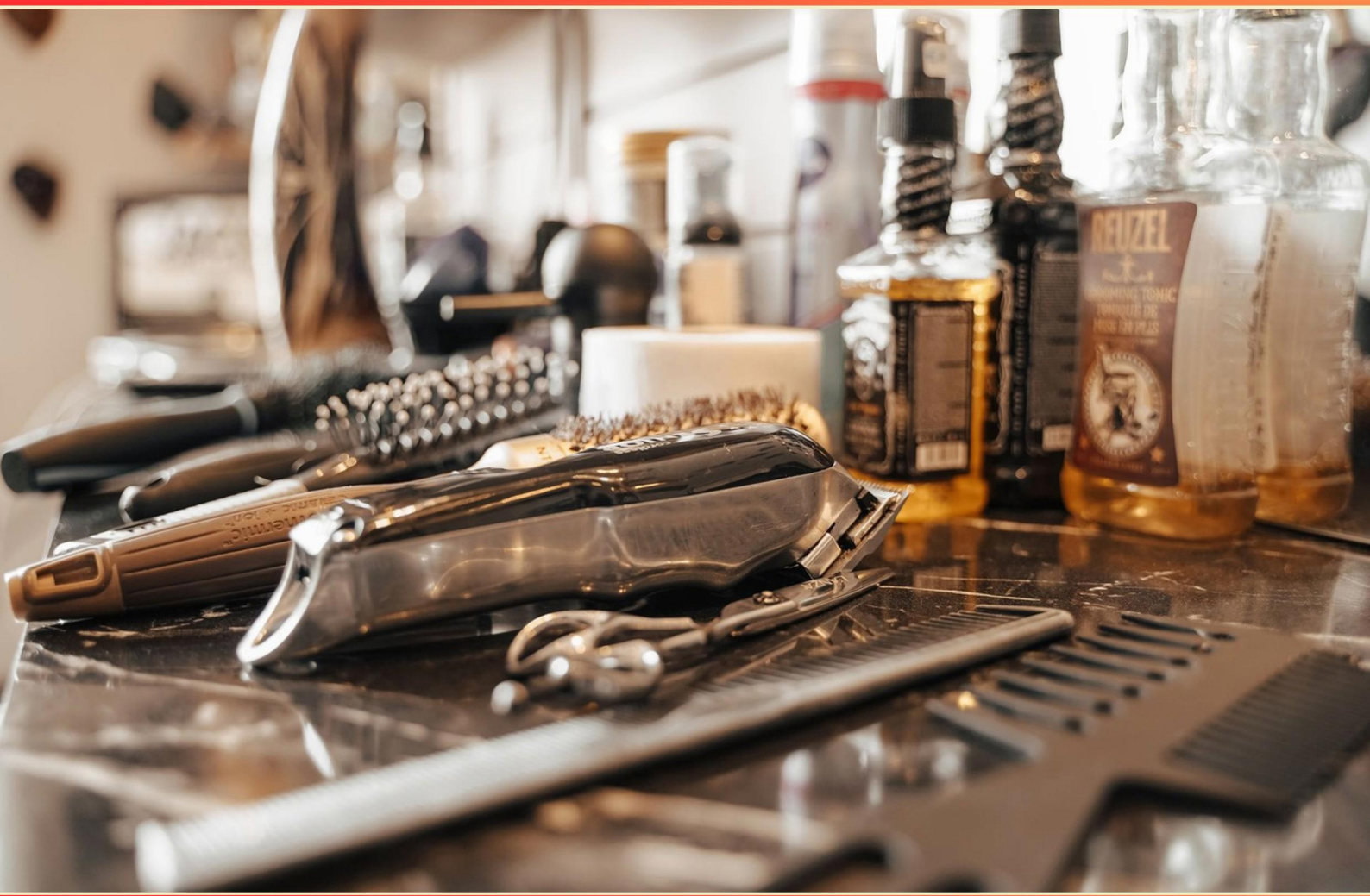
PIVOT POINT PERM THEORY 111 PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

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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.

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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. 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.

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. 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

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1. Before applying perm solution, which preparatory step is recommended?

A. Recondition

B. Rinse only

C. Skip

D. Apply heat

2. Which term describes hair that will not return to its original state after being stretched?

A. Good

B. Normal

C. Poor

D. Excellent

3. Which draping combination is required at the start of a perm service?

A. Towel and chemical drape

B. Towel and cape

C. Plastic wrap and towel

D. Apron and cape

4. For perming porous/highly porous hair, mild _____ perm is desired. _____ before any perm service. Use _____ product to equalize porosity. Select gentler _____ perm.

A. Acid, recondition, pre-wrapping, slow acting

B. Alkaline, cleanse, post-wrapping, fast acting

C. Neutral, condition, pre-wrap, medium acting

D. Acid, recondition, pre-wrapping, fast acting

5. How do small diameter tools affect texture and curl in perm design?

A. Fast texture with energetic feeling

B. Slow texture with tight curl

C. Medium texture with balanced lift

D. No curl at all

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6. In the rectangle pattern the center rectangle usually is positioned _____ _____ to _____.

A. Front hairline, nape

B. Back crown, temple

C. Crown, neck

D. Temple, forehead

7. Which base position is half-off the base, at a 90-degree angle, creating medium base lift and maximum blending?

A. Half-off base

B. On-base

C. Underdirected

D. Overdirected

8. _____ perms have a strong curl pattern, faster processing time, and are better for resistant hair.

A. Acid perms

B. Alkaline perms

C. Exothermic perms

D. Low/no Thio perms

9. Which perms are self heating and self timing?

A. Acid perms

B. Alkaline perms

C. Exothermic perms

D. Low/no Thio perms

10. Processing (waving lotion) is applied to break _____ bones.

A. Disulfide

B. Hydrogen

C. Covalent

D. Ionic

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Answers

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

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Explanations

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1. Before applying perm solution, which preparatory step is recommended?

A. Recondition

B. Rinse only

C. Skip

D. Apply heat

Balancing porosity and moisture before the chemical step is essential to get even results. Reconditioning hair before applying perm solution moisturizes and helps equalize how porous the strands are, so the solution can penetrate all areas more uniformly. This minimizes the risk of over-processing in highly porous spots and under-processing in less porous ones, leading to consistent curl formation. Rinsing only would remove some buildup but doesn't correct porosity or restore moisture, skipping the preparatory step leaves the hair unevenly prepared, and applying heat isn't a preparatory technique for perming and can damage the hair or affect processing. Reconditioning is the step that properly prepares the hair for the perm solution.

2. Which term describes hair that will not return to its original state after being stretched?

A. Good

B. Normal

C. Poor

D. Excellent

Elasticity is hair's ability to stretch and then return to its original length. If hair won't spring back after being stretched, its elasticity is poor. This indicates reduced resilience and a higher likelihood of damage from chemical processing or styling. Hair with good elasticity would recover fully, normal describes average recovery, and excellent implies very strong recovery. So the term for hair that won't return to its original state after stretching is poor.

3. Which draping combination is required at the start of a perm service?

A. Towel and chemical drape

B. Towel and cape

C. Plastic wrap and towel

D. Apron and cape

Protection of the client's skin and clothing during a chemical service is the main idea behind draping. Using a towel together with a chemical drape provides the best balance of protection and practicality: the chemical drape wraps around the clothing to prevent perm solution from contacting fabric or skin, while the towel catches any drips and shields the neck area for comfort and cleanliness. This setup also makes it easier to remove the drape after processing without disturbing the client's hair or absorbing more product than necessary. Other options don't fit as well because they don't offer the same level of chemical protection or can cause discomfort or hazards. Plastic wrap, for instance, can trap heat and fumes and isn't appropriate for long-contact draping. An apron with a cape adds bulk and doesn't reliably shield clothing from chemical exposure.

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4. For perming porous/highly porous hair, mild _____ perm is desired. _____ before any perm service. Use _____ product to equalize porosity. Select gentler _____ perm.

A. Acid, recondition, pre-wrapping, slow acting

B. Alkaline, cleanse, post-wrapping, fast acting

C. Neutral, condition, pre-wrap, medium acting

D. Acid, recondition, pre-wrapping, fast acting

Porous hair needs gentler handling so the chemical can work evenly without over-processing. A mild acid perm is preferred because it's less aggressive than alkaline formulas, helping protect already open or expanded cuticles. Doing a pre-wrapping step before any perm service keeps the wrapping process clean and reduces stress on the hair, promoting more even results. Applying a reconditioning product before the perm helps to balance porosity across the strand, so the waving solution penetrates more uniformly. Finally, choose a slower-acting perm to maintain better control during processing, which is especially important for highly porous hair to prevent over-processing.

5. How do small diameter tools affect texture and curl in perm design?

A. Fast texture with energetic feeling

B. Slow texture with tight curl

C. Medium texture with balanced lift

D. No curl at all

Small-diameter tools create tighter curls, which makes the texture appear more defined and lift more at the roots. That tighter curl drives a livelier, bouncier look, so the overall texture reads as quick or fast and energetic. In perm design, tool size directly controls the curl circumference—the smaller the tool, the smaller the curl, and the more pronounced the texture. Larger tools would produce slower or looser texture, medium tools a balanced lift, and no curl would mean no curling effect at all.

6. In the rectangle pattern the center rectangle usually is positioned _____ _____ to _____.

A. Front hairline, nape

B. Back crown, temple

C. Crown, neck

D. Temple, forehead

In the rectangle pattern, the center rectangle acts as the central anchor for how the head is divided for perm styling. It is positioned between the front hairline and the nape. This vertical span gives the center rectangle the longest uninterrupted section of hair in the crown area, creating symmetry and making it the reference point for the rest of the sections. Having this central block between those landmarks ensures the curl pattern and processing are balanced from forehead to back and top to bottom. Placing it elsewhere would disrupt the crown's geometry and unevenly distribute hair for texture and processing.

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7. Which base position is half-off the base, at a 90-degree angle, creating medium base lift and maximum blending?

A. Half-off base

B. On-base

C. Underdirected

D. Overdirected

The base position is about where the rod sits relative to the base and how much lift that creates at the scalp. Half-off the base means the rod sits partially off the base, not directly on it, and the wrap is at roughly a 90-degree angle to the base direction. This setup gives medium base lift—not too high, not too low. That medium lift is ideal for blending because it creates a curl that sits with a soft transition into neighboring sections, avoiding a strong, obvious line. If you wrapped directly on the base, you'd get more base lift, resulting in a stronger, more pronounced curl and less blending. If you wrapped completely off the base, the lift would be gentler and the curl looser, which can also hinder blending between sections. The 90-degree angle helps ensure the lift is even along the rod, supporting a uniform curl and a smooth blend with adjacent wraps. Underdirected or overdirected describes the direction of the wrap relative to a desired curl direction, not the base position itself, so they don't define the base's lift and blending in this scenario.

8. _____ perms have a strong curl pattern, faster processing time, and are better for resistant hair.

A. Acid perms

B. Alkaline perms

C. Exothermic perms

D. Low/no Thio perms

Alkaline perms use a high-pH reducing agent, which opens the hair's bonds more aggressively and allows the strands to swell and reposition around the rod. This deeper, quicker bond-breaking and reformation yields a stronger curl pattern and faster processing, making it especially effective on resistant, coarse hair that doesn't curl easily. In contrast, acid perms are milder and work more slowly, producing softer curls; exothermic perms speed up processing with heat but don't inherently guarantee a stronger curl; low/no thioglycolate perms are gentler and produce less dramatic curl, so they're not ideal for resistant hair.

9. Which perms are self heating and self timing?

A. Acid perms

B. Alkaline perms

C. Exothermic perms

D. Low/no Thio perms

Exothermic perms generate heat as the chemical reaction unfolds, warming the processing solution and the hair. That self-generated heat speeds up the breaking and reforming of disulfide bonds, so the hair changes occur more quickly without needing external heat. Because the heat itself drives the process, you can gauge timing by how the temperature rises and the hair's condition rather than sticking to a strict clock. That's why this type is described as self heating and self timing. The other perm types typically rely more on a set processing time with external heat control, rather than producing heat themselves.

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10. Processing (waving lotion) is applied to break _____ bones.

A. Disulfide

B. Hydrogen

C. Covalent

D. Ionic

The key idea is that processing (waving lotion) breaks the hair's disulfide bonds in the cortex. Those bonds link sulfur atoms between cysteine units in keratin and hold the hair's natural shape. The reducing agent in waving lotion cleaves these S–S bonds, allowing the hair to be reshaped around perm rods. After the wrap, the neutralizer restores the bonds in the new configuration, fixing the curl. Hydrogen bonds and ionic (salt) bonds are weaker and mainly influence temporary changes with moisture and pH, not the main bonds targeted by waving lotion. While disulfide bonds are a type of covalent bond, the specific bond being broken here is disulfide.

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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.

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

https://pivotpointpermtheory111.examzify.com

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

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