

NEW JERSEY COSMETOLOGY STATE BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://njcosmetologystateboard.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. What term describes the hair that sticks straight up at the front hairline?**
 - A. Cowlick
 - B. Whirl
 - C. Flick
 - D. Spike

- 2. In hair care, what is the primary benefit of humectants?**
 - A. Color retention
 - B. Identifying hair type
 - C. Moisture retention
 - D. Heat resistance

- 3. What shape are cocci bacteria?**
 - A. Rod-shaped
 - B. Spiral
 - C. Round
 - D. Square

- 4. Which component in shampoo is described as lipophilic?**
 - A. Fragrance
 - B. Surfactants
 - C. Coloring agents
 - D. Preservatives

- 5. What is the condition called when there is a lack of perspiration?**
 - A. Hyperhidrosis
 - B. Dyhidrosis
 - C. Anhidrosis
 - D. Hypohidrosis

- 6. What type of light causes tanning?**
 - A. UVA
 - B. UVB
 - C. UVC
 - D. Visible Light

- 7. Which method is ideal for minimizing damage while combing tangled hair?**
- A. Starting from the scalp
 - B. Beginning at the ends
 - C. Curling it beforehand
 - D. Using a fine-toothed comb
- 8. If a client has used Accutane in the past 6 months, which hair removal method is permissible?**
- A. Waxing
 - B. Shaving
 - C. Tweezing
 - D. Laser hair removal
- 9. Which implements are designed to operate with rapid movements from long to short?**
- A. Scissors
 - B. Razor
 - C. Clippers
 - D. Comb
- 10. What is the first response when treating a chemical burn?**
- A. Applying ointment
 - B. Using a cold compress
 - C. Cold water
 - D. Consulting a physician

Answers

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

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Explanations

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1. What term describes the hair that sticks straight up at the front hairline?

A. Cowlick

B. Whirl

C. Flick

D. Spike

The term that describes the hair that sticks straight up at the front hairline is "cowlick." A cowlick typically refers to a section of hair that grows in a different direction from the rest of the hair, causing it to stand up or lay differently than surrounding hair. This phenomenon is often seen at the crown of the head or along the hairline and is caused by the natural growth pattern of the hair follicles. The other terms have different meanings. A "whirl" is a circular pattern of hair growth that can often be confused with a cowlick but is generally broader in its appearance. "Flick" usually refers to a styling technique rather than hair growth patterns, often describing the way hair turns out at the ends when styled. "Spike" often indicates a specific hairstyle where the hair is intentionally styled to stand up in spikes, typically using styling products to achieve this effect. Thus, the correct understanding of these terms reinforces the identification of a cowlick as the hair that stands up at the front hairline.

2. In hair care, what is the primary benefit of humectants?

A. Color retention

B. Identifying hair type

C. Moisture retention

D. Heat resistance

Humectants play a crucial role in hair care by primarily aiding in moisture retention. These ingredients are designed to attract water molecules from the environment and bind them to the hair. This ability to draw moisture in helps to keep the hair hydrated, which can improve its overall health, elasticity, and manageability. Well-moisturized hair is less prone to frizz and breakage, making humectants essential for maintaining the integrity and beauty of the hair. While color retention, identifying hair type, and heat resistance are important considerations in hair care, they do not reflect the primary functionality of humectants. Maintaining adequate moisture is fundamental to achieving overall hair wellness, which underscores why moisture retention is the key benefit of humectants.

3. What shape are cocci bacteria?

A. Rod-shaped

B. Spiral

C. Round

D. Square

Cocci bacteria are characterized by their round shape. This spherical form allows them to group together in various arrangements, such as diplococci (in pairs), streptococci (in chains), or staphylococci (in clusters). The round shape is crucial in microbiology for identifying these bacteria, as it differentiates them from other types, such as bacilli, which are rod-shaped, and spirilla, which are spiral. The shape influences the bacteria's behavior, reproduction, and interaction with their environment, making it a key factor in understanding their biology and pathogenicity.

4. Which component in shampoo is described as lipophilic?

- A. Fragrance
- B. Surfactants**
- C. Coloring agents
- D. Preservatives

Surfactants are key components in shampoos and are described as lipophilic due to their unique molecular structure, which allows them to interact effectively with oils and grease. The term "lipophilic" means that a substance has an affinity for fats and oils. Surfactants contain both hydrophilic (water-attracting) and lipophilic (oil-attracting) ends, making them effective at breaking down oils and dirt on the hair and scalp. This dual nature allows surfactants to cleanse effectively by allowing water to wash away the oil and grime that can accumulate. In shampoos, surfactants help to emulsify oils, allowing them to be rinsed away easily with water, which is crucial for maintaining clean hair and a healthy scalp. Their ability to reduce surface tension is what makes them effective in cleaning products. Understanding the lipophilic nature of surfactants is important in formulating hair care products that balance oil control with moisturizing effects.

5. What is the condition called when there is a lack of perspiration?

- A. Hyperhidrosis
- B. Dyhidrosis
- C. Anhidrosis**
- D. Hypohidrosis

Anhidrosis is the medical term used to describe the condition of having a lack of perspiration. This condition can arise from various factors, including certain medical conditions, medications, or damage to sweat glands. Anhidrosis can lead to overheating and the inability to regulate body temperature properly, which is critical for maintaining health and well-being. Understanding this concept is essential for anyone in the cosmetology field, as it may affect clients' skin health and their ability to tolerate treatments, especially those that require exposure to heat or that may otherwise increase body temperature. Recognizing signs of anhidrosis can help professionals provide better care and tailor their services to meet clients' needs. Other options refer to different conditions related to sweating. Hyperhidrosis, for example, is characterized by excessive sweating, while hypohidrosis refers to reduced perspiration, and dyhidrosis is not a recognized term in this context. Thus, anhidrosis is the most accurate term for a complete lack of perspiration.

6. What type of light causes tanning?

- A. UVA
- B. UVB**
- C. UVC
- D. Visible Light

The correct response is based on understanding the different types of ultraviolet (UV) light and their effects on the skin. UVB light is primarily responsible for causing tanning because it stimulates the production of melanin, the pigment that gives skin its color. When skin is exposed to UVB rays, it reacts by producing more melanin to protect deeper layers from damage, leading to a tanned appearance. While UVA light also affects the skin and can contribute to tanning, its primary role is in deeper skin penetration and can lead to aging and other skin damage rather than the initial tanning effect. UVC is largely absorbed by the Earth's atmosphere and does not reach the surface, thus it does not play a role in tanning. Visible light, while capable of affecting the skin in other ways, does not lead to tanning as a result of UV exposure.

7. Which method is ideal for minimizing damage while combing tangled hair?

- A. Starting from the scalp
- B. Beginning at the ends**
- C. Curling it beforehand
- D. Using a fine-toothed comb

Beginning at the ends is the ideal method for minimizing damage while combing tangled hair. This technique allows for the most efficient detangling process by first addressing sections of hair that are already loose and more manageable. By starting at the ends, you can gently work your way up through the tangles, which helps to reduce the amount of pulling and breakage that can occur when tackling knots directly from the scalp. This approach encourages the hair to separate naturally, rather than forcing it apart, which can lead to frizz, split ends, and overall damage. Starting from the scalp typically forces the tangles down toward the ends, making the situation worse and more painful. Curling the hair beforehand does not aid in detangling and can actually create more knots. Using a fine-toothed comb is more suited for smoothing hair rather than detangling, and it can exacerbate damage by catching on knots. By beginning at the ends, you ensure a gentle and effective combing process.

8. If a client has used Accutane in the past 6 months, which hair removal method is permissible?

- A. Waxing
- B. Shaving
- C. Tweezing**
- D. Laser hair removal

When a client has recently used Accutane, a medication known for its effects on the skin, it can leave the skin particularly sensitive and prone to irritation. This makes some hair removal methods less advisable due to the potential for adverse reactions. Tweezing is considered a permissible hair removal method for clients who have used Accutane in the last six months because it is a gentler option compared to waxing or laser treatments. Tweezing involves plucking hair from the follicle, which can be done with fewer complications and without the use of products that might irritate recently sensitized skin. In contrast, methods such as waxing might lead to skin tearing, irritation, or a burning sensation, as the skin may be too fragile. Laser hair removal also poses risks since it can cause inflammation on sensitive skin. While shaving is an option, it doesn't provide the same lasting results as tweezing. Overall, choosing to tweeze for clients recently on Accutane prioritizes their skin health while still addressing their hair removal needs effectively.

9. Which implements are designed to operate with rapid movements from long to short?

- A. Scissors
- B. Razor
- C. Clippers**
- D. Comb

Clippers are specifically designed to operate with rapid movements from long to short. They are used to cut hair quickly and efficiently by moving through the hair at a fast pace, enabling the stylist to achieve various lengths and styles effectively. The mechanics of clippers allow for smooth transitions while cutting, easily adjusting the length of the hair and creating layered looks. This makes them especially useful in a professional setting where speed and precision are essential. Scissors, while they can cut hair, operate through a more manual and controlled scissor action and are not designed for rapid cutting in the same way clippers are. A razor is primarily used for texturizing or creating softer edges rather than making bulk cuts rapidly. Combs serve as tools for parting and managing hair but do not cut; they are used in conjunction with scissors or clippers. Therefore, clippers stand out as the tool best suited for rapid length alterations in haircuts.

10. What is the first response when treating a chemical burn?

- A. Applying ointment
- B. Using a cold compress
- C. Cold water**
- D. Consulting a physician

When treating a chemical burn, the first response is to apply cold water. This is crucial because cold water helps to stop the burning process and can alleviate pain by cooling the affected area. It also assists in diluting the chemicals that have caused the burn, minimizing further damage to the skin. Immediate cooling with water is vital for chemical burns, as it helps reduce the depth of the injury and may lessen the severity of tissue injury. A thorough rinse with water is generally recommended for at least 10 to 20 minutes, depending on the chemical involved, to ensure that all traces of the chemical are removed from the skin. Other choices, like applying ointment or using a cold compress, may not be suitable as the initial treatment. Ointments can trap heat and chemicals against the skin, potentially worsening the burn, while a cold compress might not adequately remove the chemical or manage the heat effectively. Consulting a physician is essential but should be done after ensuring immediate first aid measures are taken, with rinsing the burn being the priority.

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://njcosmetologystateboard.examzify.com>

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

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