EXERCISES

VTCT PIVOT POINT

VTCT provides Pivot Point LAB, an online learning platform, to support its Hair, Barbering and Beauty qualifications. The resources available in LAB help you develop your skills and knowledge and prepare for qualification assessments. Learn through interactive lessons, quizzes, videos and more. Ask your training provider if they are using LAB and get started today!

Vocational Training Charitable Trust is a specialist awarding organisation offering vocational and technical qualifications in a range of service sectors.

These exercises have been created with Pivot Point industry expertise to test your knowledge on a range of skills.

Discover more about Pivot Point Education at www.pivotpoint.co.uk

If you would like to find out more about how one of VTCT's courses could help further your career, check out the website www.vtct.org.uk

STYLING TECHNIQUES

Answer the following as true or false.

		ANSWER			
Q1	When using a wand to add movement to the hair, pinning the curled hair and allowing it to cool will increase the longevity of the movement	TRUE	✗	FALSE	
Q2	Heat styling techniques are suitable for styling any hair additions when setting and dressing the hair	TRUE		FALSE	✗
Q3	Setting a ponytail on heated rollers will create a look with straight roots and curls through the mid-lengths and ends	TRUE	✗	FALSE	
Q4	Positioning the hair at 45° below the base during styling will create a look with maximum volume	TRUE		FALSE	✗
Q5	Creating a soft curled effect on natural type 4a hair requires a blow-dry and heat styling service	TRUE	✗	FALSE	

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WORKING IN THE INDUSTRY

Complete the following multiple-choice questions by choosing the correct answer.

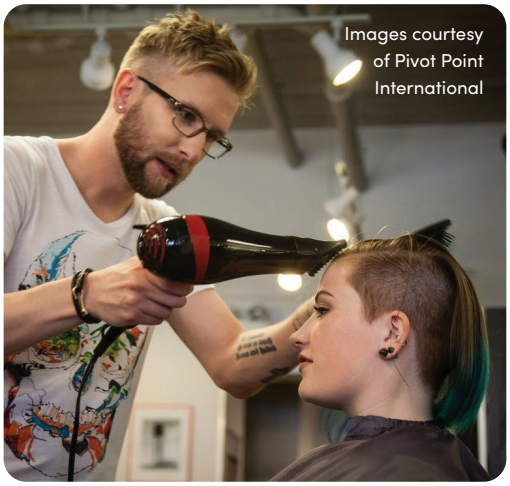
Q1	Which one of the following best describes ways of keeping up to date with current trends?	Ans.
A	Read fashion journals and manufacturer's instructions	
B	Read trade and fashion magazines and visit their websites	✗
C	Read newspapers and watch fashion TV	
D	Watch TV and read trade journals	

Q2	Which one of the following is the most important reason for continuous professional development?	Ans.
A	To help maintain and increase client numbers	✗
B	It promotes a professional image	
C	To help achieve an annual pay rise	
D	It looks good on your CV	

Q3	Which one of the following is the most important reason for gaining feedback on your performance?	Ans.
A	To look professional	
B	To impress the manager	
C	To identify areas for improvement	✗
D	To provide evidence for your qualification	

Q4	Where can information on qualification standards be found?	Ans.
A	HSE website	
B	Awarding organisation's website	✗
C	Hairdressing and barbering textbooks	
D	Hairdressing and barbering industry magazines	

Q5	The M in SMART Goals, stands for	Ans.
A	Manager	
B	Monitoring	
C	Measurable	✗
D	Meaningful	



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COLOUR CONSULTATIONS

Complete the following multiple-choice questions by choosing the correct answer.

Q1	Which one of the following is a contra-indication to a permanent colour service?	Ans.
A	Allergy to paraphenylenediamine	✗
B	Porous hair	
C	Allergy to lanolin	
D	Resistant hair	

Q2	Which one of the following identifies the age restriction for using permanent colour?	Ans.
A	13 years old and younger	
B	14 years old and younger	
C	Under 16 years old	✗
D	Under 18 years old	

Q3	Which one of the following clients should have an incompatibility test?	Ans.
A	A client with virgin, resistant hair	
B	A regular colour client, who visits every three months	
C	A regular colour client, who has used a home colour	✗
D	A client who has damaged hair from excessive straightening	

Q4	What does a colour test do?	Ans.
A	Check the condition of the cortex	
B	Confirm any metallic substances on the hair	
C	Check the condition of the cuticle	
D	Confirm the expected colour result	✗

Q5	Resistant hair has which of the following?	Ans.
A	Damaged cuticle	
B	Tightly closed cuticle	✗
C	Damaged cortex	
D	A strong, closed cortex	



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BARBERING

Complete the following multiple-choice questions by choosing the correct answer.

Q1	Which one of the following best describes the benefits of applying hot towels prior to the shave service?	Ans.
A	To lift the hairs and increase the skin's moisture	
B	To relax the client and close the pores	
C	To open the pores and clean the skin	
D	To soften the skin and lift the hairs	✗

Q2	Which one of the following is not a facial massage technique?	Ans.
A	Rotary	✗
B	Effleurage	
C	Tapotement	
D	Petrissage	

Q3	Which one of the following describes how razor blades should be disposed of?	Ans.
A	In a covered bin	
B	In a waste bin	
C	In a sharps bin	✗
D	In a lined bin	

Q4	Which one of the following is the most suitable product to replace the moisture lost during the shave?	Ans.
A	Cooling product	
B	Shaving cream	
C	Shaving oil	
D	Post shave balm	✗

Q5	Which one of the following best describes the benefits of applying a cold towel following the shave service?	Ans.
A	To prevent infection and skin sores	
B	To increase the skin's moisture	
C	To close the pores	✗
D	To relax the client	



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