

# Alberta Hairstyling Period 2 Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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- 1. What are the three primary colors?**
  - A. Red, blue, and yellow**
  - B. Green, purple, and orange**
  - C. Red, green, and blue**
  - D. Yellow, purple, and white**
- 2. The technique to increase height and control form by creating a cushion or mesh at the base is called:**
  - A. Backcombing**
  - B. Teasing**
  - C. Ratting**
  - D. Volume styling**
- 3. What product is commonly used to reduce the curl pattern in hair?**
  - A. Curl enhancer**
  - B. Curl hair spray**
  - C. Curl rearranger**
  - D. Curl definers**
- 4. Which characteristic of styling products is NOT included in their typical characteristics?**
  - A. Hold level**
  - B. Shine factor**
  - C. Ingredients used**
  - D. Texture**
- 5. All of the following cleaning and disinfection guidelines are true about combs and brushes, except:**
  - A. Disinfect with hot water**
  - B. Use a disinfectant solution**
  - C. Disinfect with fine steel wool**
  - D. Clean regularly**

**6. When forming pincurls, the hair is smoothed to create:**

- A. A smooth finish**
- B. A defined structure**
- C. A ribbon-like effect**
- D. A voluminous lift**

**7. The three levels of observation are basic, detail, and?**

- A. Descriptive**
- B. Abstract**
- C. Presentational**
- D. Contextual**

**8. Which of the following relaxer strengths for ammonium thioglycolate is NOT categorized?**

- A. Regular**
- B. Super**
- C. Heavy**
- D. Mild**

**9. The combination of size of the base in relation to the diameter of the tool and the position of the tool in relation to the base is called:**

- A. Base control**
- B. Tool positioning**
- C. Volume setting**
- D. Diameter ratio**

**10. Which method is essential for securing loops in hair design?**

- A. Hairpin techniques**
- B. Applying a strong hold gel**
- C. Using rubber bands**
- D. Heat styling**

## **Answers**

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1. A
2. A
3. C
4. C
5. C
6. C
7. B
8. C
9. A
10. A

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## **Explanations**

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## 1. What are the three primary colors?

- A. Red, blue, and yellow**
- B. Green, purple, and orange**
- C. Red, green, and blue**
- D. Yellow, purple, and white**

The three primary colors are red, blue, and yellow. These colors are fundamental in the color theory of art and design as they cannot be created by mixing other colors together. Instead, they serve as the building blocks for creating a wide spectrum of other colors. When mixed in various combinations, the primary colors generate secondary colors; for example, mixing red and blue produces purple, blue and yellow yield green, and red and yellow give orange. This foundational concept is crucial for hairstylists, especially when working with hair color, as understanding how to mix colors effectively can lead to achieving the desired shades and results in color treatments. The other provided options either consist of secondary colors or introduce combinations that do not fall under the primary color category in the traditional color wheel used in art and design. Therefore, recognizing red, blue, and yellow as the primary colors is essential for anyone involved in creative fields, including hairstyling.

## 2. The technique to increase height and control form by creating a cushion or mesh at the base is called:

- A. Backcombing**
- B. Teasing**
- C. Rattling**
- D. Volume styling**

The technique referred to is backcombing, which involves using a comb to push the hair towards the scalp. This action creates a cushioning effect at the base of the hair, allowing for increased height and better control of the hairstyle's form. By tangling the hair in this manner, backcombing creates a supportive structure, which can hold styles in place for longer periods and adds volume to the hair. The result is a more significant lift and fuller appearance, making it a popular choice for various hairstyles, especially when aiming for dramatic volume or specific shapes. In contrast, teasing can also refer to similar actions, but backcombing specifically emphasizes the technique of combing hair towards the scalp to create that cushion. Meanwhile, rattling is often used interchangeably with teasing but may carry more connotations of making hair intentionally messy. Volume styling is a broader term that encompasses various methods used to achieve body and fullness in hairstyles but isn't a specific technique like backcombing.

**3. What product is commonly used to reduce the curl pattern in hair?**

- A. Curl enhancer**
- B. Curl hair spray**
- C. Curl rearranger**
- D. Curl definers**

The product that is commonly used to reduce the curl pattern in hair is known as a curl rearranger. Curl rearrangers contain specific ingredients designed to break down the bonds within the hair's structure, allowing the curl pattern to be loosened or altered. These products are often used in chemical treatments such as relaxing or smoothing processes, where the goal is to create a straighter or more manageable hair texture. By using a curl rearranger, hairstylists can effectively modify a client's natural curl pattern, providing a smoother finish that can be easier to style. This is particularly beneficial for individuals with tight curls who desire a more elongated or sleek look without completely eliminating their hair's natural texture. Understanding how these products work is crucial for hair professionals when recommending styling solutions and performing treatments tailored to individual client needs. In contrast, curl enhancers, curl hair spray, and curl definers focus on emphasizing and maintaining curls rather than altering them. Curl enhancers boost the natural curl structure, curl hair spray provides hold to prevent frizz, and curl definers help shape and define curls, making them more prominent and well-defined.

**4. Which characteristic of styling products is NOT included in their typical characteristics?**

- A. Hold level**
- B. Shine factor**
- C. Ingredients used**
- D. Texture**

The characteristic of styling products that does not typically fall under their main features is the ingredients used. When discussing styling products, professionals focus primarily on aspects that directly affect the product's performance and visual appeal, such as hold level, shine factor, and texture. Hold level refers to a product's ability to keep hair in place, which is essential for styling longevity. Shine factor indicates how much luster a product imparts to the hair, influencing how healthy and vibrant the hair appears. Texture denotes how a product can change the feel and look of the hair, whether making it smoother, more voluminous, or adding definition. While ingredients are certainly important for understanding the formulation and possible effects on hair health or allergies, they do not describe how the product will perform in terms of styling characteristics. Therefore, focusing on hold, shine, and texture provides more immediate and practical information about how a styling product will work for hairstyling purposes.

**5. All of the following cleaning and disinfection guidelines are true about combs and brushes, except:**

- A. Disinfect with hot water**
- B. Use a disinfectant solution**
- C. Disinfect with fine steel wool**
- D. Clean regularly**

Combs and brushes in a hairstyling environment require specific cleaning and disinfection protocols to ensure safety and hygiene. The guideline regarding the use of fine steel wool is not appropriate for disinfecting these tools. This is because fine steel wool can scratch and damage the surface of combs and brushes, potentially making it easier for bacteria and debris to accumulate in those scratches. Additionally, fine steel wool can leave behind particles that could irritate the scalp or hair. In contrast, other methods mentioned are effective and standard practices. Using hot water can help in loosening product buildup before applying disinfectants. A disinfectant solution is typically necessary to effectively eliminate bacteria and viruses. Regular cleaning reinforces hygiene standards in salons, which is essential for client health and well-being. Focusing on the correct cleaning methods is vital for maintaining the integrity of the hairstyling tools and ensuring that they do not compromise clients' health. Thus, using fine steel wool as a disinfecting method is not advisable, making it the exception among the listed guidelines.

**6. When forming pincurls, the hair is smoothed to create:**

- A. A smooth finish**
- B. A defined structure**
- C. A ribbon-like effect**
- D. A voluminous lift**

When forming pincurls, smoothing the hair is essential to achieving a ribbon-like effect. This technique involves ensuring that the hair strands are properly aligned and free of tangles or frizz. By smoothing the hair, you create a polished surface that allows the curls to take shape more effectively and enhances the overall appearance of the hairstyle. When the hair is handled carefully and smoothed out, it not only helps in forming the curls more seamlessly but also contributes to the final texture and flow of the hair. The ribbon-like effect is characterized by soft, well-defined curls that appear elegant and organized, which is especially desirable in hairstyling. This approach allows the stylist to create beautiful, flowing curls that can frame the face and add movement to the hairstyle. In contrast, other options such as achieving a defined structure or a voluminous lift would require different techniques and may not necessarily focus on the smoothness and alignment of the hair strands as much as creating that specific curled effect does.

**7. The three levels of observation are basic, detail, and?**

- A. Descriptive**
- B. Abstract**
- C. Presentational**
- D. Contextual**

The three levels of observation—basic, detail, and abstract—help stylists and practitioners in the hairstyling industry analyze and evaluate hairstyles and techniques at varying depths. The basic level of observation involves understanding the general shape and form of a hairstyle, while the detail level dives into the intricacies of the cut, texture, and specific styling techniques used. The abstract level represents a higher cognitive engagement, allowing stylists to reflect on broader concepts and theories surrounding hairstyling, such as style trends, client preferences, and artistic influences. It incorporates subjective interpretations, which often lead to more creative and innovative styling choices. Choosing the abstract level emphasizes a deeper understanding of hairstyling beyond mere observation and technical execution. It signifies the ability to synthesize information and apply it in creative and personalized ways in the salon environment. This level of observation encourages stylists to think critically and conceptualize new ideas, benefiting their artistry and service to clients, fostering a more holistic approach to hairstyling beyond the visible and tangible aspects.

**8. Which of the following relaxer strengths for ammonium thioglycolate is NOT categorized?**

- A. Regular**
- B. Super**
- C. Heavy**
- D. Mild**

Ammonium thioglycolate relaxers are typically categorized based on their strength and intended use on different hair types. The correct choice reflects that there is no standard category termed "Heavy" for the strengths of ammonium thioglycolate relaxers. Relaxers are generally classified into categories such as Regular, Super, and Mild. Regular strength is suitable for normal, resistant hair; Super is formulated for very coarse or resistant hair, and Mild is intended for color-treated or damaged hair. Each classification serves to ensure that the appropriate product is used to avoid damaging the hair while achieving the desired level of straightening. On the other hand, "Heavy" does not correspond to any established category in the context of ammonium thioglycolate relaxers. This term is not recognized as a standard strength classification in the industry, which makes it the correct answer to identify as not categorized within the known classifications. Understanding these nuances helps hairstylists choose the appropriate products for their clients based on their hair texture and condition.

**9. The combination of size of the base in relation to the diameter of the tool and the position of the tool in relation to the base is called:**

- A. Base control**
- B. Tool positioning**
- C. Volume setting**
- D. Diameter ratio**

The concept being described relates to how the size of the base interacts with the diameter of the tool and its positioning, which are crucial factors in hairstyling techniques. Base control refers specifically to how the size and placement of the base (the hair section near the scalp) influences the resulting volume and curl pattern from the tool used (like a curling iron or roller). In hairstyling, proper base control is vital as it determines how close or far the tool is from the scalp. A smaller base size creates more volume and tighter curls, while a larger base allows for looser styles. Understanding base control allows a stylist to manipulate the hair texture and shape effectively, enhancing their styling results. Other options may seem related but do not encapsulate this specific interplay. Tool positioning focuses more on the angle and manner in which the tool is held, while volume setting and diameter ratio are more about the outcomes rather than the foundational relationship between the base and tool diameter directly affecting the styling technique. Therefore, base control is the most accurate term to describe this relationship in hairstyling practices.

**10. Which method is essential for securing loops in hair design?**

- A. Hairpin techniques**
- B. Applying a strong hold gel**
- C. Using rubber bands**
- D. Heat styling**

The method essential for securing loops in hair design is the use of hairpin techniques. This approach is particularly effective because hairpins are designed to hold hair securely in place, allowing for the creation of intricate shapes and styles without the need for additional products. Hairpins can be strategically placed to provide support and stability to loops, ensuring they maintain their structure throughout the day. Using hairpin techniques allows for a more polished and professional finish, as the pins can be hidden within the hair, giving the appearance of seamless design. This method is also versatile, accommodating various hair types and styles, which makes it a go-to choice for securing loops effectively. In comparison, while strong hold gel can help manage flyaways and provide some level of hold, it doesn't physically secure the shape and structure of loops in the same way hairpins do. Rubber bands can create tension but may not offer the finesse needed for a well-designed loop, as they can leave marks on the hair or disrupt the desired shape. Heat styling can temporarily shape the hair but does not provide lasting support for loops without additional securing methods.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://albertahairstylingperiod2.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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