

# Oregon Cosmetology State Board - Hair Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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**SAMPLE**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## **Questions**

- 1. What is the term used for the body's ability to destroy and resist infection?**
  - A. Immunity**
  - B. Antisepsis**
  - C. Inoculation**
  - D. Vaccination**
- 2. In permanent waving, the size of the curl is determined by the:**
  - A. Amount of solution used**
  - B. Size of the rod**
  - C. Technique applied**
  - D. Temperature of the tools**
- 3. Which part of the hair is primarily responsible for hair growth?**
  - A. Cuticle**
  - B. Hair follicle**
  - C. Dermis**
  - D. Medulla**
- 4. What should stylists encourage clients to do between coloring services to maintain hair health?**
  - A. Use heat styling tools regularly**
  - B. Use deep conditioning treatments**
  - C. Limit washing their hair**
  - D. Use commercial hair products**
- 5. In individual hair strands, hair texture is determined by what factor?**
  - A. Color**
  - B. Length**
  - C. Diameter**
  - D. Density**



- 6. What is the term for bacteria that are rod-shaped?**
- A. Cocci**
  - B. Spirilla**
  - C. Bacilli**
  - D. Diplococci**
- 7. What effect do clarifying shampoos typically provide on hair?**
- A. Moisture retention**
  - B. Color protection**
  - C. Deep cleansing of product buildup**
  - D. Enhanced shine**
- 8. What shape describes cocci bacteria?**
- A. Spiral**
  - B. Rod-shaped**
  - C. Round-shaped**
  - D. Long and thin**
- 9. What issue can overlapping color cause?**
- A. Fading**
  - B. Staining**
  - C. Line of demarcation**
  - D. Frizzing**
- 10. What is the natural pH of hair?**
- A. 4.5**
  - B. 5.0**
  - C. 6.5**
  - D. 7.0**

## **Answers**

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

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## **Explanations**

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**1. What is the term used for the body's ability to destroy and resist infection?**

- A. Immunity**
- B. Antisepsis**
- C. Inoculation**
- D. Vaccination**

Immunity refers to the body's inherent ability to recognize and combat pathogens, such as bacteria and viruses, thereby preventing infections or diseases. It encompasses both innate immunity, which is the body's first line of defense, and acquired immunity, which develops through exposure to specific pathogens. This term is crucial in understanding how the body protects itself and responds to infections over time, forming a foundational concept in both medical and cosmetological practices. Antisepsis, inoculation, and vaccination, although related to infection and disease prevention, do not describe the body's natural ability. Antisepsis refers to methods used to eliminate or reduce microorganisms on surfaces or skin. Inoculation is the process of introducing a pathogen into the body to induce immunity. Vaccination similarly involves the administration of a vaccine to stimulate the immune system but does not inherently describe the body's capabilities. Understanding immunity is essential for cosmetology professionals, as it helps them recognize the importance of hygiene and infection control in their practice.

**2. In permanent waving, the size of the curl is determined by the:**

- A. Amount of solution used**
- B. Size of the rod**
- C. Technique applied**
- D. Temperature of the tools**

In permanent waving, the size of the curl is determined by the size of the rod used during the waving process. The rod acts as a form around which the hair is wrapped, and this determines the diameter of the resulting curl. Smaller rods create tighter curls, while larger rods will produce looser, more relaxed waves. This principle is crucial for stylists to understand as it allows them to achieve the desired texture and volume based on the client's preferences. The other aspects, such as the amount of solution, the technique applied, and the temperature of the tools, are significant contributors to the overall outcome of the permanent wave, but they do not directly influence the size of the curl. The chemical solution helps to break and reform the hair's bonds, the technique dictates how the hair is wrapped, and the temperature affects the processing time and effectiveness, but the rod's size is the primary factor in determining curl size.

**3. Which part of the hair is primarily responsible for hair growth?**

**A. Cuticle**

**B. Hair follicle**

**C. Dermis**

**D. Medulla**

The hair follicle is the part of the hair primarily responsible for hair growth. It is a specialized structure located beneath the surface of the skin and is embedded in the dermis layer. The follicle is where the hair cells divide and grow, eventually pushing the older cells up and out, which forms the visible strand of hair. Within the follicle, a small bulb called the hair bulb contains rapidly dividing cells, called keratinocytes, that produce keratin, the protein that makes up the hair shaft. Additionally, blood vessels and nerves surrounding the follicle supply essential nutrients and signals that support hair growth and health. The other components mentioned, such as the cuticle, dermis, and medulla, have different roles in the structure and appearance of hair but are not directly involved in the growth process. The cuticle is the outer protective layer of the hair shaft, while the medulla is the innermost layer that may or may not be present in finer hair types. The dermis is a layer of skin that supports the follicles but does not produce hair itself. Thus, the hair follicle is the key structure facilitating hair growth and development.

**4. What should stylists encourage clients to do between coloring services to maintain hair health?**

**A. Use heat styling tools regularly**

**B. Use deep conditioning treatments**

**C. Limit washing their hair**

**D. Use commercial hair products**

Encouraging clients to use deep conditioning treatments between coloring services is essential for maintaining hair health. Over time, hair can become damaged due to the coloring process, which often strips moisture and natural oils. Deep conditioning treatments are specifically designed to penetrate the hair shaft, nourishing and hydrating the hair from within while improving elasticity and reducing breakage. Incorporating these treatments into a client's hair care routine not only helps to restore moisture but also enhances the vibrancy and longevity of hair color. This practice can also lead to smoother, more manageable hair, which is beneficial regardless of styling preferences. By promoting deep conditioning, stylists provide clients with the tools to maintain healthy hair in a way that supports their overall hair goals and minimizes the potential for damage.

**5. In individual hair strands, hair texture is determined by what factor?**

- A. Color**
- B. Length**
- C. Diameter**
- D. Density**

Hair texture primarily refers to the thickness or diameter of an individual hair strand. This characteristic is what differentiates one person's hair from another in terms of texture; for example, hair can be classified as fine, medium, or coarse based on the diameter of the strands. Fine hair generally has a smaller diameter, which can give it a softer, silkier feel, while coarse hair has a larger diameter and often feels thicker and might be more resistant to styling. Recognizing the diameter of hair helps cosmetologists choose appropriate products and techniques for cutting, styling, and treating hair, ensuring the best possible results for different hair types. While factors such as hair color, length, and density play important roles in overall hair characteristics and appearance, they do not directly determine the texture of individual hair strands in the same way that diameter does. Understanding this distinction is crucial for effective hair care and styling in the cosmetology field.

**6. What is the term for bacteria that are rod-shaped?**

- A. Cocci**
- B. Spirilla**
- C. Bacilli**
- D. Diplococci**

The term for rod-shaped bacteria is bacilli. This classification is part of bacterial morphology, which describes the shape and structure of bacteria. Bacteria are categorized into several shapes for identification purposes: cocci are spherical, spirilla are spiral-shaped, and diplococci refers to a specific arrangement of cocci in groups of two. Understanding these classifications is essential for anyone studying microbiology or working in fields such as cosmetology, where knowledge of hygiene and sanitization is crucial to prevent bacterial infections and maintain health standards. Bacilli, being rod-shaped, can be involved in various infections and diseases, which is why it is important to recognize their shape and characteristics.

**7. What effect do clarifying shampoos typically provide on hair?**

- A. Moisture retention**
- B. Color protection**
- C. Deep cleansing of product buildup**
- D. Enhanced shine**

Clarifying shampoos are designed specifically to remove product buildup from hair, which is the primary reason they are used. Over time, regular use of styling products, conditioners, and even hard water can lead to residues that ordinary shampoos might not effectively cleanse. Clarifying shampoos penetrate the hair and scalp more deeply to strip away these accumulated substances, providing a fresh and clean foundation. This deep cleansing helps to restore the hair's natural volume and vibrancy, allowing subsequent products to work more effectively and enabling the hair to appear healthier. The other options describe benefits that are typically associated with other types of shampoos or hair care products. For instance, moisture retention is typically achieved through moisturizing shampoos or conditioners that focus on hydration rather than cleansing. Similarly, color protection is generally a characteristic of shampoos formulated for color-treated hair, designed to maintain the vibrancy and longevity of hair color. Enhanced shine is usually the result of conditioners or shine-enhancing products that coat the hair strands, rather than the action of a clarifying formula which focuses on removing buildup.

**8. What shape describes cocci bacteria?**

- A. Spiral**
- B. Rod-shaped**
- C. Round-shaped**
- D. Long and thin**

Cocci bacteria are characterized by their round-shaped appearance. This term is derived from the Greek word "kokkos," which means "berry," aptly describing their spherical form. Cocci can exist as single cells, in pairs, chains, or clusters, but they maintain that distinct round shape, which is one of the primary ways to classify bacteria morphologically. Understanding the shape of cocci is crucial in microbiology and can aid in identifying bacterial species and determining their potential impacts on health and disease.



## 9. What issue can overlapping color cause?

- A. Fading
- B. Staining
- C. Line of demarcation**
- D. Frizzing

Overlapping color can create a noticeable line of demarcation, which refers to a distinct separation between two different colors or color treatments on the hair. This occurs when new hair color is applied over previously colored hair, particularly if the overlap causes the previously colored sections to receive additional pigment. This often leads to darker sections where the overlapping color has deposited more product, resulting in an unnatural appearance that can be visually jarring. Managing color application is crucial for achieving a seamless blend and maintaining a consistent look. Understanding how to avoid overlapping color is key for hair colorists to create beautiful, harmonious results without harsh lines between different shades. In contrast, while fading, staining, and frizzing can also be concerns in hair color application, they are typically not directly related to the application technique involving overlapping color.

## 10. What is the natural pH of hair?

- A. 4.5
- B. 5.0**
- C. 6.5
- D. 7.0

The natural pH of hair typically falls within the range of 4.5 to 5.5, with 5.0 being a common reference point. This mildly acidic pH level is important because it helps to maintain the integrity of the hair structure and the scalp. A slightly acidic environment helps to keep the hair cuticles closed, which promotes shine and reduces frizz. This pH also supports the scalp's natural barrier function, protecting it from environmental damage and keeping bacteria and fungi at bay. Products designed for hair care, such as shampoos and conditioners, often aim for a pH level that aligns closely with this natural range to ensure compatibility with the hair and scalp. If hair products have a much higher pH (alkaline), it can cause the hair cuticle to lift, leading to potential damage and moisture loss. Thus, understanding and maintaining the natural pH of hair is crucial for achieving healthy, well-maintained strands.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://orcosmetologyhair.examzify.com>**

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