# EXERCISES

VTCT PIVOT POINT

**VTCT** provides **LAB**, an online learning platform from **PIVOT POINT**. LAB offers a diverse range of resources designed to help you develop your skills and knowledge in preparation for working in the hairdressing, barbering, beauty and nail sectors. You can learn through interactive lessons, videos, quizzes and more.

Ask your training provider if they are using LAB, and get started today!

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

For information on accessing Pivot Point LAB and VTCT, check out their website: www.vtct.org.uk

**The following exercises have been provided to test your knowledge on a range of skills.**

## STYLING TECHNIQUES

Answer true or false to the following statements.

| | | ANSWER | | | |
|---|---|---|---|---|---|
| **Q1** | When blow-drying or setting the hair, good elasticity is essential, as without it the hair cannot be stretched into new shapes. | TRUE | ✕ | FALSE | |
| **Q2** | Pin curls of various sizes can be used to create soft, textured curls in mid-length hair. | TRUE | ✕ | FALSE | |
| **Q3** | To create a longer-lasting curl, set hair should be allowed to cool under tension before dressing. | TRUE | ✕ | FALSE | |
| **Q4** | When removing back brushing, the hair should be brushed or combed from the roots to the ends to prevent damage to the cuticle. | TRUE | | FALSE | ✕ |
| **Q5** | The hair classification will affect the techniques, tools and products to be used when carrying out a blow-dry service. | TRUE | ✕ | FALSE | |
| **Q6** | Drying the hair in the direction of the cuticles will help prevent damage and bring out the hair's sheen. | TRUE | ✕ | FALSE | |

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# PROMOTING SERVICES AND PRODUCTS

Answer true or false to the following statements:

| | | ANSWER | | | |
|---|---|---|---|---|---|
| **Q1** | The benefits to the salon of promoting additional services and products would include increased income and a professional image. | TRUE | X | FALSE | |
| **Q2** | Benefits to the client of promoting additional services and products include improving the condition of their hair. | TRUE | X | FALSE | |
| **Q3** | Product recommendations should be made based on the latest offers. | TRUE | | FALSE | X |
| **Q4** | The selling process includes listening to the client, recognising their needs, offering personalised advice and recommendations, and closing the sale. | TRUE | X | FALSE | |
| **Q5** | Retailing is made easier by gaining a thorough knowledge of the products offered in the salon or barbershop. | TRUE | X | FALSE | |
| **Q6** | An effective retail display should be eye-catching and include the product prices. | TRUE | X | FALSE | |

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# COLOURING

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

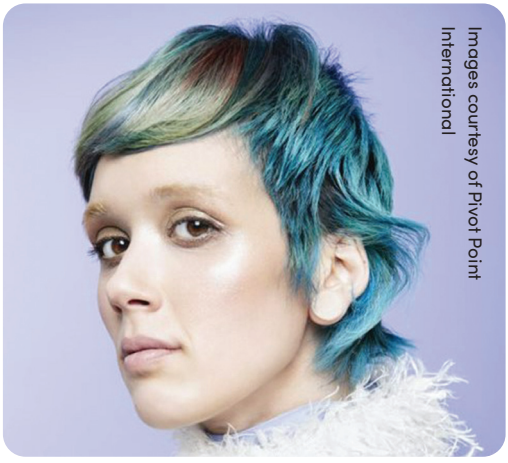
| Q1 | Which one of the following identifies warm tones? | Ans. |
|---|---|---|
| A | Orange, blue and red | |
| B | Yellow, red and violet | |
| C | Red, orange and yellow | X |
| D | Violet, orange and red | |

| Q2 | Using an antioxidant conditioner after a colour will help return the hair to its natural pH level of: | Ans. |
|---|---|---|
| A | 4-5 | |
| B | 4.5-5.5 | X |
| C | 5-6 | |
| D | 5.5-6.5 | |

| Q3 | Which of the following is the most suitable hydrogen peroxide strength to mix with a permanent colour to lift 2-3 shades? | Ans. |
|---|---|---|
| A | 12%/40 Volume | |
| B | 9%/30 Volume | X |
| C | 6%/20 Volume | |
| D | 3%/10 Volume | |

| Q4 | Which of the following colours is a base 7, on the ICC? | Ans. |
|---|---|---|
| A | Light Brown | |
| B | Dark Blonde | |
| C | Medium Blonde | X |
| D | Light Blonde | |

| Q5 | Which of the following techniques would soften the shape and create texture? | Ans. |
|---|---|---|
| A | Freehand | X |
| B | Slicing | |
| C | Full Head | |
| D | Block Colour | |



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# BARBERING

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

| Q1 | At what angle should a razor be held while shaving? | Ans. |
|---|---|---|
| A | 25° | |
| B | 30° | ✕ |
| C | 45° | |
| D | 50° | |

| Q2 | How many shaving zones are there on the face? | Ans. |
|---|---|---|
| A | 12 | |
| B | 14 | ✕ |
| C | 16 | |
| D | 18 | |

| Q3 | Which hair type is more prone to developing ingrown hairs? | Ans. |
|---|---|---|
| A | Wavy | |
| B | Straight | |
| C | Curly and tightly curled | ✕ |
| D | Straight and coarse | |

| Q4 | Which of these is not a term identifying parts of a razor? | Ans. |
|---|---|---|
| A | Tang | |
| B | Point/Toe | |
| C | Front | ✕ |
| D | Shoulder | |

| Q5 | A barber can minimise fatigue during the shaving service by: | Ans. |
|---|---|---|
| A | Maintaining good posture | ✕ |
| B | Limiting conversation with the client | |
| C | Reducing the aftercare advice provided | |
| D | Maintaining communication with the client | |



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