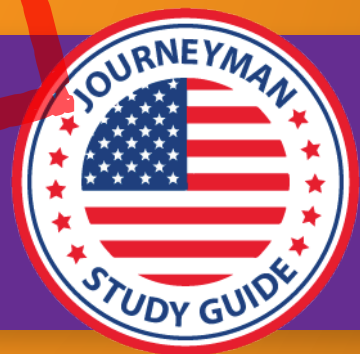


JOURNEYMAN STUDY GUIDE HAIRSTYLIST

YEAR 3

**250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS**



APPRENTICES | INSTRUCTORS | INSTITUTES

JourneymanStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Journeyman Study Guide For?

Welcome to *Journeyman Study Guide*—your key to unlocking success in your trade, earning the recognition you deserve, and building a solid career in America. Whether you're an apprentice just starting out, a seasoned professional, or someone new to the country and adjusting to U.S. trade standards, this guide is designed to complement your learning and support you along the way. While it provides valuable insights and resources, it's not a substitute for official materials required for certification.

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1. *Apprentices*: Looking to kickstart your career? Our study guides and practice tests will help you build the foundational skills you need to succeed.
2. *Tradespeople*: New to the U.S. or advancing in your career? We offer detailed questions, answers, and explanations to help you understand industry standards and excel in your work.
3. *Instructors*: Need reliable teaching tools? Our question banks and online tests are great for guiding your students through trade concepts and preparing them for certification.
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5. *Unions*: Searching for effective ways to train your members? Our easy-to-follow format ensures that each member gains the knowledge they need to thrive in their trade.

What Journeyman Study Guide Offers:

1. *Tailored Study Guides*: Access the core knowledge you need, whether you're preparing for your exam, familiarizing yourself with U.S. trade standards, or simply refining your trade skills.
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1. *It's not easy:* Becoming a certified journeyman requires hard work, patience, and a real dedication to learning. This guide will help you navigate the complexity, but the journey itself requires you to commit to the process. At the end, you'll not only have earned your certification but also be in a stronger position for long-term success in your career.
2. *You will need to put in effort:* Our practice tests, questions, and explanations are incredibly useful, but they can only get you so far without your own effort. You need to engage with the material and be prepared to revisit concepts to fully understand them. This preparation will also help you manage test anxiety and give you the tools to stay focused and confident when exam day comes.
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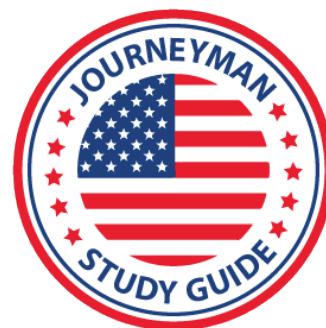
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SNOW STUDS QUEST



Year 3: Advanced Hairstyling and Business Skills

Subject 3. Scalp and Hair Treatments

1. What is a common cause of scalp irritation?

- a) Hair products
- b) Heat exposure
- c) Poor hygiene
- d) Allergic reactions

Correct Answer: d) Allergic reactions

Explanation: Scalp irritation can often be attributed to allergic reactions caused by certain hair products, such as dyes or styling agents. Hairstylists should be aware of clients' sensitivities and recommend patch tests to minimize adverse reactions. Additionally, heat exposure can also contribute to irritation, but allergies are a more common cause.

2. How often should a deep conditioning treatment be applied?

- a) Daily
- b) Yearly
- c) Monthly
- d) Weekly

Correct Answer: d) Weekly

Explanation: A deep conditioning treatment is typically recommended on a weekly basis for clients with damaged hair due to chemical and heat exposure. This frequency helps to restore moisture and repair damage effectively. Hairstylists should educate clients on maintaining their hair health with regular treatments to prevent further damage.

3. What ingredient is best for repairing heat damage?

- a) Coconut oil
- b) Olive oil
- c) Jojoba oil
- d) Aloe vera

Correct Answer: a) Coconut oil

Explanation: Coconut oil is known for its ability to penetrate the hair shaft, making it particularly effective for repairing heat damage. It provides essential moisture and can help to restore the hair's natural shine. Hairstylists should consider recommending coconut oil treatments for clients experiencing issues related to heat exposure.



4. What tool can minimize heat damage during styling?

- a) Flat iron
- b) Curling wand
- c) Thermal protectant
- d) Blow dryer

Correct Answer: c) Thermal protectant

Explanation: Using a thermal protectant is crucial for minimizing heat damage when styling hair. Hairstylists should always apply a thermal protectant spray or serum before using heat tools, as it creates a barrier that helps to safeguard the hair from high temperatures, reducing the risk of damage.

5. Which vitamin is vital for healthy hair growth?

- a) Vitamin C
- b) Vitamin A
- c) Vitamin D
- d) Vitamin E

Correct Answer: d) Vitamin E

Explanation: Vitamin E plays an essential role in promoting healthy hair growth and maintaining scalp health. It helps to improve blood circulation in the scalp, which can enhance hair follicles' function. Hairstylists should encourage clients to incorporate vitamin E-rich products or supplements into their hair care routine for optimal results.

6. What is the main purpose of a clarifying shampoo?

- a) Styling
- b) Deep cleaning
- c) Moisturizing
- d) Conditioning

Correct Answer: b) Deep cleaning

Explanation: The primary purpose of a clarifying shampoo is to provide a deep cleaning of the hair and scalp, removing product buildup, oils, and impurities. Hairstylists should recommend clarifying shampoos to clients who frequently use styling products or have oily scalps, ensuring a clean foundation for treatments.



7. Which treatment is effective for split ends?

- a) Hair serum
- b) Hair mousse
- c) Hair spray
- d) Hair gel

Correct Answer: a) Hair serum

Explanation: Hair serums are effective in managing split ends by providing moisture and sealing the hair cuticle. Hairstylists should advise clients on using serums to help smooth frizz and enhance the appearance of damaged ends, promoting a healthier overall look for their hair.

8. What is a key benefit of protein treatments?

- a) Strengthens hair
- b) Enhances color
- c) Reduces frizz
- d) Adds shine

Correct Answer: a) Strengthens hair

Explanation: Protein treatments are designed to strengthen hair by replenishing lost protein due to chemical processing or heat styling. Hairstylists should recommend these treatments to clients with weak or brittle hair to improve resilience and reduce breakage, ultimately leading to healthier hair.

9. What can excessive heat exposure cause?

- a) Increased shine
- b) Hair loss
- c) Scalp irritation
- d) Split ends

Correct Answer: d) Split ends

Explanation: Excessive heat exposure is a significant cause of split ends, as it weakens the hair structure, leading to fraying and breakage. Hairstylists should educate clients on the importance of using heat styling tools responsibly and incorporating protective products to minimize damage and maintain hair integrity.



10. How can hairstylists assess scalp health?

- a) Product usage
- b) Scalp massage
- c) Visual inspection
- d) Hair color

Correct Answer: c) Visual inspection

Explanation: Visual inspection is a crucial method for hairstylists to assess scalp health. By examining the scalp for redness, flakiness, or other abnormalities, hairstylists can identify potential issues and recommend appropriate treatments or products to improve scalp condition and overall hair health.

11. Which natural oil is beneficial for dry scalps?

- a) Almond oil
- b) Castor oil
- c) Jojoba oil
- d) Tea tree oil

Correct Answer: c) Jojoba oil

Explanation: Jojoba oil is highly beneficial for dry scalps because it closely resembles the natural oils produced by the skin. It helps to moisturize and balance the scalp while promoting a healthy environment for hair growth. Hairstylists should recommend jojoba oil for clients experiencing dryness.

12. What is the impact of chlorine on hair?

- a) Promotes growth
- b) Adds moisture
- c) Strengthens hair
- d) Causes discoloration

Correct Answer: d) Causes discoloration

Explanation: Chlorine can cause significant discoloration in hair, especially for those with lighter hair colors. It strips moisture and can lead to a greenish tint if not properly rinsed out after swimming. Hairstylists should advise clients to use protective products or rinse hair immediately after exposure to chlorine.



13. What type of brush is best for detangling?

- a) Boar bristle
- b) Vent brush
- c) Round brush
- d) Paddle brush

Correct Answer: d) Paddle brush

Explanation: A paddle brush is best for detangling hair gently and effectively, especially for longer hair types. Hairstylists should use this type of brush to minimize breakage and damage while working through knots, making the detangling process smoother for clients.

14. Which scalp condition may require professional treatment?

- a) Dandruff
- b) Dry scalp
- c) Psoriasis
- d) Oily scalp

Correct Answer: c) Psoriasis

Explanation: Psoriasis is a scalp condition that often requires professional treatment due to its chronic nature and potential severity. Hairstylists should recognize when symptoms escalate and refer clients to dermatologists for appropriate care options, ensuring that they receive the necessary support for their scalp health.

15. How does heat styling affect curl patterns?

- a) Changes curl shape
- b) Adds volume
- c) Strengthens curls
- d) Enhances curls

Correct Answer: a) Changes curl shape

Explanation: Heat styling can significantly alter natural curl patterns, often loosening or completely changing the shape of curls. Hairstylists should inform clients about the potential long-term effects of heat on curl integrity and suggest alternative styling methods to preserve their natural texture.



16. What should hairstylists recommend for color-treated hair?

- a) Sulfate-free shampoo
- b) Clarifying shampoo
- c) Regular shampoo
- d) Dry shampoo

Correct Answer: a) Sulfate-free shampoo

Explanation: Hairstylists should recommend sulfate-free shampoos for color-treated hair, as these products are gentler and help maintain color vibrancy while preventing fading. Using sulfate-free formulas ensures that the hair retains moisture and reduces the risk of further damage from harsh chemicals.

17. Which product can help control frizz?

- a) Hair cream
- b) Hairspray
- c) Hair gel
- d) Hair mousse

Correct Answer: a) Hair cream

Explanation: Hair cream is particularly effective in controlling frizz as it provides moisture and smooths the hair cuticle. Hairstylists should recommend hair creams to clients struggling with frizz, as they help to maintain a polished look while providing nourishment and hydration.

18. What is the role of a scalp scrub?

- a) Cleansing
- b) Coloring
- c) Styling
- d) Conditioning

Correct Answer: a) Cleansing

Explanation: The role of a scalp scrub is primarily cleansing, as it helps to exfoliate the scalp, removing buildup of dead skin cells and product residue. Hairstylists should encourage clients to incorporate scalp scrubs into their routine for improved scalp health and to promote better hair growth.



19. Why is a patch test important?

- a) To identify allergies
- b) To check hair texture
- c) To assess scalp condition
- d) To match hair color

Correct Answer: a) To identify allergies

Explanation: A patch test is crucial for identifying potential allergies before applying hair color or chemical treatments. Hairstylists should always conduct a patch test to protect clients from adverse reactions, ensuring their safety and comfort during hair services.

20. What can help soothe an irritated scalp?

- a) Hair gel
- b) Hot water
- c) Heat styling
- d) Cold compress

Correct Answer: d) Cold compress

Explanation: A cold compress can effectively soothe an irritated scalp, providing relief from inflammation and discomfort. Hairstylists should recommend cold compresses for clients experiencing scalp irritation due to heat or product sensitivity, helping to calm the area and restore comfort.

21. How does caffeine benefit hair products?

- a) Increases growth
- b) Enhances shine
- c) Adds volume
- d) Reduces frizz

Correct Answer: a) Increases growth

Explanation: Caffeine is known to stimulate hair follicles and promote hair growth, making it a valuable ingredient in hair products. Hairstylists should consider recommending products with caffeine to clients seeking to boost hair growth and improve overall scalp health.



22. What effect does sun exposure have on hair?

- a) Adds moisture
- b) Strengthens hair
- c) Fades color
- d) Promotes shine

Correct Answer: c) Fades color

Explanation: Sun exposure can significantly fade hair color, especially for those with dyed or highlighted hair. Hairstylists should advise clients to use UV protection sprays and wear hats to minimize sun damage, preserving their color-treated hair's vibrancy and health.

23. What is the function of a leave-in conditioner?

- a) Cleanses scalp
- b) Provides styling hold
- c) Adds color
- d) Moisturizes hair

Correct Answer: d) Moisturizes hair

Explanation: The function of a leave-in conditioner is to provide additional moisture to the hair throughout the day. Hairstylists should recommend leave-in conditioners to clients with dry or damaged hair, as they help to detangle, soften, and protect the hair from environmental stressors.

24. Which hair type is most prone to damage?

- a) Straight
- b) Curly
- c) Wavy
- d) Coily

Correct Answer: b) Curly

Explanation: Curly hair types are generally more prone to damage due to their structure, which can lead to dryness and frizz. Hairstylists should educate clients with curly hair on the importance of hydration and using appropriate products to maintain their hair health and prevent damage.



25. What is an effective method for reducing breakage?

- a) Gentle brushing
- b) Frequent heat styling
- c) Tight hairstyles
- d) Daily washing

Correct Answer: a) Gentle brushing

Explanation: Gentle brushing is an effective method for reducing hair breakage, as it minimizes stress on the hair strands. Hairstylists should advise clients to use wide-tooth combs or brushes designed for detangling to prevent damage and maintain the integrity of their hair.



Subject - 1

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About the Creators:

Bobby Bedi:

Bobby Bedi, co-creator of the Journeyman Study Guide, calls the Pacific Northwest home, where he has built an extensive career spanning more than two decades. His diverse background, which includes architecture, digital innovation, and industrial marketing, has given him a unique ability to bridge traditional industries with cutting-edge digital solutions. Bobby has worked across a spectrum of industries, from agile startups to publicly traded companies and educational platforms, bringing a depth of experience that has been crucial to the platform's success.

Bobby's precision and problem-solving skills, refined through his years in architecture, have seamlessly transitioned into his work in digital marketing and technology. Since 2006, Bobby has been at the forefront of digital innovation, applying his expertise to transform trade education. He has been instrumental in developing cutting-edge, user-friendly platforms that make learning accessible across the globe, combining technology with education to create impactful online experiences.

As co-creator of the platform, Bobby also plays a key role in the industrial sector, where he helps companies scale by leveraging his expertise in digital marketing and business strategy. His dedication to making education affordable and impactful has driven the growth of the Journeyman Study Guide, ensuring that individuals at every stage of their careers have access to quality learning tools.

Kris McFarlane:

Kris McFarlane, co-creator of the Journeyman Study Guide, has over two decades of experience in business development, education, and the trades. Based in the Pacific Northwest, Kris has worked with a range of organizations—from agile startups to publicly traded companies—driving business growth and developing successful strategies across industries. His expertise in scaling businesses and creating educational platforms has been key to the guide's reach and effectiveness.

Kris's deep roots in the trades and industrial sector, paired with his extensive experience in business development, give him a unique ability to understand both the practical and strategic needs of companies and individuals. His leadership and ability to mentor others have helped shape the platform, making it a go-to resource for tradespeople seeking career advancement and certification.

Having struggled with traditional education early in life, Kris understands the importance of making learning accessible for everyone. His passion for empowering others, especially those who feel underserved by conventional education systems, is reflected in every aspect of the Journeyman Study Guide. Kris's work is driven by a commitment to helping aspiring tradespeople succeed in their careers through affordable, practical, and accessible learning resources.

Work with the Creators

As co-creators of the Journeyman Study Guide, Bobby Bedi and Kris McFarlane draw from extensive experience working with agile startups, publicly traded companies, and education platforms. Their combined expertise has shaped a platform that empowers businesses and individuals alike. To learn more or explore opportunities with the *Unity Crest Solutions team*, visit UnityCrestSolutions.com, where they continue to help organizations and people succeed.



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"Adapting to Canadian standards was really hard, but the guide bridged the gap between my previous experiences and Canadian requirements." - Ahmed Al-Sayed, Plumber, originally from Egypt

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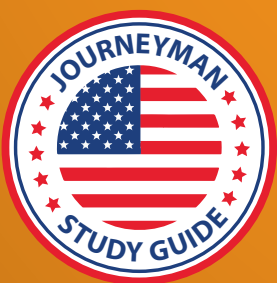
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