

New Jersey Barber and Hairstyling 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 factors influence hair growth rate?**
 - A. Genetics, health, and nutrition**
 - B. Seasonal changes and hair length**
 - C. Hair products used and styling techniques**
 - D. Frequency of haircuts**
- 2. What are the basic steps in creating a modern undercut style?**
 - A. Section the hair, clip sides short, blend longer top, shape as desired**
 - B. Cut all hair to the same length, style with gel**
 - C. Shave the head, use a regular clipper**
 - D. Layer the hair, curl the ends**
- 3. What skin care product should be used to soothe irritated skin post-shave?**
 - A. A harsh alcohol-based toner**
 - B. An aftershave balm or lotion**
 - C. A scented body lotion**
 - D. A cooling face wash**
- 4. What role does a conditioner play after shampooing?**
 - A. It makes hair more voluminous**
 - B. It hydrates the hair and restores moisture balance**
 - C. It detangles hair**
 - D. It prevents hair from becoming greasy**
- 5. What is the rule of thumb regarding the angle for cutting hair with scissors?**
 - A. Cut at a 30-degree angle for even layers**
 - B. Cut at a 45-degree angle for layering**
 - C. Cut at a 60-degree angle for precision**
 - D. Cut straight across for blunt cuts**

- 6. What is the optimal haircutting angle for a blunt haircut?**
- A. 0 degrees**
 - B. 30 degrees**
 - C. 45 degrees**
 - D. 90 degrees**
- 7. Define the term "pH" in the context of hair products.**
- A. It measures the moisture content of the hair.**
 - B. It indicates the color intensity of hair products.**
 - C. It measures how acidic or alkaline a product is.**
 - D. It refers to the temperature of the styling tool.**
- 8. How can a barber determine a client's face shape?**
- A. By measuring the length of hair**
 - B. By analyzing the proportions of the forehead, cheekbones, and jawline**
 - C. By the client's hairstyle preferences**
 - D. By the client's age**
- 9. What is the effect of using too much tension while cutting hair?**
- A. It creates a layered effect**
 - B. It can lead to uneven results and damage to hair**
 - C. It gives a smoother finish**
 - D. It helps in styling hair better**
- 10. What is the function of the cuticle layer in hair?**
- A. To provide color to the hair**
 - B. To protect the inner structure of the hair**
 - C. To add volume to the hair**
 - D. To enhance shine**

Answers

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

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Explanations

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1. What factors influence hair growth rate?

- A. Genetics, health, and nutrition**
- B. Seasonal changes and hair length**
- C. Hair products used and styling techniques**
- D. Frequency of haircuts**

The factors that influence hair growth rate primarily include genetics, health, and nutrition. Genetics play a significant role as they determine your individual hair growth patterns, density, and overall hair characteristics such as its thickness and texture. Individuals may notice variations in hair growth rates based on their family history and genetic predispositions. Health is also crucial; overall well-being impacts hair growth. Conditions such as hormonal imbalances, stress, and underlying medical issues can hinder hair growth. Additionally, nutritional intake is important, as a balanced diet rich in essential vitamins and minerals, such as protein, iron, and biotin, supports the body's ability to promote hair growth. Proper nutrition ensures that hair follicles receive the necessary nutrients to thrive, ultimately enhancing the growth rate. While other choices might touch on aspects related to hair care or environmental factors, they do not directly influence the biological rate at which hair grows. Seasonal changes, for example, may affect hair condition but not the actual growth rate. Similarly, styling techniques and the frequency of haircuts can alter the appearance of hair, but they do not impact the physiological speed at which hair grows from the scalp.

2. What are the basic steps in creating a modern undercut style?

- A. Section the hair, clip sides short, blend longer top, shape as desired**
- B. Cut all hair to the same length, style with gel**
- C. Shave the head, use a regular clipper**
- D. Layer the hair, curl the ends**

The process of creating a modern undercut style primarily involves specific techniques that differentiate it from other hairstyles. The correct answer outlines a systematic approach that starts with sectioning the hair. This step is crucial because it allows the stylist to manage different lengths and ensure precision when cutting. Following the sectioning, clipping the sides short is a key part of the undercut, as this style is characterized by a stark contrast between the short sides and the longer hair on top. After cutting the sides, blending the longer hair on top is necessary for a seamless transition between the lengths, contributing to the overall aesthetics of the hairstyle. Finally, shaping the hair as desired allows for personalization, accommodating different client preferences and styles. The other provided options do not capture the essence of the undercut style. Cutting all hair to the same length does not apply to an undercut, which is defined by the contrast in lengths. Shaving the head or using a regular clipper without consideration of sectioning and blending misses critical steps in creating the intended style. Lastly, layering and curling the ends are techniques more suited for other styles, not for executing an undercut where the aim is to maintain distinct lengths between the top and sides. Each of these elements reinforces why the first answer accurately

3. What skin care product should be used to soothe irritated skin post-shave?

- A. A harsh alcohol-based toner**
- B. An aftershave balm or lotion**
- C. A scented body lotion**
- D. A cooling face wash**

Using an aftershave balm or lotion is particularly beneficial for soothing irritated skin after shaving. These products are specifically formulated to provide hydration and relief post-shave, which can help to calm any redness or irritation caused by the shaving process. An aftershave balm often contains soothing ingredients such as aloe vera, witch hazel, or chamomile, which can help reduce inflammation and provide a cooling sensation. Other options may not be suitable for post-shave care. For instance, a harsh alcohol-based toner can potentially exacerbate irritation and dryness, as alcohol can strip the skin of its natural moisture. A scented body lotion might not have the necessary properties to specifically address post-shave irritation, and may contain fragrances that could further irritate sensitive skin. A cooling face wash is designed for cleansing rather than aftercare, and while it might provide temporary relief, it does not contain the moisturizing and soothing agents needed to repair and nourish the skin following shaving. Therefore, the aftershave balm or lotion is the most appropriate choice for post-shave skin care.

4. What role does a conditioner play after shampooing?

- A. It makes hair more voluminous**
- B. It hydrates the hair and restores moisture balance**
- C. It detangles hair**
- D. It prevents hair from becoming greasy**

Conditioners are formulated to hydrate the hair and help maintain its moisture balance, especially after the cleansing process with shampoo. Shampoo cleanses the scalp and hair of oils, dirt, and product buildup, which can leave hair feeling dry and stripped of its natural moisture. Applying conditioner after shampooing replenishes this lost moisture, making hair feel softer, smoother, and more manageable. Conditioners often contain emollients and humectants that work to lock in hydration, enhance the hair's appearance, and improve overall health. While some conditioners may indeed contribute to volume, provide detangling benefits, or impact greasiness, the primary and most critical role they fulfill after shampooing is to rehydrate the hair and restore its moisture balance. This overall hydration helps in maintaining the integrity of the hair structure and promoting a healthy look and feel.

5. What is the rule of thumb regarding the angle for cutting hair with scissors?

- A. Cut at a 30-degree angle for even layers**
- B. Cut at a 45-degree angle for layering**
- C. Cut at a 60-degree angle for precision**
- D. Cut straight across for blunt cuts**

Cutting hair at a 45-degree angle is a widely accepted technique for layering, as it allows for the creation of soft, graduated layers in the hair. This angle provides the right amount of elevation needed to achieve volume and movement without producing harsh lines. It is especially effective for adding texture and body to a hairstyle. Using a 45-degree angle effectively lifts the hair away from the head, allowing for a more controlled and blended result. This is crucial in achieving the desired look when layering, as it helps to ensure that the layers blend seamlessly rather than appearing choppy or disconnected. While other angles like 30 degrees are often used for specific techniques, the 45-degree angle is particularly favored for layering in most salon practices. The straight-across technique is typically used for blunt cuts, which is a different approach aiming for a sharp, defined edge rather than softening and blending the hair's appearance.

6. What is the optimal haircutting angle for a blunt haircut?

- A. 0 degrees**
- B. 30 degrees**
- C. 45 degrees**
- D. 90 degrees**

The optimal haircutting angle for a blunt haircut is 0 degrees. This technique involves cuts made straight across the hair at a level parallel to the floor, resulting in a uniform length without any layering. This angle creates a sharp edge, which characterizes blunt cuts and provides a clean, polished appearance. When cutting at this angle, the stylist maintains the hair's natural fall and ensures that the weight at the ends remains balanced. The blunt cut effectively emphasizes the thickness and health of the hair, contributing to its overall fullness and body. Other angles, such as 30, 45, or 90 degrees, introduce varying degrees of layering or texture, which is not desired in a traditional blunt haircut. Thus, 0 degrees is perfectly suited for attaining the distinct, sleek finish associated with blunt styles.

7. Define the term "pH" in the context of hair products.

- A. It measures the moisture content of the hair.**
- B. It indicates the color intensity of hair products.**
- C. It measures how acidic or alkaline a product is.**
- D. It refers to the temperature of the styling tool.**

The term "pH" in the context of hair products refers to the measurement of how acidic or alkaline a product is. The pH scale ranges from 0 to 14, with 7 being neutral. Values below 7 indicate acidity, while values above 7 indicate alkalinity. This is particularly important in hair care because the pH level can significantly affect the condition of hair and scalp. For instance, hair is slightly acidic, with a natural pH usually between 4.5 and 5.5. Hair products that fall within this range help to maintain its health, protect the cuticle layer, and ensure proper moisture retention. Using products with inappropriate pH levels can lead to unwanted results, such as dryness, brittleness, or changes in color. Understanding pH is essential for barbers and hairstylists as it guides the selection of products that will enhance hair health and performance, especially during chemical processes like coloring or perming.

8. How can a barber determine a client's face shape?

- A. By measuring the length of hair**
- B. By analyzing the proportions of the forehead, cheekbones, and jawline**
- C. By the client's hairstyle preferences**
- D. By the client's age**

Determining a client's face shape is fundamentally about understanding the structure and proportions of their facial features. Analyzing the proportions of the forehead, cheekbones, and jawline provides insight into the overall symmetry and shape of the face, which is essential for making tailored recommendations on hairstyles and cuts. By considering the dimensions of these specific areas, a barber can categorize the face into common shapes like oval, round, square, or rectangular. For example, a strong jawline may indicate a square face, while a more rounded appearance in the cheekbones might suggest a round face. This assessment not only aids in enhancing the client's features but also helps in creating a balanced and aesthetically pleasing look. Understanding these proportions is key to providing personalized service in the hairstyling industry.

9. What is the effect of using too much tension while cutting hair?

- A. It creates a layered effect**
- B. It can lead to uneven results and damage to hair**
- C. It gives a smoother finish**
- D. It helps in styling hair better**

Using too much tension while cutting hair can lead to uneven results and damage to the hair. When excessive tension is applied, it can cause hair to be pulled too tightly, which may result in inconsistent lengths as the hair is cut. This uneven tension can also create stress on the hair cuticles, leading to potential breakage or split ends. Proper tension is crucial for achieving a clean, uniform cut; applying the right amount allows for control and precision while minimizing damage. The other outcomes associated with the other choices do not accurately reflect the effects of applying too much tension. For instance, while layered effects can be intentionally created through specific cutting techniques, excessive tension does not achieve this purpose effectively. A smoother finish is typically the result of proper technique, rather than the application of excessive tension. Lastly, while tension can sometimes assist in styling, too much tension can hinder the stylist's ability to achieve the desired look due to the resultant unevenness.

10. What is the function of the cuticle layer in hair?

- A. To provide color to the hair**
- B. To protect the inner structure of the hair**
- C. To add volume to the hair**
- D. To enhance shine**

The cuticle layer of the hair serves primarily as a protective shield for the inner structures, which include the cortex and medulla. This outermost layer is made up of overlapping, scale-like cells that fit closely together, much like shingles on a roof. This structural arrangement is crucial as it helps prevent moisture loss and shields the more delicate layers of the hair from physical damage, chemical treatments, and environmental factors. While other functions associated with hair, such as color, volume, and shine, are influenced by different components of the hair structure and external treatments, the primary role of the cuticle is indeed protection. It is essential for maintaining the integrity and health of the hair by providing a barrier against potential damage.

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://newjerseybarber.examzify.com>

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