# Junior Level Hair Design Practice Exam (Sample)

## Study Guide


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

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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. 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.**

### 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. 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!**

# Questions

**1. What is the purpose of Powder Dry Shampoo?**

**A. Formulated for clients who are bedridden, no water needed.**

**B. Provides a quick wash with water.**

**C. Adds natural shine without cleansing.**

**D. Helps treat scalp inflammation with medicated ingredients.**

**2. What happens to bacterial cells during the active stage of growth?**

**A. They form endospores in adverse conditions.**

**B. Phagocytosis by immune cells.**

**C. Complete dormancy with no reproduction.**

**D. Mitosis or binary fission: Bacteria reproduce and grow rapidly.**

**3. What is keratinization in hair biology?**

**A. Process where cells change their shape, dry out, and form keratin protein.**

**B. The process of hair growth from follicles.**

**C. The enzymatic breakdown of hair proteins.**

**D. The shedding of cuticle scales from the hair shaft.**

**4. How many levels will 6% hydrogen peroxide lift?**

**A. 1 level**

**B. 3 levels**

**C. 2 levels**

**D. 4 levels**

**5. Define external parasites.**

**A. Organisms that photosynthesize to obtain energy.**

**B. Organisms that grow and feed on other living organisms, which are referred to as hosts.**

**C. Bacteria that cause infections.**

**D. Viruses that invade cells.**

**6. What are the three methods for using the Tesla Current?**

**A. Direct application, Side application, and Isolation.**

**B. Direct application, Indirect application, and General Electrification.**

**C. Indirect application, Passive application, and Neutralization.**

**D. General Electrification, Localized heating, and Shielding.**

**7. Which term describes the common male presentation of androgenetic alopecia?**

**A. Autoimmune alopecia areata**

**B. Telogen effluvium**

**C. Male pattern baldness**

**D. General thinning of crown**

**8. What is the difference between parasitic fungi and parasitic mites?**

**A. Parasitic fungi feed on living tissue taking from a host, while parasitic mites live on a host.**

**B. Parasitic fungi are algae; parasitic mites are bacteria.**

**C. Parasitic fungi require sunlight; parasitic mites require darkness.**

**D. Parasitic fungi are bacteria; mites are viruses.**

**9. Which statement best defines a solution?**

**A. A mixture of immiscible substances that separate**

**B. A mixture of two solvents and solute**

**C. Solute + Solvent mixtures of two or more kinds of molecules, evenly dispersed**

**D. A pure substance with a single element**

**10. What is the purpose of Conditioning Shampoo?**

**A. Coats the cuticle layer of the hair. Adds shine and manageability.**

**B. Removes oil from the scalp.**

**C. Adds fragrance to shampoo for scalp comfort.**

**D. Bleaches the hair for lighter color.**

# Answers

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

# Explanations

## 1. What is the purpose of Powder Dry Shampoo?

**A. Formulated for clients who are bedridden, no water needed.**

**B. Provides a quick wash with water.**

**C. Adds natural shine without cleansing.**

**D. Helps treat scalp inflammation with medicated ingredients.**

**Powder dry shampoo is a dry cleansing product that absorbs oil and refreshes hair without using water. Its main purpose is to remove excess sebaceous oil at the scalp, making hair look cleaner and feel lighter between washes—perfect when water isn't readily available or when a client is unable to shower, such as someone who is bedridden. It helps control oiliness and odor and can extend the time between traditional shampoos, keeping hairstyles looking presentable. It isn't about washing with water, adding natural shine, or treating scalp inflammation with medicated ingredients, which is why the option describing a bedridden client needing no water is the best fit.**

## 2. What happens to bacterial cells during the active stage of growth?

**A. They form endospores in adverse conditions.**

**B. Phagocytosis by immune cells.**

**C. Complete dormancy with no reproduction.**

**D. Mitosis or binary fission: Bacteria reproduce and grow rapidly.**

**Active growth means bacteria are rapidly dividing and increasing in number. In prokaryotes, reproduction happens by binary fission, where the DNA is replicated, the cell enlarges, and a septum splits the cell into two identical daughter cells. This drives exponential population growth, especially when nutrients are plentiful. Mitosis is a process of eukaryotic cells and does not occur in bacteria, which is why binary fission is the correct mechanism here. Endospore formation happens under stress, phagocytosis is a host defense mechanism, and complete dormancy with no reproduction would not describe the active growth phase. So the best description of the active stage is that bacteria reproduce and grow rapidly by binary fission.**

## 3. What is keratinization in hair biology?

**A. Process where cells change their shape, dry out, and form keratin protein.**

**B. The process of hair growth from follicles.**

**C. The enzymatic breakdown of hair proteins.**

**D. The shedding of cuticle scales from the hair shaft.**

**Keratinization is the maturation of hair-forming cells into keratinized, dead cells that compose the hair shaft. As these cells move from the follicle toward the surface, they change shape, dry out, and accumulate keratin protein, forming the hard, resilient fiber of hair. This is what gives hair its strength and structure. It's not about hair growth from follicles, enzymatic breakdown, or shedding of cuticle scales—the keratinization process specifically describes how living cells harden into the keratin that makes up the visible hair.**

## 4. How many levels will 6% hydrogen peroxide lift?

**A. 1 level**

**B. 3 levels**

**C. 2 levels**

**D. 4 levels**

**Lift depends on the developer strength. Six percent hydrogen peroxide is essentially the same as a 20-volume developer, and a 20-volume developer typically lifts about two levels in most formulas. So with 6% hydrogen peroxide, you should expect roughly a two-level lift. Real results can vary based on starting shade, hair porosity, product brand, and processing time, but two levels is the standard expectation for this strength.**

## 5. Define external parasites.

**A. Organisms that photosynthesize to obtain energy.**

**B. Organisms that grow and feed on other living organisms, which are referred to as hosts.**

**C. Bacteria that cause infections.**

**D. Viruses that invade cells.**

**External parasites are organisms that rely on a host for survival by living on the outside of that host and feeding off it. They attach to the surface, such as on the skin or hair, and obtain nutrients without entering the host's body. This relationship—parasite on the exterior using the host for resources—defines why the best description is the one that describes organisms that grow and feed on other living organisms, which are referred to as hosts. The other options describe organisms that are not external parasites: photosynthesizers that make their own energy, bacteria that cause infections (not necessarily parasites), and viruses that invade cells (intracellular parasites, not external ones).**

## 6. What are the three methods for using the Tesla Current?

**A. Direct application, Side application, and Isolation.**

**B. Direct application, Indirect application, and General Electrification.**

**C. Indirect application, Passive application, and Neutralization.**

**D. General Electrification, Localized heating, and Shielding.**

**Understanding how Tesla current is applied involves recognizing three main methods: direct application, indirect application, and general electrification. Direct application means delivering the current straight to the target area by placing the electrode in direct contact with the area being treated, yielding a precise, localized effect. Indirect application uses an intermediary path or medium to convey the current to the body, so the treatment reaches the area without the electrode touching it directly, which can spread the effect more broadly or reduce discomfort. General electrification distributes the current across a larger portion of the body rather than focusing on a single spot, aiming for broader or systemic effects rather than a pinpointed local outcome. The other options combine terms that aren't recognized methods of applying Tesla current in this context, such as side application, isolation, passive application, neutralization, localized heating, or shielding, which describe effects, safety concepts, or outcomes rather than distinct application methods.**

## 7. Which term describes the common male presentation of androgenetic alopecia?

**A. Autoimmune alopecia areata**

**B. Telogen effluvium**

**C. Male pattern baldness**

**D. General thinning of crown**

**The main idea here is recognizing the term that names the typical presentation of hair loss in men caused by androgens. The best term is male pattern baldness because it directly describes the familiar, patterned thinning men often show—receding temples and crown thinning—and it reflects the androgen-driven, genetic basis behind this common form of hair loss. autoimmune alopecia areata describes patchy, autoimmune-driven loss that isn't the classic pattern seen in men with androgenetic alopecia. Telogen effluvium involves diffuse shedding after stress or illness, not a characteristic pattern on the scalp. A general thinning of the crown is descriptive but isn't the standard name for the condition and doesn't inherently convey the recurring, patterned nature of male hair loss.**

## 8. What is the difference between parasitic fungi and parasitic mites?

**A. Parasitic fungi feed on living tissue taking from a host, while parasitic mites live on a host.**

**B. Parasitic fungi are algae; parasitic mites are bacteria.**

**C. Parasitic fungi require sunlight; parasitic mites require darkness.**

**D. Parasitic fungi are bacteria; mites are viruses.**

**Parasitic fungi and parasitic mites differ in what kind of organisms they are and how they obtain nutrients from a host. Fungi are a separate kingdom of organisms that feed by absorbing nutrients from living tissue; when they parasitize, they penetrate and digest host tissues to take in nourishment. Parasitic mites are tiny arthropods (animals) that live on the host and feed on things like skin debris, oils, or blood, depending on the species. So the key distinction is that fungi feed by absorbing nutrients from the host tissue itself, while mites simply live on the host and feed in other ways as animals. The other statements mix up biological classifications or add irrelevant factors (like sunlight), which aren't the defining difference.**

## 9. Which statement best defines a solution?

**A. A mixture of immiscible substances that separate**

**B. A mixture of two solvents and solute**

**C. Solute + Solvent mixtures of two or more kinds of molecules, evenly dispersed**

**D. A pure substance with a single element**

**A solution is a homogeneous mixture where a solute is dissolved in a solvent, and the resulting blend is uniform at the molecular level. This means the components are evenly dispersed so you can't see individual particles or layers. The best statement captures that idea by describing a solute plus a solvent with two or more kinds of molecules that are evenly dispersed, which reflects the uniform composition of a solution. The other descriptions miss this essential aspect: an immiscible mixture separates into layers, which is not a solution; a pure substance with a single element isn't a mixture at all; and mentioning two solvents plus a solute doesn't emphasize the uniform dispersion that defines a solution.**

## 10. What is the purpose of Conditioning Shampoo?

**A. Coats the cuticle layer of the hair. Adds shine and manageability.**

**B. Removes oil from the scalp.**

**C. Adds fragrance to shampoo for scalp comfort.**

**D. Bleaches the hair for lighter color.**

**Conditioning shampoo is designed to clean while delivering conditioning agents that coat and smooth the hair cuticle. By laying a lightweight film over the outer layer, it helps seal in moisture, reduces roughness, and increases shine, making the hair easier to detangle and style. The focus is on conditioning and improving manageability during the wash, not simply removing oil, adding fragrance, or changing the color of the hair.**

# 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.**

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

**https://juniorlvlhairdesign.examzify.com**

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