
- _____ 40. When cutting hair, a general rule of thumb is to stand or sit directly in front of the area you are cutting and to keep your body weight:
a. elevated
b. centered
c. angled
d. movable
- _____ 41. The hand position that is used most often when cutting uniform or increasing layers is:
a. palm-to-palm
b. undercutting
c. over fingers
d. below fingers
- _____ 42. When cutting with a vertical or diagonal cutting line, the best way to maintain control of the subsection is to cut:
a. palm-to-palm
b. below fingers
c. over fingers
d. using a razor
- _____ 43. To reduce strain on the index finger and thumb while cutting hair, it is important to:
a. close fingers
b. work quickly
c. cut vertically
d. palm the shears
- _____ 44. A one-length haircut where all the hair comes to a single hanging level is also known as a:
a. blunt cut
b. layer cut
c. graduated cut
d. shingled cut
- _____ 45. Haircuts that generally have less weight than graduated haircuts are:
a. one-length cuts
b. blunt cuts
c. layered cuts
d. tension cuts
- _____ 46. A basic haircut where the hair is cut at a 180-degree angle is the:
a. graduated cut
b. blunt cut
c. angled cut
d. long-layered cut
- _____ 47. The technique used to check a haircut for precision of line and shape is:
a. stationary checking
b. origination lines
c. overdirection
d. cross-checking

Ch. 17

Multiple Choice

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

- _____ 1. A type of hair gel that makes the hair pliable enough to finger wave is:
 - a. elastic lotion
 - b. waving lotion
 - c. conditioning lotion
 - d. firming lotion

- _____ 2. The stationary foundation of a curl that is also the area closest to the scalp is called the:
 - a. stem
 - b. base
 - c. circle
 - d. clip

- _____ 3. The movement or amount of mobility of a curl is determined by the:
 - a. base
 - b. circle
 - c. stem
 - d. size

- _____ 4. The type of curl that is placed completely off base and allows for the greatest mobility is the:
 - a. half-stem curl
 - b. base curl
 - c. no-stem curl
 - d. full-stem curl

- _____ 5. A section of hair molded in a circular movement in preparation for the formation of a pin curl is a:
 - a. ribbon
 - b. curl
 - c. stem
 - d. shaping

- _____ 6. Pin curls that produce even, smooth waves and uniform curls are:
 - a. open-center curls
 - b. closed-center curls
 - c. convex curls
 - d. stationary curls

- _____ 7. Pin curls that produce waves that get smaller in size toward the end are:
 - a. ridge curls
 - b. open-center curls
 - c. closed-center curls
 - d. half-stem curls

- _____ 8. The most commonly shaped pin curl base is the:
 - a. arc base
 - b. rectangular base
 - c. square base
 - d. panel base

- _____ 9. Along the front hairline to prevent splits or breaks in the finished style, the recommended base to use is:
 - a. triangular base
 - b. square base
 - c. oblong base
 - d. rectangular base

- _____ 10. Arc pin curls are also known as half-moon or:
 - a. no-stem base curls
 - b. square base curls
 - c. C-shape base curls
 - d. S-shape base curls

- _____ 11. Forcing hair between the thumb and the back of the comb to create tension is called:
 - a. sectioning
 - b. sculpting
 - c. bricklayer
 - d. ribboning

Name: _____

ID: A

- _____ 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. ruffling
- _____ 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. ruffling
- _____ 24. The technique of drying and styling damp hair in one operation is:
- a. french lacing
 - b. Velero 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 18**Multiple Choice**

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

- _____ 1. As early as 3000 BC, Egyptian women wore braids or plaits decorated with which of the following?
- a. shells
 - b. gold beads
 - c. sequins
 - d. All answers are correct.
- _____ 2. Hairstyling that does not alter the natural curl or coil patterns of hair is known as:
- a. trend hairstyling
 - b. natural hairstyling
 - c. fashion hairstyling
 - d. thermal hairstyling
- _____ 3. To avoid client misunderstanding and ensure a happy ending to every natural hairstyling service, perform a thorough:
- a. approach
 - b. consultation
 - c. style
 - d. image
- _____ 4. During the consultation the stylist must pay special attention to the client's hair:
- a. style
 - b. length
 - c. texture
 - d. color
- _____ 5. In terms of braiding and other natural hairstyling, the diameter of hair refers to whether the hair is:
- a. medium, fine, or smooth
 - b. smooth, dry, or wiry
 - c. coarse, medium, or fine
 - d. straight, wavy, or fine
- _____ 6. With regard to the wave pattern or configuration, textured hair is defined as hair with a(n):
- a. very soft curl pattern
 - b. smooth wave pattern
 - c. oily curl pattern
 - d. tight curl pattern
- _____ 7. Brushes that are used for stimulating the scalp as well as removing dirt and lint from locks are:
- a. square paddle brushes
 - b. boar-bristle brushes
 - c. nylon-bristle brushes
 - d. combination bristle brushes
- _____ 8. Which type of brush is good for releasing tangles, knots, and snarls in short, textured hair and long, straight hair?
- a. boar-bristle
 - b. square paddle
 - c. vent
 - d. round
- _____ 9. Brushes that collapse when they encounter too much resistance in releasing tangles from hair are:
- a. soft bristle
 - b. hard rubber
 - c. natural bristle
 - d. pneumatic
- _____ 10. Brushes with widely spaced protective pins used on human hair extensions or to gently remove tangles from wet wavy or dry curly hair are:
- a. square brushes
 - b. double-tooth
 - c. vent brushes
 - d. tail brushes

Name: _____

ID: A

- _____ 11. To avoid scratching the scalp, the teeth on wide-toothed combs should have:
- a. long rounded tips
 - b. short flat tips
 - c. missing teeth
 - d. long pointed tips
- _____ 12. An excellent comb for design parting and opening and removing braids is a:
- a. finishing comb
 - b. wide-toothed comb
 - c. pressing comb
 - d. tail comb
- _____ 13. Which tool is useful for lifting and separating textured hair?
- a. tail comb
 - b. pick with rounded teeth
 - c. cutting comb
 - d. double-toothed comb
- _____ 14. The blow-dryer attachment that stretches and softens textured hair and loosens the curl pattern is a:
- a. concentrator
 - b. butterfly clip
 - c. pick nozzle
 - d. diffuser
- _____ 15. Which of the following is NOT an implement or material need for extensions?
- a. hackle
 - b. extension fibers
 - c. drawing board
 - d. hood dryer
- _____ 16. A board of fine, upright nails that is used to comb or detangle human hair extensions or to blend colors is a:
- a. drawing board
 - b. hackle
 - c. leather board
 - d. extension
- _____ 17. A manufactured synthetic fiber used for hair extensions that is durable, soft, and less inclined to tangle than many other synthetics is:
- a. Kanekalon
 - b. yarn
 - c. synthetic
 - d. rayon
- _____ 18. Extension material that may cut or break the hair and melt with the application of excessive heat is:
- a. Kanekalon
 - b. yarn
 - c. nylon
 - d. cotton
- _____ 19. A light, soft extension material that does not reflect light and gives the braid a matte finish is:
- a. nylon
 - b. yarn
 - c. rayon
 - d. cotton
- _____ 20. An imported wool fiber available in black or brown with a matte finish that is used in hair extensions is:
- a. lin
 - b. yak
 - c. rayon
 - d. linen
- _____ 21. A strong extension material that comes from the domestic ox found in the mountains of Tibet and central Asia is:
- a. lin
 - b. wool
 - c. yarn
 - d. yak
- _____ 22. Hair that is best braided slightly damp or very lightly coated with a wax or pomade to make it more pliable is:
- a. curly, textured hair
 - b. fragile, dry hair
 - c. straight, resistant hair
 - d. short, dry hair

Name: _____

ID: A

- _____ 12. The head-shaped form used to secure a wig for fitting, styling, or coloring is a:
a. hackle c. circumference
b. clamp d. block
- _____ 13. To achieve a natural look when cutting a wig, the ends should be:
a. blunt c. short
b. tapered d. even
- _____ 14. When using heat on human hair wigs, the temperature setting on the styling tool should be:
a. low c. fast
b. high d. strong
- _____ 15. When styling a wig without a natural-looking hairline or a lace front, you should soften the hairline by:
a. tapering around the ears c. trimming the hairline with a razor
b. backcombing around the hairline d. styling the hair when wet
- _____ 16. To clean a wig, follow the manufacturer's directions and select a shampoo that is:
a. alkaline c. gentle
b. medicated d. sulfur based
- _____ 17. All synthetic hair colors used on wigs and hairpieces are standardized according to the hair color ring used by manufacturers, which contains:
a. 20 colors c. 70 colors
b. 50 colors d. 90 colors
- _____ 18. Prior to a full-color application to a wig or hairpiece, it is recommended to perform a(n):
a. elasticity test c. allergy test
b. strand test d. porosity test
- _____ 19. Hairpieces that have openings at the base through which the client's hair is blended are:
a. wiglets c. integration
b. switches d. cascade
- _____ 20. A small wig used to cover the top or crown of the head is a:
a. toupee c. switch
b. cap d. weft
- _____ 21. Hair additions that are secured at the base of the client's natural hair to add length, volume, texture, or color are:
a. ponytails c. cascades
b. switches d. extensions
- _____ 22. In the braid-and-sew method of hair extensions, the angle of the track determines:
a. how the hair will fall c. the size of extension
b. the amount of hair d. the length of extension
- _____ 23. The needle that is used to sew extensions onto a track should be:
a. long and thin c. straight or curved
b. curved and sharp d. short and flat

Name: _____

ID: A

- _____ 24. A simple, quick stitch that can be used to secure the entire length of a weft to a track is the:
- a. double-lock stitch
 - b. lock stitch
 - c. moving stitch
 - d. overcast stitch
- _____ 25. The technique that involves attaching hair wefts or single strands with adhesive or glue is:
- a. stitching
 - b. double-lock
 - c. bonding
 - d. tracking
- _____ 26. The method of attaching extensions to a client's own hair with a bonding material and heat from a special tool is:
- a. fusion bonding
 - b. locking
 - c. sewing
 - d. switch bonding

Name: _____

ID: A

- _____ 12. Caution should be used with on-base rod placement to avoid additional:
- a. sectioning of hair
 - b. stress and tension on hair
 - c. increased volume
 - d. curl patterns
- _____ 13. The angle at which a permanent wave rod is positioned on the head is referred to as:
- a. wrapping technique
 - b. rod direction
 - c. diagonal technique
 - d. base direction
- _____ 14. The two methods of wrapping the hair around a perm rod are:
- a. flat and spiral
 - b. croquignole and even
 - c. spiral and perpendicular
 - d. croquignole and spiral
- _____ 15. In the croquignole method of wrapping, the hair is wound from:
- a. scalp to ends
 - b. longest to shortest
 - c. ends to scalp
 - d. shortest to longest
- _____ 16. Once in the cortex, the waving solution breaks the disulfide bonds through a chemical reaction called:
- a. rearranging
 - b. normalization
 - c. reduction
 - d. alkaline
- _____ 17. In permanent waving, the reduction reaction is due to the addition of:
- a. hydrogen
 - b. oxygen
 - c. salt
 - d. carbon
- _____ 18. The most common reducing agents used are:
- a. ammonia water
 - b. hydrogen peroxide
 - c. thioglycolic acids
 - d. hydrogen acids
- _____ 19. The active ingredient or reducing agent in alkaline permanent waves is:
- a. ammonium thioglycolate
 - b. hydrogen thioglycolate
 - c. alkaline acids
 - d. glyceryl monothioglycolate
- _____ 20. Most alkaline permanent waves have a pH between:
- a. 4.5 and 5.5
 - b. 6.0 and 7.0
 - c. 9.0 and 9.6
 - d. 10.0 and 11.0
- _____ 21. The main active ingredient in true acid and acid-balanced waving lotions is:
- a. glyceryl monothioglycolate
 - b. ammonium thioglycolic
 - c. sodium hydroxide
 - d. sodium hydrochloride
- _____ 22. All acid waves have three components consisting of the permanent waving lotion, neutralizer, and:
- a. conditioner
 - b. prewrap
 - c. stabilizer
 - d. activator
- _____ 23. Most acid waves used in salons have a pH value between:
- a. 5.5 and 6.5
 - b. 7.8 and 8.2
 - c. 9.0 and 10.0
 - d. 10.1 and 10.5
- _____ 24. Exothermic waves create a chemical reaction that heats the waving solution and speeds up:
- a. processing
 - b. conditioning
 - c. neutralizing
 - d. formulation

Name: _____

ID: A

- ___ 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

Cos.2 Chapter 21

Multiple Choice

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

- ____ 1. The natural coloring pigment found in the cortex layer of the hair is:
 - a. protein
 - b. melocytes
 - c. melanin
 - d. keratin

- ____ 2. Hair texture is determined by the diameter of individual hair:
 - a. lengths
 - b. color
 - c. strands
 - d. sections

- ____ 3. Fine hair takes color faster and can look darker because the melanin granules are grouped:
 - a. more loosely
 - b. more tightly
 - c. more scattered
 - d. less tightly

- ____ 4. The hair type with a large diameter that can take longer to process hair color is:
 - a. fine-textured hair
 - b. medium-textured hair
 - c. coarse-textured hair
 - d. long hair

- ____ 5. The ability of the hair to absorb liquids is referred to as:
 - a. elasticity
 - b. porosity
 - c. density
 - d. diameter

- ____ 6. When the cuticle of the hair is lifted and the hair is overly porous and absorbs color quickly, the hair porosity is defined as:
 - a. high
 - b. medium
 - c. low
 - d. even

- ____ 7. The melanin that gives black and brown color to hair is:
 - a. primary
 - b. eumelanin
 - c. pigment
 - d. pheomelanin

- ____ 8. The system used by colorists to analyze the lightness or darkness of a hair color is:
 - a. the color wheel
 - b. the level system
 - c. melanin distribution
 - d. the primary color system

- ____ 9. The darkest hair colors in the level system are identified as being a level:
 - a. 1
 - b. 3
 - c. 6
 - d. 10

- ____ 10. The system used for understanding color relationships is the:
 - a. color wheel
 - b. law of color
 - c. level system
 - d. color system

- ____ 11. Fundamental or pure colors that cannot be achieved from a mixture are:
 - a. warm colors
 - b. base colors
 - c. primary colors
 - d. secondary colors

Name: _____

ID: A

- _____ 12. The primary color that brings depth or darkness to any color is:
- a. red
 - b. yellow
 - c. blue
 - d. green
- _____ 13. When all three primary colors are present in equal proportions, the resulting color is:
- a. brown
 - b. black
 - c. green
 - d. orange
- _____ 14. A color obtained by mixing equal parts of two primary colors is a:
- a. base color
 - b. tertiary color
 - c. contributing color
 - d. secondary color
- _____ 15. A color achieved by mixing equal parts of a secondary color and its neighboring primary color on the color wheel is a:
- a. complementary color
 - b. pigmented color
 - c. tertiary color
 - d. base color
- _____ 16. Primary and secondary colors that are positioned opposite each on the color wheel are:
- a. complementary colors
 - b. contrasting colors
 - c. permanent colors
 - d. tertiary colors
- _____ 17. The hue or balance of color seen in the hair is referred to as:
- a. scale
 - b. depth
 - c. value
 - d. tone
- _____ 18. Tones can be described as cool, warm, or:
- a. neutral
 - b. level
 - c. light
 - d. dark
- _____ 19. Colors that can look deeper than their actual level are:
- a. natural tones
 - b. cool tones
 - c. warm tones
 - d. lightest tones
- _____ 20. Neutral base colors are often used to cover:
- a. gray hair
 - b. red tones
 - c. gold tones
 - d. ash tones
- _____ 21. All hair coloring products require a patch test with the exception of:
- a. semipermanent colors
 - b. temporary colors
 - c. permanent colors
 - d. demipermanent colors
- _____ 22. As part of their composition, all permanent hair coloring products and lighteners contain both a developer and a(n):
- a. decomposing agent
 - b. acidic agent
 - c. alkalizing ingredient
 - d. neutralizing ingredient
- _____ 23. Coloring products that have a coating action on the hair and are removed by shampooing are:
- a. semipermanent colors
 - b. ammonia colors
 - c. primary colors
 - d. temporary colors

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- _____ 24. Demipermanent colors are also known as:
- a. temporary colors
 - b. no-lift deposit-only colors
 - c. formulated colors
 - d. tonal colors
- _____ 25. The coloring products that are regarded as the best for covering gray hair are:
- a. liquid haircoloring
 - b. protein colors
 - c. demipermanent colors
 - d. permanent haircoloring
- _____ 26. Dye precursors that combine with hydrogen peroxide to form larger, permanent dye molecules are called:
- a. aniline derivatives
 - b. base colors
 - c. primary colors
 - d. demipermanent colors
- _____ 27. Natural, vegetable, and metallic hair colors are also known as:
- a. base colors
 - b. ammonia colors
 - c. gradual colors
 - d. cortex colors
- _____ 28. Haircoloring products that change color gradually by progressive buildup and exposure to air contain:
- a. blending salts
 - b. metal salts
 - c. mineral crystals
 - d. dye precursors
- _____ 29. The most commonly used developer in hair color is:
- a. ammonia peroxide
 - b. hydrogen propitiator
 - c. hydrogen peroxide
 - d. potential activators
- _____ 30. The standard volume of hydrogen peroxide used to achieve most results with permanent haircolor is:
- a. 10 volume
 - b. 20 volume
 - c. 30 volume
 - d. 40 volume
- _____ 31. Chemical compounds that lighten hair by dispersing, dissolving, and decolorizing the natural pigment are:
- a. hair oxidizers
 - b. hair decolorizers
 - c. hair lighteners
 - d. hair levels
- _____ 32. The process where the hair is prelightened and then toned is:
- a. single-process color
 - b. double-process application
 - c. color enhancement application
 - d. special effects color
- _____ 33. Decolorizing the hair's natural pigment allows the colorist to create the exact degree of:
- a. complementary color
 - b. artificial color
 - c. neutralizing pigment
 - d. contributing pigment
- _____ 34. Hair coloring products that are used primarily on prelightened hair to achieve pale and delicate colors are:
- a. tints
 - b. toners
 - c. rinses
 - d. organic
- _____ 35. During the process of decolorizing, natural hair can go through as many as:
- a. 5 stages
 - b. 8 stages
 - c. 10 stages
 - d. 12 stages
- _____ 36. The most critical part of a color service is the:
- a. haircolor consultation
 - b. client draping
 - c. color removal
 - d. shampoo

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- ___ 37. Clients with hair in questionable condition who request chemical services should be required to sign a:
- a. release statement
 - b. record card
 - c. color card
 - d. receipt
- ___ 38. When applying color using the brush-and-bowl method, the mixing bowl should be:
- a. metal
 - b. nonmetallic
 - c. large
 - d. nonbreakable
- ___ 39. Before performing a coloring service with an aniline derivative product, the client must have a(n):
- a. preliminary test
 - b. application method
 - c. patch test
 - d. insurance record
- ___ 40. The U.S. Federal Food, Drug and Cosmetic Act prescribes that a predisposition test be given:
- a. 5 to 10 minutes prior to application
 - b. 10 to 15 hours prior to application
 - c. 24 to 48 hours prior to application
 - d. 20 to 25 minutes prior to application
- ___ 41. A predisposition test is generally conducted behind the ear or:
- a. on the inner forearm
 - b. on the neck
 - c. on the inner wrist
 - d. inside the elbow
- ___ 42. The process that lightens hair and deposits color in one application is a:
- a. deposit-only color
 - b. semipermanent color
 - c. single-process hair coloring
 - d. double-process hair coloring
- ___ 43. Examples of single-process permanent coloring applications are virgin color applications and:
- a. semipermanent applications
 - b. color retouch applications
 - c. color shampoos
 - d. cream lighteners
- ___ 44. Overlapping hair color on previously tinted hair can cause breakage and create a visible line of:
- a. application
 - b. demarcation
 - c. alteration
 - d. solution
- ___ 45. When applying color for a single-process retouch application, the color should be applied to the new growth using:
- a. 1-inch partings
 - b. 3/4-inch partings
 - c. 1/4-inch partings
 - d. 1/2-inch partings
- ___ 46. Lighteners that have a thicker consistency and give more control during scalp application are:
- a. cream lighteners
 - b. powder lighteners
 - c. oil lighteners
 - d. paste lighteners
- ___ 47. Powdered persulfate salts added to haircolor to increase its lightening ability are:
- a. accelerators
 - b. ammonias
 - c. activators
 - d. diffusers
- ___ 48. The part of the hair shaft between the scalp and the hair that has been previously colored is the:
- a. follicle
 - b. medulla
 - c. new growth
 - d. reaction

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- _____ 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. baliaage
- _____ 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. baliaage
- _____ 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