

Colorado Cosmetology Written Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. Mixtures of organic substances and a medicinal agent are known as:**
 - A. Elixirs**
 - B. Lotions**
 - C. Ointments**
 - D. Suspensions**
- 2. Proper mixing and usage directions for haircolor products are typically found on:**
 - A. Haircolor chart**
 - B. Manufacturer's box**
 - C. SDS**
 - D. Salon manual**
- 3. Which term describes the overlapping skin surrounding the nail?**
 - A. Eponychium**
 - B. Nail grooves**
 - C. Perionychium**
 - D. Lunula**
- 4. In the croquignole technique, how is the hair wrapped?**
 - A. From the scalp to the ends**
 - B. From the ends to the scalp**
 - C. In a twisting motion**
 - D. In a spiral motion**
- 5. What are eyelashes also called?**
 - A. Cilia**
 - B. Hydrogen peroxide**
 - C. Porosity**
 - D. Telangiectasia**

- 6. For a heart-shaped face, a stylist should aim to:**
- A. Reduce width at the forehead and increase it at the chin**
 - B. Add height and volume at the crown**
 - C. Create fullness at the jawline and cheekbones**
 - D. Soften the edges and add width at the temples**
- 7. What type of products should not be used on braids?**
- A. Creamy**
 - B. Lightweight**
 - C. Non-greasy**
 - D. Water-based**
- 8. What is the primary benefit of using silicone in hair and skincare products?**
- A. Acts as a cleansing agent**
 - B. Creates a barrier to lock in moisture**
 - C. Promotes hair growth**
 - D. Softens sebum**
- 9. What is a comedo?**
- A. A benign cyst filled with keratin**
 - B. A thick scar**
 - C. A hair follicle that is plugged with sebum and keratin**
 - D. An inflammatory disorder of the sweat glands**
- 10. Which statement is true regarding normal hair growth?**
- A. Applying conditioner speeds up growth**
 - B. Frequent washing accelerates growth**
 - C. Shaving or cutting does not impact growth**
 - D. Using heat tools enhances growth**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Mixtures of organic substances and a medicinal agent are known as:

A. Elixirs

B. Lotions

C. Ointments

D. Suspensions

Elixirs are liquids composed of a mixture of organic substances and a medicinal agent. This distinguishes them from lotions, which are mostly composed of water and typically used for topical applications. Ointments are composed of a base and a medicinal agent, but do not necessarily contain organic substances. Suspensions are a mixture of solid particles in a liquid, rather than a liquid solution like elixirs. Therefore, elixirs are the most accurate term for a mixture of organic substances and a medicinal agent.

2. Proper mixing and usage directions for haircolor products are typically found on:

A. Haircolor chart

B. Manufacturer's box

C. SDS

D. Salon manual

Haircolor charts are typically used to show examples of different colors and are not typically used to provide instructions on usage. SDS (Safety Data Sheets) provide information about the chemical ingredients and safety precautions but do not include usage directions. Salon manuals may have general guidelines on haircoloring but not specific directions for particular products. The manufacturer's box is the best place to find proper mixing and usage directions for haircolor products as it is directly from the manufacturer and specific to the product in question.

3. Which term describes the overlapping skin surrounding the nail?

A. Eponychium

B. Nail grooves

C. Perionychium

D. Lunula

The perionychium refers to the skin that overlies the sides and base of the nail, while the eponychium refers to the skin fold on top of the nail at the base. While the nail grooves (or nail sulci) are present in the skin surrounding the nail, they do not specifically refer to the overlapping skin. The lunula is the white, half-moon shape visible at the base of the nail, but it is not technically overlapping skin. Therefore, the correct term for the overlapping skin surrounding the nail is the perionychium.

4. In the croquignole technique, how is the hair wrapped?

A. From the scalp to the ends

B. From the ends to the scalp

C. In a twisting motion

D. In a spiral motion

The correct option describes the croquignole technique as wrapping the hair from the scalp to the ends. This method involves starting at the roots and working down to the tips, which helps create a uniform curl pattern and promotes better definition in the finished style. The croquignole technique is particularly effective for producing tight curls, and wrapping the hair this way allows for a smoother transition and consistent tension throughout the strand. In contrast, wrapping hair from the ends to the scalp, twisting, or using a spiral motion would lead to different curl patterns and might not produce the desired results associated with the croquignole technique. Each of those methods has its unique characteristics and styles, but they do not align with the traditional approach of the croquignole wrap.

5. What are eyelashes also called?

A. Cilia

B. Hydrogen peroxide

C. Porosity

D. Telangiectasia

Eyelashes are also known as cilia, which are the small hairs growing on the edge of our eyelids. These hairs help protect our eyes from debris and dust particles. Option B, hydrogen peroxide, is a chemical compound and has no relation to eyelashes. Option C, porosity, refers to the amount of space within a material and is not a term used to describe eyelashes. Option D, telangiectasia, is a medical term referring to the dilation of small blood vessels and is not related to eyelashes.

6. For a heart-shaped face, a stylist should aim to:

A. Reduce width at the forehead and increase it at the chin

B. Add height and volume at the crown

C. Create fullness at the jawline and cheekbones

D. Soften the edges and add width at the temples

For a heart-shaped face, the goal is to balance the features by creating the illusion of width at the lower part of the face while minimizing the width at the forehead. This involves styling techniques that help reduce the perceived size of the forehead while adding volume or contouring around the chin area to create a more harmonious shape. The correct approach is to reduce width at the forehead, which is typically broader in heart-shaped faces, and to increase width at the chin. This helps to create a more oval appearance, balancing the facial proportions and ensuring that the chin does not appear too narrow compared to the forehead. Balancing features is key in hairstyling, and this option effectively addresses that need for heart-shaped faces. The other approaches do not focus on achieving that balance; they may emphasize different areas that could make the facial structure seem less proportionate.

7. What type of products should not be used on braids?

- A. Creamy**
- B. Lightweight**
- C. Non-greasy**
- D. Water-based**

The correct choice is based on the understanding of how different types of products interact with braided hairstyles. Creamy products are typically thicker and can weigh down the hair, leading to a heavy and potentially messy appearance when applied to braids. They may also create buildup that can be difficult to cleanse, causing the braids to look dull and lack movement. In contrast, lightweight, non-greasy, and water-based products are designed to provide moisture and hold without the heaviness that creamy products introduce. These types of formulations can enhance the look of braids, making them appear more defined and vibrant while also allowing the hair to breathe. Choosing the appropriate products is crucial in maintaining the health and aesthetic of braided hairstyles.

8. What is the primary benefit of using silicone in hair and skincare products?

- A. Acts as a cleansing agent**
- B. Creates a barrier to lock in moisture**
- C. Promotes hair growth**
- D. Softens sebum**

Silicone in hair and skincare products creates a barrier on the surface of the skin or hair, which helps to lock in moisture and provides a smoother and sleeker appearance. This is the primary benefit of using silicone. Option A is incorrect because silicone does not act as a cleansing agent. Option C is incorrect because silicone does not directly promote hair growth. Option D is incorrect because silicone does not have any effects on sebum, the natural oils produced by the skin. While these options may provide some benefits, they are not the primary benefit of using silicone in hair and skincare products.

9. What is a comedo?

- A. A benign cyst filled with keratin**
- B. A thick scar**
- C. A hair follicle that is plugged with sebum and keratin**
- D. An inflammatory disorder of the sweat glands**

A comedo is defined as a hair follicle that is plugged with sebum and keratin. This term is most commonly associated with types of acne, where the clogged follicle can lead to either open or closed comedones, commonly referred to as blackheads and whiteheads, respectively. The process of a comedo formation involves the accumulation of sebum, an oily substance produced by sebaceous glands, and dead skin cells, leading to blockage in the hair follicle. Understanding this concept is crucial for those in cosmetology, as it directly relates to skin care treatments and acne management. The other options do not define a comedo accurately, as a benign cyst filled with keratin refers to a different kind of skin condition, a thick scar is related to the healing process of wounds, and an inflammatory disorder of the sweat glands addresses a different aspect of skin health entirely. Each incorrect choice pertains to different dermatological conditions and reinforces the importance of precise language in the field of cosmetology.

10. Which statement is true regarding normal hair growth?

- A. Applying conditioner speeds up growth**
- B. Frequent washing accelerates growth**
- C. Shaving or cutting does not impact growth**
- D. Using heat tools enhances growth**

The statement regarding normal hair growth that is considered true is that shaving or cutting does not impact growth. Many people believe that shaving hair makes it grow back thicker or faster; however, this is a myth. Hair growth is determined by factors such as genetics, health, and hormonal levels, rather than the act of cutting or shaving hair. When hair is cut, it simply appears thicker because the ends are blunt, but this does not influence the rate at which the hair grows from the follicle. Other options suggest that certain practices can enhance or speed up hair growth, which is not supported by scientific evidence. Applying conditioner, for example, may improve the hair's moisture and appearance but does not influence the growth rate. Similarly, frequent washing can help maintain cleanliness and overall scalp health, but it does not accelerate the natural growth process. The use of heat tools can affect the hair's condition by causing potential damage, but it does not enhance the speed at which hair grows.