Colorado Cosmetology Written Practice Exam (Sample)

Study Guide

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Questions

1. What is a common descriptor for the surface of cured UV gels?

A. Smooth

B. Tacky

C. Rough

D. Dry

2. What is the primary function of shampoo?

A. Condition the hair

B. Remove dirt and oils from the hair and scalp

C. Repair split ends

D. Strengthen the hair follicles

3. What forms over a wound or blemish?

A. Crust

B. Fissure

C. Papule

D. Subcutaneous tissue

4. What is the primary purpose of using soft UV gels?

A. Helps nails grow faster

B. Provides a protective overlay

C. Removes stains from nails

D. Strengthens natural nails

5. Which type of disinfectant is appropriate for stopping the takeover of the host cell's reproductive function?

A. Bactericide

B. Fungicide

C. Germicide

D. Virucidal

6. Which nail product is used to improve adhesion of UV and LED gels?

A. Dehydrator

B. Nail primer

C. Top coat

D. UV gel polish

7. All of the following techniques can be performed with bleach EXCEPT?

A. Balayage technique

B. Foil technique

C. Reverse technique

D. Weaving technique

8. Which of the following steps is the most forgotten for wet styling?

A. Blow drying

B. Brush out style

C. Setting the style

D. Wetting the hair

9. What is the pH range for alkaline perms?

A. 4.5-7.0

B. 7.5-8.0

C. 8.0-9.0

D. 9.0-9.6

10. What occurs after the catagen phase ends?

A. Anagen phase

B. Resting phase

C. Shedding phase

D. Telogen phase

Answers

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

Explanations

1. What is a common descriptor for the surface of cured UV gels?

A. Smooth

B. Tacky

C. Rough

D. Dry

The correct descriptor for the surface of cured UV gels is "tacky." After curing, UV gels usually retain a layer of inhibition, which gives them a slightly sticky feel. This tackiness allows for better adhesion of subsequent layers, such as a topcoat or additional nail enhancements. It is important to note that this is a significant characteristic of UV gel systems, as the tacky layer is a key part of the application process and will be removed with proper finishing techniques. While the surface of UV gels can appear smooth, this does not accurately describe the post-curing state because the smoothness is overshadowed by the presence of the tacky layer. Describing the surface as rough isn't appropriate since cured gels typically do not exhibit that type of texture. Similarly, while the surface is indeed dry to the touch after curing, it is the tackiness that is most commonly noted and needs to be addressed during the application process.

2. What is the primary function of shampoo?

A. Condition the hair

B. Remove dirt and oils from the hair and scalp

C. Repair split ends

D. Strengthen the hair follicles

Shampoo's primary function is to remove dirt and oils from the hair and scalp. Option A is incorrect because conditioning the hair is a secondary function of shampoo. Option C is incorrect because repairing split ends requires a different type of product, like a hair mask or serum. Option D is incorrect because strengthening the hair follicles is also not a primary function of shampoo. Shampoo is primarily used to cleanse the hair and scalp, making option B the correct answer.

3. What forms over a wound or blemish?

A. Crust

B. Fissure

C. Papule

D. Subcutaneous tissue

The correct answer is that a crust forms over a wound or blemish. A crust is a protective covering that develops as a result of the healing process. When a skin injury occurs, such as a cut, scrape, or pimple, the body responds by producing a scab or crust, which consists mainly of dried blood, serum, and pus. This crust serves to protect the underlying tissues while they heal, preventing pathogens from entering and assisting the body's natural recovery mechanisms. The other terms do not specifically refer to the protective layer that forms after a wound. A fissure typically refers to a narrow opening or crack in the skin, a papule is a small, raised bump on the skin, and subcutaneous tissue refers to the layer of tissue underneath the skin, which does not specifically relate to wound healing in the same way a crust does.

4. What is the primary purpose of using soft UV gels?

A. Helps nails grow faster

B. Provides a protective overlay

C. Removes stains from nails

D. Strengthens natural nails

The primary purpose of using soft UV gels is to provide a protective overlay over the natural nails. Soft UV gels are designed to enhance the appearance of nails while also offering a layer of protection against everyday wear and tear. This protective aspect helps to keep the nails looking healthy and can prevent breakage and damage. While faster nail growth and strengthening are important aspects of nail care, they are not the primary purposes of soft UV gels. Rather, soft UV gels are used to create a smooth, shiny finish while ensuring the nails are protected. Additionally, these gels do not serve as a stain remover for nails; their primary function is in enhancing and protecting the existing nail structure.

5. Which type of disinfectant is appropriate for stopping the takeover of the host cell's reproductive function?

A. Bactericide

B. Fungicide

C. Germicide

D. Virucidal

The appropriate type of disinfectant for stopping the takeover of the host cell's reproductive function is a virucidal agent. This is because virucidal disinfectants are specifically designed to target viruses, which can hijack the host cell's mechanisms for their own reproduction. When viruses infect a host cell, they insert their genetic material into the cell, prompting it to create copies of the virus instead of performing its normal functions. Virucides work by disrupting the viral structure or inhibiting its ability to replicate within the host cell. This action prevents the virus from taking over the reproductive processes of the cell, thereby stopping the spread of the infection within the host and reducing the viral load. In contrast, bactericides target bacteria, fungicides are aimed at fungi, and germicides can refer to agents that kill a broad range of microorganisms but are not specifically designed against viruses. Therefore, to specifically halt the actions of viruses within host cells, a virucidal disinfectant is necessary.

6. Which nail product is used to improve adhesion of UV and LED gels?

A. Dehydrator

B. Nail primer

C. Top coat

D. UV gel polish

The correct answer is nail primer. Nail primer is specifically designed to enhance the adhesion of products applied to the natural nail, including UV and LED gels. By preparing the nail surface, the primer creates a suitable environment for better bonding, which ultimately helps to ensure that the gel products last longer and are less likely to peel or lift. While a dehydrator is important for removing moisture and oils from the nail surface, it does not specifically improve adhesion in the same way that a primer does. Top coat serves as a protective layer over finished nail enhancements but is not meant to enhance the stickiness of the underlying products. UV gel polish is the gel applied over the nail but does not play a role in enhancing adhesion either. Thus, the primary function of nail primer makes it the best choice for this particular question.

7. All of the following techniques can be performed with bleach EXCEPT?

A. Balayage technique

B. Foil technique

C. Reverse technique

D. Weaving technique

The balayage technique involves a freehand application of color or lightener to create soft highlights that blend naturally. This technique typically does not utilize bleach in the same manner as the other options listed. Instead, balayage often relies on a more gentle lifting product or lightener applied directly to the hair's surface, allowing for a sun-kissed glow without the stark contrast that bleach can produce. In contrast, the foil technique, reverse technique, and weaving technique all involve the use of bleach or lightener to create more defined and structured highlights or lowlights. These techniques typically require the product to be meticulously applied and processed under specific conditions, allowing for greater control over the lightening effect on the hair. Therefore, balayage stands apart as not primarily performed with bleach, making it the correct answer.

8. Which of the following steps is the most forgotten for wet styling?

A. Blow drying

B. Brush out style

C. Setting the style

D. Wetting the hair

The step that is most often overlooked in wet styling is actually the brush-out style. After the initial styling phase, many professionals may focus on the setting and drying aspects, sometimes neglecting the final step of brushing out the style to achieve a polished and finished look. While blow drying, setting the style, and wetting the hair are all crucial steps in the wet styling process, it is the brush-out that ensures the style is smooth and well-defined, enhancing the appearance and longevity of the hairstyle. A great finish is vital for client satisfaction, making brush-out an essential part of wet styling that should not be ignored.

9. What is the pH range for alkaline perms?

A. 4.5-7.0

B. 7.5-8.0

C. 8.0-9.0

D. 9.0-9.6

Alkaline perms are types of perms that use a higher pH level in order to break down the hair's natural protein structure and create a new shape. The optimal pH range for alkaline perms is between 4.5-7.0 because this range is strong enough to break down the hair's protein bonds, but not too strong to cause excessive damage. Option B (7.5-8.0) would be suitable for acid perms, not alkaline, as this pH range is less damaging and has a weaker effect on hair structure. Options C (8.0-9.0) and D (9.0-9.6) are too high in pH and can cause excessive damage and over-processing of the hair, resulting in weaker, damaged hair. Therefore, option A is the correct answer as it falls within the recommended pH range for alkaline perms.

10. What occurs after the catagen phase ends?

A. Anagen phase

B. Resting phase

C. Shedding phase

D. Telogen phase

After the catagen phase, the hair follicle transitions into the anagen phase, during which new hair growth begins. The other options listed are incorrect because B: The resting phase (also known as the telogen phase) occurs after the anagen phase and before the catagen phase, during which the hair follicle is in a resting state. C: Shedding (also known as the exogen phase) occurs when old hair is released from the follicle and makes way for new hair growth during the anagen phase. D: The telogen phase (also known as the resting phase) occurs after the anagen phase, during which the old hair sheds and the hair follicle enters a resting state before the anagen phase begins again.