

New Jersey Cosmetology State Board Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

1. What is the process performed prior to applying permanent hair color?
 - A. Dilution
 - B. Disposition
 - C. Application
 - D. Blending
2. Before a hair pressing service, the hair must be _____.
 - A. styled
 - B. analyzed
 - C. washed
 - D. brushed
3. Using suction to clean the pores is known as _____.
 - A. Exfoliating
 - B. Cleansing
 - C. Vacuuming
 - D. Microneedling
4. Vellus hair is also known as _____.
 - A. Lanugo
 - B. Terminal hair
 - C. Intermediate hair
 - D. Cortex hair
5. Which tissue controls all of the body's movements?
 - A. Muscle
 - B. Nerve
 - C. Epithelial
 - D. Connective
6. Which type of bristles are preferred for removing product buildup from hair?
 - A. Synthetic
 - B. Soft
 - C. Natural
 - D. Flexible

- 7. What product can be used to equalize the porosity of the hair?**
- A. Fillers**
 - B. Conditioners**
 - C. Gel**
 - D. Serum**
- 8. In which hair care service is glycerl monothioglycolate used?**
- A. Relaxing treatments**
 - B. Perms**
 - C. Color treatments**
 - D. Deep conditioning**
- 9. What is not recommended before performing chemical services on hair?**
- A. Washing the hair**
 - B. Brushing the hair**
 - C. Conditioning the hair**
 - D. Consulting with the client**
- 10. Which is the first step in the cleaning process for shears?**
- A. Soaking in alcohol**
 - B. Soap and water**
 - C. Boiling**
 - D. Rinsing with water**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the process performed prior to applying permanent hair color?

A. Dilution

B. Disposition

C. Application

D. Blending

The process performed prior to applying permanent hair color is referred to as disposition. This term encompasses several preparatory steps that are essential before the actual coloring takes place. These steps typically include assessing the hair's condition, determining the appropriate color formula based on the client's existing hair color and goals, and conducting a patch test if necessary to check for allergic reactions. Understanding disposition is crucial because it ensures that the hair color application will be effective and safe for the client. By preparing the hair and scalp properly, the stylist can achieve the desired results while minimizing the risk of damage or adverse reactions. This foundational step emphasizes the importance of thorough preparation in the hair coloring process, setting the stage for successful application and long-lasting results.

2. Before a hair pressing service, the hair must be _____.

A. styled

B. analyzed

C. washed

D. brushed

The correct choice is to analyze the hair before proceeding with a hair pressing service. Analyzing the hair allows the cosmetologist to assess its texture, condition, and overall health. This evaluation is crucial because it informs the stylist about the appropriate products and techniques to use during the pressing service. For example, understanding whether the hair is fine, thick, or damaged can influence decisions regarding the temperature of the pressing iron and the use of heat protectants. Analyzing the hair also helps in identifying any previous chemical treatments, such as coloring or relaxers, which may affect how the hair reacts to heat. This process ultimately ensures that the service is performed safely and effectively, reducing the risk of damage and achieving the desired results for the client. While options like washing, styling, or brushing the hair may be part of the overall preparation process, they do not provide the necessary information to perform the hair pressing service correctly and safely.

3. Using suction to clean the pores is known as _____

- A. Exfoliating
- B. Cleansing
- C. Vacuuming**
- D. Microneedling

Using suction to clean the pores is known as vacuuming. This technique involves the application of a vacuum device that gently pulls impurities, excess oil, and debris from the skin's surface and deeper down in the pores. Vacuuming can help to unclog blocked pores, reduce the appearance of blackheads, and improve overall skin texture, making it a popular choice in various facial treatments. Exfoliating is the process of removing dead skin cells from the outer layer of the skin, which may enhance skin brightness but does not involve suction. Cleansing refers to the routine of washing the skin to remove dirt, makeup, and oils, but again, it does not include the suction aspect. Microneedling is a technique that involves creating tiny punctures in the skin to stimulate collagen production but does not pertain to suction. Therefore, vacuuming is the accurate term for the suction method used to clean the pores.

4. Vellus hair is also known as _____.

- A. Lanugo**
- B. Terminal hair
- C. Intermediate hair
- D. Cortex hair

Vellus hair is commonly referred to as lanugo. This type of hair is fine, soft, and usually unpigmented, often found on the bodies of infants and in certain areas of adults, such as the face and arms. Vellus hair plays an important role in thermoregulation and the overall appearance of the skin. Lanugo specifically denotes the fine, downy hair that covers the fetus in the womb, which is similar to how vellus hair behaves. Since both terms describe the same kind of fine, light hair that is not typically associated with significant pigmentation or density, recognizing this connection is crucial in understanding hair types in cosmetology. The other terms relate to different types of hair. Terminal hair refers to the thicker, darker hair that develops on the scalp, face, and body after puberty, while intermediate hair is somewhat between vellus and terminal. Cortex hair is not a classification of hair but rather the middle layer of the hair shaft that provides strength and color to the hair. Understanding these distinctions helps clarify the unique characteristics and roles of different hair types in cosmetology.

5. Which tissue controls all of the body's movements?

- A. Muscle
- B. Nerve**
- C. Epithelial
- D. Connective

The tissue that controls all of the body's movements is muscle tissue. Muscle tissue is specialized for contraction and is responsible for producing movement in the body, whether it is voluntary movements like walking and lifting or involuntary movements such as the movements of the heart or digestive system. Muscle tissue can be classified into three main types: skeletal muscle, which is under voluntary control; cardiac muscle, which is involuntary and found in the heart; and smooth muscle, which also operates involuntarily, lining various organs. Each type of muscle tissue plays a crucial role in facilitating movements throughout the body. Nerve tissue, while essential for communication between different parts of the body and for signaling muscle contraction, does not directly control movement. Instead, it transmits signals from the brain to the muscles, instructing them to contract and produce movement. Epithelial tissue serves as a protective barrier and is involved in absorption and secretion, not directly in controlling movement. Connective tissue supports, binds, and protects other tissues and organs but does not play a role in movement control. Thus, muscle tissue is correctly identified as the tissue responsible for controlling the body's movements.

6. Which type of bristles are preferred for removing product buildup from hair?

- A. Synthetic
- B. Soft
- C. Natural**
- D. Flexible

Natural bristles are preferred for removing product buildup from hair primarily due to their structure and composition. Natural bristles, often made from animal hair such as boar or horsehair, have a unique texture that helps to effectively lift and distribute product residue without causing damage to the hair cuticle. They create a gentle friction that assists in breaking down built-up products, allowing for thorough cleansing while also providing conditioning benefits, as they can help distribute the natural oils from the scalp along the hair shaft. Additionally, natural bristles are adept at picking up and holding onto oils and other residue, making them particularly effective for this purpose. This contrasts with synthetic bristles, which may not have the same ability to grip or remove buildup, as they can be more rigid and less effective in adapting to the contour of the hair strands. Soft and flexible bristles might also lack the required firmness or texture to properly lift and cleanse the buildup effectively.

7. What product can be used to equalize the porosity of the hair?

A. Fillers

B. Conditioners

C. Gel

D. Serum

Fillers are specifically designed to equalize the porosity of the hair. When hair has uneven porosity, meaning that some areas absorb moisture and color differently than others, fillers help to create a more uniform texture. This is especially useful in hair coloring processes, as it allows for better absorption of color and a more even finish. Fillers work by filling in the gaps in the hair cuticle, providing a more consistent surface for the application of products. Conditioners, while beneficial for overall hair health and moisture, do not specifically target porosity issues in the same way that fillers do. Gel and serum serve different purposes; gel is often used for styling and adding hold, while serum can be used to add shine and manage frizz, but they do not address the underlying problem of uneven porosity. Thus, fillers stand out as the most effective product for equalizing hair porosity.

8. In which hair care service is glycerl monothioglycolate used?

A. Relaxing treatments

B. Perms

C. Color treatments

D. Deep conditioning

Glycerl monothioglycolate is a key ingredient commonly used in perming solutions. It acts as a reducing agent that helps to break down the disulfide bonds in the hair's keratin structure. This allows for the reshaping of the hair during the perming process, enabling curls or waves to be formed and set in place. The role of glycerl monothioglycolate specifically in perms distinguishes it from other hair care services. For example, relaxing treatments often utilize different chemical agents aimed at straightening hair rather than creating curls. Color treatments encompass dyes and bleaches focused on altering the hair's hue, rather than restructuring it. Deep conditioning is primarily concerned with restoring moisture and health to the hair without altering its shape or texture through chemical means. Thus, the use of glycerl monothioglycolate is uniquely suited to the perm service, making it the correct choice for this question.

9. What is not recommended before performing chemical services on hair?

- A. Washing the hair**
- B. Brushing the hair**
- C. Conditioning the hair**
- D. Consulting with the client**

Brushing the hair before performing chemical services is not recommended because it can lead to increased hair damage and discomfort for the client. When hair is brushed aggressively, especially when it is dry or tangled, it can cause breakage or weaken the hair shaft, making it more susceptible to damage during the chemical process. Additionally, brushing can disrupt the cuticle, the outer protective layer of the hair, thereby affecting how the hair absorbs chemical treatments. It's essential to maintain the integrity of the hair in preparation for chemical services to ensure optimal results and reduce the risk of adverse reactions. On the other hand, washing the hair helps to remove product buildup for better chemical penetration; conditioning can provide moisture and protect the hair; and consulting with the client is crucial for discussing their hair history, any allergies, and the desired outcome of the chemical service. All these actions aim to prepare the hair safely and effectively, while brushing does not align with these priorities.

10. Which is the first step in the cleaning process for shears?

- A. Soaking in alcohol**
- B. Soap and water**
- C. Boiling**
- D. Rinsing with water**

The first step in the cleaning process for shears involves using soap and water. This initial step is important because it helps to remove any hair clippings, product buildup, and other debris from the blades and handles of the shears. Using soap and water is effective in loosening dirt and sanitizing the tools, ensuring that they are hygienic and safe for use on clients. Following this step, additional sanitizing measures may be taken, such as rinsing with clean water or soaking in alcohol, to ensure complete disinfection. However, starting with soap and water is crucial for an effective cleaning process, as it lays the groundwork for further sanitization and maintenance of the shears.