

NORTH DAKOTA COSMETOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://northdakotacosmetology.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 tool can be used to correct a crooked nail after filing?**
 - A. Nail clipper
 - B. Buffer
 - C. Nail brush
 - D. Cuticle remover
- 2. What is the main benefit of using a facial mask?**
 - A. It offers instant hydration
 - B. It addresses specific skin concerns and improves texture
 - C. It provides a sun protection barrier
 - D. It brightens the skin tone
- 3. How often are scalp treatments recommended for optimal results?**
 - A. Once a week
 - B. Once every two weeks
 - C. Once a month
 - D. As needed, depending on scalp condition
- 4. What type of hair coloring is typically referred to as "retouching"?**
 - A. Foiling
 - B. Single process
 - C. Double process
 - D. Applying color to the roots only
- 5. Which type of brush is best for smoothing out coarse hair?**
 - A. A round brush
 - B. A paddle brush
 - C. A vent brush
 - D. A bristle brush
- 6. What is the purpose of using exfoliating agents in skincare?**
 - A. To brighten skin tone
 - B. To remove dead skin cells and improve texture
 - C. To hydrate the skin
 - D. To protect from environmental damage

7. What does the term "decolorization" refer to in the coloring process?

- A. The addition of color to the hair
- B. The removal of natural pigment from the hair
- C. The process of lightening hair
- D. Enhancing the vibrancy of color

8. Which characteristic describes a medium hair texture?

- A. Very thick and coarse
- B. Neither too thick nor too fine
- C. Extremely fine
- D. Only suitable for straight styles

9. In terms of makeup, what does "contouring" involve?

- A. Applying foundation evenly
- B. Cleansing the skin before application
- C. Using makeup to create shadows and enhance facial features
- D. Tracking makeup trends

10. What is the proper way to store tools in a salon?

- A. In an open area for easy access
- B. In a drawer with other tools
- C. In a clean, dry, and disinfected area
- D. In individually sealed bags

Answers

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

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Explanations

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1. What tool can be used to correct a crooked nail after filing?

- A. Nail clipper
- B. Buffer**
- C. Nail brush
- D. Cuticle remover

A buffer is the correct tool to use for correcting a crooked nail after filing. Buffers are designed to smooth the surface of the nail, helping to even out any irregularities that may arise from filing. By gently buffing the nail, it can help blend the uneven edges and create a more uniform appearance. In contrast, nail clippers are primarily used to shorten nails and are not suitable for shaping or correcting crookedness. A nail brush is used for cleaning nails and removing debris, and would not address the issue of a crooked nail. Cuticle remover is meant to soften and remove cuticles, and does not have any application in correcting the shape of the nail itself. Therefore, the buffer is essential in achieving a polished and aesthetically pleasing nail shape after filing.

2. What is the main benefit of using a facial mask?

- A. It offers instant hydration
- B. It addresses specific skin concerns and improves texture**
- C. It provides a sun protection barrier
- D. It brightens the skin tone

Choosing the option that highlights the main benefit of using a facial mask—addressing specific skin concerns and improving texture—reflects the multifunctional purpose of these treatments in skincare. Facial masks are designed to target a variety of skin issues such as dryness, oiliness, acne, or aging. By delivering concentrated ingredients directly to the skin, they can help to refine texture, reduce the appearance of pores, and enhance the overall condition of the skin. This option encapsulates the broader function of facial masks, as many formulations are tailored for particular skin types or concerns, making them an efficient tool in a comprehensive skincare routine. Other benefits, such as hydration, sun protection, or brightening, might also be important but are often seen as secondary to the main role of addressing core skin issues, thus providing a more comprehensive approach to skin health.

3. How often are scalp treatments recommended for optimal results?

- A. Once a week
- B. Once every two weeks**
- C. Once a month
- D. As needed, depending on scalp condition

For optimal results, scalp treatments are generally recommended once every two weeks. This frequency allows for adequate time between treatments to let the scalp's natural oils return and to promote a healthy environment for hair growth. Regular treatments help to address issues such as dandruff, irritation, or excessive oiliness while not overwhelming the scalp with product application. While weekly treatments might seem beneficial for some specific conditions, they can lead to over-exfoliation or irritation if done too frequently. Monthly treatments may not provide the consistent care that could prevent scalp issues from developing or worsening. The idea of "as needed" may seem flexible, but it can result in inconsistent care, which typically doesn't lead to the best outcomes for scalp health. Thus, a biweekly schedule strikes a balance between effective treatment and maintaining the scalp's natural equilibrium.

4. What type of hair coloring is typically referred to as "retouching"?

- A. Foiling
- B. Single process
- C. Double process
- D. Applying color to the roots only**

Retouching specifically refers to the process of applying color to the roots of the hair, whether to cover gray hair or to maintain the overall color as the hair grows out. This technique is essential for ensuring a consistent look and managing regrowth that naturally occurs over time. When color is applied only to the roots, it allows for a seamless blend, particularly when the rest of the hair has been previously colored. This is crucial for maintaining the overall aesthetic of the hair color and minimizing the visibility of any outgrowth. Other color techniques, such as foiling or single/double processes, involve more comprehensive applications that can alter the entire hair shaft or create highlighted and low-lighted effects, rather than specifically targeting regrowth at the roots.

5. Which type of brush is best for smoothing out coarse hair?

- A. A round brush
- B. A paddle brush**
- C. A vent brush
- D. A bristle brush

A paddle brush is particularly effective for smoothing out coarse hair because of its wide, flat surface and flexible bristles. This design allows it to cover larger sections of hair at once, making it ideal for detangling and straightening. The flat shape helps create a smooth finish as you pull the brush through the hair, distributing natural oils and minimizing frizz. In contrast, a round brush is more suited for styling wavy or curly hair since it's designed to create volume and curl. While it can smooth hair to some extent, it may not be as effective on coarse textures as a paddle brush. A vent brush, designed for quick drying and styling, has a structure that allows air to pass through easily, which is beneficial for fine or thin hair but may not provide the smoothing effect needed for coarse hair. Lastly, a bristle brush, especially if it has stiff bristles, can sometimes be harsh and may not glide through coarse hair as smoothly as a paddle brush, potentially causing breakage or frizz instead of enhancing the smoothness.

6. What is the purpose of using exfoliating agents in skincare?

- A. To brighten skin tone
- B. To remove dead skin cells and improve texture**
- C. To hydrate the skin
- D. To protect from environmental damage

Using exfoliating agents in skincare serves the important purpose of removing dead skin cells and improving texture. Regular exfoliation helps to slough off the outermost layer of dead cells that can accumulate on the skin's surface. This not only helps to reveal fresher, more radiant skin underneath, but it also stimulates cell turnover, leading to smoother skin. By improving the texture, exfoliating agents can enhance the overall appearance of the skin, making it look more vibrant and healthy. Brightening skin tone is typically a result of the enhanced cell turnover that comes with effective exfoliation, rather than the primary purpose of the agents themselves. Hydration and protection from environmental damage are essential aspects of skincare, but they are more closely related to moisturizers and sunscreens than to the direct action of exfoliating agents. Thus, while these elements contribute to overall skin health, the primary focus of exfoliation is distinctly aimed at removing dead skin cells and refining skin texture.

7. What does the term "decolorization" refer to in the coloring process?

- A. The addition of color to the hair
- B. The removal of natural pigment from the hair**
- C. The process of lightening hair
- D. Enhancing the vibrancy of color

Decolorization refers specifically to the removal of natural pigment from the hair. This process is crucial in achieving lighter hair shades or preparing the hair for subsequent coloring applications. By eliminating the existing pigment, hair professionals can create a blank canvas that allows for a more accurate color result when new hair dye is applied. Understanding decolorization is essential in cosmetology, as it affects how colors will appear on the hair. It involves various techniques and products designed to lift the color, such as bleaches and high-lift color formulations. This foundational step precedes color application and is key to achieving the desired shade while ensuring that the overall health of the hair is maintained during the process.

8. Which characteristic describes a medium hair texture?

- A. Very thick and coarse
- B. Neither too thick nor too fine**
- C. Extremely fine
- D. Only suitable for straight styles

Medium hair texture is characterized by strands that are neither too thick nor too fine. This balance allows for the versatility of styling options and generally provides a good amount of volume and body. In comparison to other textures, medium hair can hold styles well, allowing for various methods of styling, including curls and straightening, without being overly challenging to manage. It also typically has a shine and can reflect light well, adding to its aesthetic appeal. Thus, the defining feature of medium hair texture lies in its balanced nature, making it a common and adaptable choice in hair types.

9. In terms of makeup, what does "contouring" involve?

- A. Applying foundation evenly
- B. Cleansing the skin before application
- C. Using makeup to create shadows and enhance facial features**
- D. Tracking makeup trends

Contouring involves using makeup techniques to create the illusion of shadow and depth on the face, which helps to enhance and define facial features. This technique typically utilizes darker shades of makeup to simulate shadows on specific areas like the sides of the nose, under the cheekbones, and along the jawline. Conversely, lighter shades can be applied to the high points of the face, such as the forehead, cheekbones, and chin, to enhance these areas. By skillfully applying and blending these products, an artist can sculpt the face to appear more defined and dimensional. The other choices focus on different aspects of makeup application and care. Applying foundation evenly is a foundational step in makeup, but it does not involve the specific technique of contouring. Cleansing the skin is an essential preparatory step before applying makeup, ensuring a clean and healthy canvas, but it is unrelated to the contouring process itself. Tracking makeup trends is about observing and adapting to new styles and looks in the industry, which does not pertain to the practice of contouring as a technique.

10. What is the proper way to store tools in a salon?

- A. In an open area for easy access
- B. In a drawer with other tools
- C. In a clean, dry, and disinfected area**
- D. In individually sealed bags

Proper storage of tools in a salon is crucial for maintaining hygiene and ensuring the longevity of the equipment. Storing tools in a clean, dry, and disinfected area is the best practice because it minimizes the risk of contamination and ensures that tools are ready for safe use on clients. A clean and disinfected environment helps prevent the spread of infections and protects the health of both the client and the cosmetologist. Additionally, storing tools in this manner allows for proper air circulation, which helps keep them dry and prevents rust or damage that could occur if tools are kept in a damp area. This practice not only complies with safety and sanitation standards but also demonstrates professionalism and care within the salon environment. Other options such as leaving tools in an open area can expose them to contaminants and environmental factors. Keeping tools in a drawer with other items might lead to cross-contamination unless they are properly organized and disinfected. Storing tools in individually sealed bags may not be practical for everyday use as it could slow down access and efficiency, and may not comply with regulations that specify tools should be disinfected and stored in a clean area rather than sealed.

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://northdakotacosmetology.examzify.com>

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

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