

Milady's Standard Professional Barbering Exam Review



**MILADY'S STANDARD
Professional Barbering Exam
Review, Fifth Edition
Milady**

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Foreword

The purpose of this book is to assist barbering students in their preparation for state board examinations. The contents of this book mirror the changes and updates reflected in the 5th edition of *Milady's Standard Professional Barbering* textbook and serve to provide examination candidates with an overall review of the material therein. This material review is presented in a multiple-choice test format, which represents the standard examination form adopted by the majority of state barber boards for written and computer-based examinations.

Part I, Chapter Review Tests, provides a comprehensive review test for each textbook chapter. These tests are designed to provide a detailed review of the subject matter found in each chapter and should be used by students to evaluate their personal level of understanding in a specific subject area. Students will then be able to identify subject areas in which they have a clear understanding and those areas that need additional review or study prior to completing the Sample State Board Examinations in Part II.

In Part II, three Sample State Board Examinations have been compiled from the chapter review tests. Each subject area is represented by several questions, of the most universally relevant questions for that topic and its application to the field of barbering, that may be included in a state board examination.

It is recommended that instructors review the questions in each 150-item test to determine the relevancy of the question topics to their particular state board exams. For example, some states may not require testing in nail histology or manicuring because the subject is not included in the barbering curriculum. Other states may not require testing in chemical services applications. Therefore it becomes the responsibility of barber instructors to provide students with *specific* guidance regarding the state board examination in their state.

Part III, Helpful Reminders for Examination Day, provides a general guideline for exam candidates to follow when preparing for written or computer-based and practical examinations. It is recommended that instructors review these guidelines as well, adapt the information to conform with the procedures of their state barber board, and share the results with their students.

PART I—Chapter Review Tests

CHAPTER 1—STUDY SKILLS

Multiple Choice

1. Which type of students will not benefit as much as others from a review of study skills?
 - a. Students in their second or third postsecondary educational experience
 - b. Students in preparation for a second career
 - c. Students returning to barbering after a brief absence
 - d. Students who studied barbering as undergraduates_____

2. A sense of _____ toward your studies will help you understand and apply what is taught.
 - a. discipline
 - b. adventure
 - c. entitlement
 - d. None of the answers are correct._____

3. It is a good idea to keep _____ organized in a tote bag for easy storage or transfer to the classroom.
 - a. books
 - b. paper
 - c. supplies
 - d. All answers are correct._____

4. Writing the information down is a method of _____.
 - a. building long-term memory
 - b. acronyms
 - c. repetition
 - d. mnemonics_____

5. To enhance your _____, try categorizing the information into smaller segments.
 - a. long-term memory
 - b. short-term memory
 - c. study skills
 - d. barbering skills_____

6. To promote better _____, try to associate new information with prior knowledge through word association techniques.
 - a. long-term memory
 - b. short-term memory
 - c. repetition
 - d. acronyms_____

7. A mind map is not a _____.
 - a. helpful study skill
 - b. note taking technique
 - c. mnemonic
 - d. method for building connections_____

8. SHAPES is a(n) _____ for the functions of the skin: sensation, heat regulation, absorption, protection, excretion, and secretion.
- | | | |
|------------|-------------------------------------|-------|
| a. acronym | c. mind map | _____ |
| b. rhyme | d. None of the answers are correct. | |
9. When mind-mapping, subconnections are created _____.
- | | | |
|-----------|-------------------------------------|-------|
| a. first | c. last | _____ |
| b. second | d. None of the answers are correct. | |
10. The _____ of an outline should be the topic or concept to be covered.
- | | | |
|------------|----------------|-------|
| a. subject | c. subcategory | _____ |
| b. title | d. acronym | |
11. In an outline, B identifies the _____.
- | | | |
|----------------------|--------------------|-------|
| a. first main topic | c. first subtopic | _____ |
| b. second main topic | d. second subtopic | |
12. _____ takes place during the planning step of writing a paper.
- | | | |
|------------------|--------------|-------|
| a. Brainstorming | c. Outlining | _____ |
| b. Editing | d. Revising | |
13. During the drafting stage of writing a paper, _____ takes place.
- | | | |
|---------------------|----------------|-------|
| a. brainstorming | c. note-taking | _____ |
| b. formal outlining | d. editing | |
14. _____ occurs during the revising stage of writing a report.
- | | | |
|------------------|-----------------|-------|
| a. Brainstorming | c. Rewriting | _____ |
| b. Research | d. Proofreading | |
15. During the editing stage of writing a paper, you should _____.
- | | | |
|----------------------|----------------------|-------|
| a. create an outline | c. take notes | _____ |
| b. brainstorm | d. check punctuation | |
16. The four distinct learning styles are combinations of _____.
- | | |
|--|-------|
| a. two emotional styles and two physical styles | _____ |
| b. two ways of perceiving and two ways of processing | |
| c. four different memory techniques | |
| d. None of the answers are correct. | |

17. Another name for dynamic learners is _____ learners.
- | | | |
|-----------------|-------------------|-------|
| a. intuitive | c. movement-based | |
| b. common-sense | d. quick | _____ |
18. "What?" is the _____ learner's favorite question.
- | | | |
|-----------------|---------------|-------|
| a. dynamic | c. analytic | |
| b. common-sense | d. innovative | _____ |
19. If you feel particularly energetic after dinner, your best study time would be _____.
- | | | |
|----------|---------|-------|
| a. 8 am | c. 2 pm | |
| b. 10 am | d. 8 pm | _____ |

CHAPTER 2—THE HISTORY OF BARBERING

Multiple Choice

1. All of the following statements about early barbering practitioners are true except that they _____.
 - a. were shamans or priests in some cultures
 - b. were held in high esteem
 - c. were held in low esteem
 - d. used tools made from flints_____

2. According to archaeological studies, animal sinews _____.
 - a. were not used for haircare
 - b. were avoided by shamans and medicine men
 - c. were used to tie the hair back
 - d. were used as haircutting implements_____

3. The Latin word *tonso* means the cutting, clipping, or trimming of hair with _____.
 - a. only shears
 - b. only a razor
 - c. shears or a razor
 - d. None of the answers are correct._____

4. Some tribes believed that cutting the hair _____.
 - a. exorcised bad spirits
 - b. served as a sacrifice to the gods
 - c. brought good spirits
 - d. None of the answers are correct._____

5. In Egyptian culture, the hair, nails, and skin were colored with coloring agents made from _____.
 - a. berries
 - b. bark
 - c. minerals
 - d. All answers are correct._____

6. In ancient Egypt, the entire bodies of _____ were shaved every third day.
 - a. women
 - b. priests
 - c. kings
 - d. tradesmen_____

7. Masai warriors wove their front hair into _____ section(s) of tiny braids and the rest of the hair into a queue down the back.
 - a. one
 - b. two
 - c. three
 - d. four_____

8. During the lifetime of Moses, barbering was available _____.
 a. to the general population
 b. only for the poor
 c. only for the rich
 d. only for priests

9. Alexander the Great's Macedonians troops lost several battles to the _____ as a result of the warriors' beards.
 a. Egyptians
 b. Persians
 c. Jews
 d. Romans

10. In Rome, clean-shaven faces were the trend until Hadrian came into power in _____.
 a. 342 BC
 b. 117 BC
 c. 117 AD
 d. 342 AD

11. Noblemen of ancient Gaul indicated their _____ by wearing their hair long.
 a. family role
 b. religion
 c. age
 d. rank

12. The _____ abolished the practice of tonsure in 1972.
 a. Greeks
 b. Egyptians
 c. Roman Catholic Church
 d. State barbering board

13. British barristers wore gray wigs in _____ -century England.
 a. fifteenth
 b. sixteenth
 c. seventeenth
 d. nineteenth

14. In 3000 BC, _____ were shaving with obsidian blades.
 a. Mesopotamians
 b. Egyptians
 c. Romans
 d. Greeks

15. During the _____, monks and priests were the physicians.
 a. Renaissance
 b. reign of Alexander the Great
 c. Middle Ages
 d. nineteenth century

16. In _____ AD, the barber-surgeons formed their first organization in France.
 a. 141
 b. 1096
 c. 1252
 d. 1764

17. The bottom end-cap of modern barber poles represents _____.
- a. the basin that was used as a vessel to catch the blood during bloodletting
 - b. the colors of the French flag
 - c. the shampoo bowl that is used to wash client's hair
 - d. None of the answers are correct.
- _____
18. The colors of the barber pole represented blood, _____, and bandages.
- a. hair
 - b. teeth
 - c. skin
 - d. veins
- _____
19. During the _____, employer organizations of barbers were known as master barber groups.
- a. late 1800s
 - b. early 1900s
 - c. mid-1900s
 - d. late 1900s
- _____
20. The Terminal Methods system was enacted in _____ in New York City.
- a. 1872
 - b. 1896
 - c. 1916
 - d. 1925
- _____

CHAPTER 3—PROFESSIONAL IMAGE

Multiple Choice

1. The image _____ is a reflection of you as an individual.
a. of your position c. you project to others
b. of your success d. you see in the mirror _____

2. Your _____ is an impression you project to others.
a. image c. personality
b. attire d. None of the answers
 are correct. _____

3. Your professional image is shaped by _____.
a. friends and colleagues
b. clothing and hairstyle
c. prior learning and life experiences
d. None of the answers are correct. _____

4. Life skills are the _____ that prepare you for living as
a mature adult in a challenging and often complicated
world.
a. rules c. ethics
b. tools and guidelines d. morals _____

5. Patience and _____ are life skills.
a. intelligence c. beauty
b. adaptability d. wealth _____

6. Persistence and a “can-do” attitude are important _____.
a. goals c. types of common sense
b. life skills d. morals _____

7. Values consist of _____.
a. what we think c. how we act
b. how we fee d. All answers are correct. _____

8. Beliefs are specific attitudes that occur as a result of our
_____ and that have a strong influence on how we act
or behave in situations.
a. personality c. education
b. values d. job _____

9. Personality is expressed through _____.
a. beliefs c. income
b. values d. gestures _____

10. There is an old adage that says, "The only difference between _____ is your attitude."
 a. a good day and a bad day
 b. a good hair day and a bad hair day
 c. success and failure
 d. values and morals _____
11. Being _____ is part of diplomacy.
 a. honest
 b. silent
 c. tactful
 d. aggressive _____
12. Sensitivity is a combination of _____.
 a. understanding and honesty
 b. empathy and education
 c. acceptance, honesty, and morality
 d. understanding, empathy, and acceptance _____
13. An example of courtesy is _____.
 a. being flexible about when you show up to work
 b. making jokes while working
 c. buying lunch for your coworkers every day
 d. being considerate of those with whom you work _____
14. Personal hygiene involves all of the following except _____.
 a. daily bathing
 b. use of deodorant
 c. teeth brushing
 d. dry cleaning your clothes _____
15. The best choice of clothing for working in a barbershop would be _____.
 a. baggy jeans
 b. clean and pressed trousers
 c. a tuxedo
 d. a sweatsuit _____
16. During sleep, _____.
 a. the heart rests
 b. the hair stops growing
 c. body tissues and organs are rebuilt
 d. body tissues are broken down _____
17. Eight hours of sleep _____.
 a. is too little for everyone
 b. is too little for most people
 c. is too much for everyone
 d. may be too much or too little depending on the person _____

18. Good nutrition includes getting enough _____.
a. meat c. water
b. salt d. juice _____
19. Good posture _____.
a. lessens fatigue
b. reduces the opportunity for physical problems
c. helps create an image of confidence
d. All answers are correct. _____
20. Stand with _____ when standing behind the chair.
a. a straight spine c. your chin pointing down
b. toes pointing outward d. stiff shoulders _____
21. The _____ should be aligned with the knees when sitting with correct posture.
a. arms c. soles of the feet
b. shoulders d. hips _____
22. Due to their profession, barbers are particularly susceptible to problems in their _____.
a. back c. skin
b. hair d. chest _____
23. When holding your arms away from your body while working, position your arms _____.
a. straight c. against your sides
b. so that your hands point down d. at less than a 60-degree angle _____
24. Clients should be greeted _____.
a. in a high-pitched tone c. by last name
b. reluctantly d. by first name _____
25. Avoid talking about _____ in the barbershop.
a. politics c. movies you have seen
b. sports d. the weather _____
26. _____ enhances your image.
a. Listening more than speaking c. Tapping your foot
b. A critical approach d. Sharing your personal problems _____
27. _____ is an important part of communication.
a. Image c. Conversational ability
b. Grooming d. Moral character _____

28. When determining a client's expectations, repeat your interpretation of what the client said _____.
 a. only if asked
 b. before asking any questions
 c. after the client's description
 d. None of the answers are correct. _____
29. State boards set the _____ that all barbers who work in that state must follow.
 a. ethical standards
 b. tax rules
 c. wage structure
 d. All of the answers are correct. _____
30. _____ is an example of ethical behavior.
 a. Building your reputation at the expense of others
 b. Making difficult promises
 c. Expecting certain conduct from employees
 d. Selling clients products that they do not want _____
31. Compartmentalization _____.
 a. can lead to mental illness
 b. helps you to keep your personal and work/school lives separate
 c. is a set of ethical standards set by state barber boards
 d. involves listening and speaking skills _____
32. Motivation is the ignition for _____.
 a. success
 b. empathy
 c. failure
 d. None of the answers are correct. _____
33. _____ leads to discovering novel solutions to challenges.
 a. Creativity
 b. Praise
 c. Criticism
 d. Structure _____
34. A goal with a time frame of a year or less is a _____ goal.
 a. meaningless
 b. short-term
 c. medium-term
 d. long-term _____
35. Time management includes _____.
 a. taking on all available tasks
 b. prioritizing tasks
 c. ignoring problem-solving techniques
 d. acting on instinct _____