

JUNIOR LEVEL HAIR DESIGN PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://juniorlvlhairdesign.examzify.com>



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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

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- 1. Which statement best describes a solution's distribution of molecules?**
 - A. Uneven distribution
 - B. Even distribution of two or more kinds of molecules
 - C. No molecules present
 - D. Particles settle quickly
- 2. Which term describes short, fine, non-pigmented hair that replaces Lanugo?**
 - A. Lanugo
 - B. Vellus
 - C. Terminal
 - D. Canities
- 3. Pheomelanin concentrated near the cuticle will cause the hair to appear which color?**
 - A. It makes hair appear blue
 - B. It makes hair appear red
 - C. It has no effect on color
 - D. It makes hair appear green
- 4. Alopecia is defined as what, and which form is most common?**
 - A. Alopecia is hair color change; Androgenetic Alopecia is the most common form.
 - B. Alopecia is nail thinning; Androgenetic Alopecia is a rare form.
 - C. Alopecia is excessive hair loss; Androgenetic Alopecia is the most common form.
 - D. Alopecia is a fungal infection; Androgenetic Alopecia is the most common form.
- 5. How should you check for evenness during a haircut?**
 - A. Use a single mirror without the client
 - B. Ask the client to look left, compare sides
 - C. Tie the hair up and measure with a ruler
 - D. Ask the client to look forward, use a mirror for symmetry, and comb for tension, then compare sides

- 6. Which practice exemplifies ergonomic technique in a salon?**
- A. Maintain neutral posture, keep wrists straight, vary tasks, keep tools within easy reach
 - B. Stand with head tilted to the side during all tasks
 - C. Keep wrists bent during cutting
 - D. Exercise only after shifts
- 7. Which statement best describes the hair papilla?**
- A. A hair follicle gland that produces oil.
 - B. The hair papilla is a small, cone-shaped elevation located at the base of the hair follicle that contains capillaries and nerves.
 - C. The capsule surrounding the hair root.
 - D. The hair shaft's cortex layer.
- 8. In acid waves that require heat, what role does the heat from the dryer play?**
- A. It gradually raises the pH, enabling the wave to form
 - B. It lowers the pH
 - C. It cools the hair
 - D. It dries hair quickly but doesn't affect pH
- 9. What is the typical pH range of most shampoos?**
- A. About 4.5 to 5.5.
 - B. About 3.0 to 4.0.
 - C. About 4.0 to 4.5.
 - D. About 5.0 to 6.0.
- 10. What are the two dandruff types and their technical terms?**
- A. Dry: Pityriasis Capitis Simplex; Greasy or Waxy: Pityriasis Steatoides
 - B. Dry: Pityriasis Capitis Simplex; Greasy or Waxy: Pityriasis Capitis Obscura
 - C. Dry: Pityriasis Capitis Obscure; Greasy: Pityriasis Capitis Simplex
 - D. Dry: Pityriasis Capitis Steatoides; Greasy: Pityriasis Capitis Simplex

Answers

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

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Explanations

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1. Which statement best describes a solution's distribution of molecules?

- A. Uneven distribution
- B. Even distribution of two or more kinds of molecules**
- C. No molecules present
- D. Particles settle quickly

In a solution, the dissolved particles spread uniformly throughout the solvent, forming a homogeneous mixture where the composition is the same everywhere. This even distribution occurs because the solute molecules mix at the molecular level and remain dispersed rather than separating out. You can take samples from any part of a true solution and see the same proportions of solute to solvent, and the dissolved particles don't settle to the bottom. That's why an even distribution of two or more kinds of molecules best describes a solution's arrangement. The other ideas describe nonuniform mixtures or scenarios where particles are large enough to settle or where there are no dissolved molecules at all, which don't apply to true solutions.

2. Which term describes short, fine, non-pigmented hair that replaces Lanugo?

- A. Lanugo
- B. Vellus**
- C. Terminal
- D. Canities

Understanding how hair types differ and develop helps explain what replaces Lanugo. Lanugo is the fine, soft hair that covers a fetus. After birth, this hair is shed and typically replaced by vellus hair, which is short, fine, and non-pigmented. Terminal hair, by contrast, is longer, thicker, and pigmented, and canities refers to gray or white hair, not a replacement for Lanugo. So the term for short, fine, non-pigmented hair that replaces Lanugo is vellus.

3. Pheomelanin concentrated near the cuticle will cause the hair to appear which color?

- A. It makes hair appear blue
- B. It makes hair appear red**
- C. It has no effect on color
- D. It makes hair appear green

Pheomelanin produces reddish-yellow tones, and the location of pigment within the hair affects what we see on the surface. When pheomelanin is concentrated near the outermost layer, the red-toned pigment is more visible on the cuticle, so the hair appears red. Blue or green tones don't come from pheomelanin, and having no pigment near the surface wouldn't produce a red hue, so this particular arrangement yields a red appearance.

4. Alopecia is defined as what, and which form is most common?

- A. Alopecia is hair color change; Androgenetic Alopecia is the most common form.
- B. Alopecia is nail thinning; Androgenetic Alopecia is a rare form.
- C. Alopecia is excessive hair loss; Androgenetic Alopecia is the most common form.**
- D. Alopecia is a fungal infection; Androgenetic Alopecia is the most common form.

Alopecia refers to hair loss. The best choice states that alopecia is excessive hair loss and that the most common form is androgenetic alopecia. Androgenetic alopecia, also known as pattern hair loss, arises from a mix of genetic predisposition and hormonal factors, and it is the form seen most frequently in both men and women. It's distinct from conditions involving color changes, nail changes, or fungal infections, which are not what alopecia describes. In real life, men often show a receding hairline and thinning at the crown, while women usually experience diffuse thinning on the top of the scalp.

5. How should you check for evenness during a haircut?

- A. Use a single mirror without the client
- B. Ask the client to look left, compare sides
- C. Tie the hair up and measure with a ruler
- D. Ask the client to look forward, use a mirror for symmetry, and comb for tension, then compare sides**

Symmetry in a haircut is best judged from a neutral, real-time view of the head with controlled hair tension. Have the client look straight ahead, use a mirror so you can compare both sides from the same perspective, and comb the hair to apply consistent tension before you assess. This setup shows true length and shape as the hair falls and moves with the scalp, making it easier to spot imbalances and even out both sides. Using just one mirror without the client limits what you can see and can lead to a skewed judgment. Asking the client to look to the side changes head position and perspective, which makes it harder to gauge true symmetry. Tying the hair up and measuring with a ruler isn't practical during a haircut and doesn't reflect how hair sits in natural tension and fall. The combination of forward-facing position, a mirror reference, and controlled tension gives the most accurate, live indication of evenness.

6. Which practice exemplifies ergonomic technique in a salon?

- A. Maintain neutral posture, keep wrists straight, vary tasks, keep tools within easy reach**
- B. Stand with head tilted to the side during all tasks
- C. Keep wrists bent during cutting
- D. Exercise only after shifts

Ergonomic technique in a salon focuses on how you posture your body and handle tools to reduce strain and prevent injury from repetitive work. The best practice is to maintain a neutral posture, keep wrists straight, vary tasks to avoid staying in one position too long, and keep tools within easy reach so you don't have to twist, reach, or bend awkwardly. This combination supports a balanced spine, relaxed shoulders, and minimal strain on the arms and hands, making long appointments and repetitive motions safer and more comfortable. Tilting the head to the side loads the neck unevenly and can lead to tension or pain over time. Keeping wrists bent during cutting increases strain on the forearm tendons and nerves. Exercising only after shifts misses ongoing protection and doesn't address daily technique or posture.

7. Which statement best describes the hair papilla?

- A. A hair follicle gland that produces oil.
- B. The hair papilla is a small, cone-shaped elevation located at the base of the hair follicle that contains capillaries and nerves.**
- C. The capsule surrounding the hair root.
- D. The hair shaft's cortex layer.

The hair papilla is the small, cone-shaped projection at the base of the hair follicle that contains capillaries and nerves. This positioning gives it direct access to a blood supply and neural signals, which nourish the hair matrix cells and help regulate hair growth and the hair growth cycle. It's not a gland that produces oil, not the capsule surrounding the root, and not part of the hair shaft itself. The essential idea is that the papilla's blood vessels and nerves provide the nourishment and signals needed for the follicle to produce and grow hair.

8. In acid waves that require heat, what role does the heat from the dryer play?

- A. It gradually raises the pH, enabling the wave to form**
- B. It lowers the pH
- C. It cools the hair
- D. It dries hair quickly but doesn't affect pH

Heat in an acid wave is what drives the chemical reaction forward by gradually raising the pH, which allows the waving solution to break and reform the hair's disulfide bonds into the new curl pattern. The energy from the dryer helps the solution move toward the level where bond breakage and reformation occur, so the curl develops with processing. Without this heating effect, the acid wave would process much more slowly or not form as intended. The alternative that pH lowers with heat isn't accurate for this process, and cooling or simply drying the hair wouldn't promote the chemical changes needed to create the wave.

9. What is the typical pH range of most shampoos?

- A. About 4.5 to 5.5.**
- B. About 3.0 to 4.0.
- C. About 4.0 to 4.5.
- D. About 5.0 to 6.0.

Shampoos are formulated to be slightly acidic to match the natural pH of hair and scalp, which helps the cuticle lie down smoothly and keeps hair looking and feeling healthy. The typical healthy hair environment sits around pH 4.5 to 5.5, so a shampoo in that range supports moisture retention, minimizes frizz, and helps preserve color. At this pH, the cuticle scales stay closed, which makes hair easier to manage and less prone to damage from washing. If the pH is much higher, the cuticle can lift and moisture can escape more easily; if it's much lower, some scalps or hair types may experience irritation or excessive dryness. Therefore, about 4.5 to 5.5 best matches the desired balance for most shampoos. The other ranges are either more acidic or more alkaline than what's typical for everyday shampoo formulations.

10. What are the two dandruff types and their technical terms?

- A. Dry: Pityriasis Capitis Simplex; Greasy or Waxy: Pityriasis Steatoides**
- B. Dry: Pityriasis Capitis Simplex; Greasy or Waxy: Pityriasis Capitis Obscura**
- C. Dry: Pityriasis Capitis Obscura; Greasy: Pityriasis Capitis Simplex**
- D. Dry: Pityriasis Capitis Steatoides; Greasy: Pityriasis Capitis Simplex**

In hair and scalp terminology, dandruff is described by how dry or oily the flakes and scalp are. The dry form is called Pityriasis Capitis Simplex, where the scalp is dry and the flakes are small, white, and powdery. The greasy, waxy form is Pityriasis Capitis Steatoides, which comes from excess oil production and results in larger, yellowish, and sticky flakes that cling to the hair. The terms reflect Latin roots: pityriasis means shedding of scales, capitis refers to the scalp, simplex indicates a dry type, and steatoides indicates an oily, fatty condition.

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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!

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