

Written and Performance Exam General Overview

- The intent of this exam is to assess your ability to teach the skills found in the Massachusetts Technical Education Framework.
- This exam is aligned to the frameworks which can be accessed [here](#).
- Many questions and tasks require a synthesis of knowledge based on experience in the field and may not be found in any book.
- Candidates are encouraged to prepare for their exam by reviewing textbooks and reference material which has been listed as part of this exam outline. These resources can be found using online search tools, online vendors, and websites.
- Contact the Technical Teacher Testing Office if you need further assistance in locating resources listed in the exam outline.
- Use this exam outline and the Massachusetts Technical Education Framework to focus your preparation for the exam.

Written Exam

- Number of Questions: 100
- Administration Time: 3 hours
- Administration Method: Remote Proctoring Online Session

Written Exam Content Coverage

10%	<i>Fundamentals of Health and Safety</i>	<ul style="list-style-type: none"> • Regulations • Safety Practices • Infection Control • Decontamination
4%	<i>Customer Service and Salon Business Skills</i>	
10%	<i>Scalp Care, Shampooing, and Conditioning</i>	
8%	<i>Wet Hairstyling</i>	
6%	<i>Blow Dry and Thermal Styling</i>	
3%	<i>Hair Removal</i>	
11%	<i>Facial Treatment and Makeup Application</i>	
6%	<i>Nail Care</i>	
7%	<i>Hair Shaping</i>	
16%	<i>Hair Coloring</i>	

- 10%** ***Permanent Waving***
- 6%** ***Chemical Relaxing and Smoothing Techniques***
- 1%** ***Braiding***
- 2%** ***Wig and Hair Enhancements***

Written Exam Reference Materials (Reference Current Edition)

- **Milady's Standard Textbook of Cosmetology** (Milady Publishing Company, a Division of Delmar Publishers, Inc.)

Materials Needed for the Written Exam

- A four-function calculator is included in the online testing system. No other calculators are permitted.
- Scrap paper and pencil/pen are permitted.

Written Exam Sample Items

Each question on the exam consists of one incomplete sentence or question followed by four choices. Some items reference an image or diagram. A few sample items are included below; the correct answer is designated with an asterisk (*).

The pH level of a shampoo refers to its:

- a. weight.
- b. oxygen level.
- *c. acidity or alkaline level.
- d. filtration level.

Thinning Shears are also known as _____ shears.

- a. texturizing
- b. tapering
- c. notching
- *d. all of the above

Performance Exam

- Administration Time: 4 hours and 50 minutes
- Administration Method: Onsite at an approved Teacher Testing Location

Performance Exam Content Coverage

10% Infection Control and Safety (Time: 5 minutes)

- Universal Precautions
- Safety Practices and Procedures
- Safe Dress Including PPE
- Workplace Cleanliness, Sanitation, Disinfection and Sterilization Procedures
- Handling and Disposal of Hazardous Materials According to OSHA Standards and Product Specifications

11% Facial and Make-up (Time: 30 minutes)

- 14 massage movements and application of daytime makeup

18% Hair Cutting on Provided Mannequin (Time: 60 minutes)

- Sectioning, guideline, layer cutting with scissors, tapering with a razor and thinning coarse, medium, and fine hair using thinning shears.

13% Chemical Texturing Services (mock) – Permanent Waving and Virgin Chemical Hair Relaxing (Time: 45 minutes)

- Relation of perm rod to width and thickness of hair, application of mock solution and test curls, re-sectioning for virgin relaxing, application of virgin mock relaxer.

12% Hair Coloring (mock) (Time: 30 minutes)

- Sectioning, retouch, and virgin color application, foil highlighting without bleeding of color

29% Hair Styling (Time: 90 minutes)

- Use of non-flammable cape. Roller placement, molding “C” shaping, pin curl placement, finger waving and ridge curls. Entire head is set. Candidates will shampoo models’ hair prior to thermal styling. Blow dry and curling iron set on entire head for a finished casual day style. Then the hair will be teased and pinned into a French twist.

7% Manicuring (on both hands) (Time: 30 minutes)

- Complete a manicure with professional application of red polish on both hands.

Materials Required for the Performance Exam (Candidate Must Supply)

Uniform: Candidates **will not** be tested unless a clean, professional uniform (smock, pants, or skirt) and closed-toe low-heeled shoes are worn. All materials listed below should be brought to the test site. Borrowing materials from other candidates or examiners will not be allowed. Any candidate who does not bring all of the equipment and brings a model not fitting the guidelines listed below will not be able to pass this examination.

- Head covering (turban/towel)
- Astringent
- Sufficient towels
- Cape (for chemical services and shampooing)
- Spatulas
- Blush
- Eye liner
- Cotton tipped applicators
- Thinning shears
- Combs (for all tasks)
- Setting lotion
- Hair coloring applicator bottle or tint bowl and brush
- Cotton strip
- Blow dryer
- Roller/pin curl clips
- Foil (enough to complete foiling on half head)
- Gloves
- Sharpener for make-up pencils
- Cleansing cream
- Facial sponges (optional)
- Neck strips
- Eye shadow (including contour color and highlighting color)
- Foundation
- Eyebrow pencil
- Lip color
- Hair cutting scissors
- Assorted hairbrushes
- Conditioner
- End papers
- Permanent wave rods (12)
- Water spray bottle
- Rollers (12)
- All manicuring supplies (including but not limited to base coat, red nail polish, and topcoat)
- Bobby pins
- Hair pins
- Massage cream
- Tissues
- Alcohol
- Assorted makeup brushes/applicators (disposable)
- Moisturizer
- Face powder
- Mascara
- Clips/clamps
- Razor
- Shampoo
- Hair spray
- Gel (thinned with water) for mock hair color and mock perm waving lotion, mock chemical relaxing
- Protective cream
- Curling iron
- Nonflammable cape for thermal styling
- Face mask (cotton face covering or respirator which fully cover the nose and mouth)
- Eye protection
- Disposable gloves
- Face shield

Candidate is also responsible for a Universal Precautions Kit that **must** include the following items. Pre-packaged commercially prepared supplies and equipment purchased from a vendor as a kit are not allowed for this exam.

- Trash bags and tape to attach bag to workstation
- Clean and disinfected implements in sealed containers, labeled: **Disinfected**
- Hand Sanitizer, labeled: **Hand Sanitizer** (separate from workstation sanitizer and may not be baby wipes)
- First Aid Kit containing bandages, disposable gloves, antiseptic wipes (**NO** alcohol wipes), and two baggies for double bagging.
- Separate container for soiled items, labeled: **Soiled Items**. All used items go back into this bag, not the bag previously brought in.

Live Model: Must be at least 16 years of age and must not be a licensed cosmetologist or manicurist. Model must have hair 7" to 10" long to complete all required tasks. The model must also have natural nails (no tips, acrylic, gels or nail polish). Model **must** be pre-registered by supplying the model's name and home address and be approved by the Testing Director prior to examination to determine eligibility. **Both candidate and model must provide ID on day of the exam.**

Note: Mannequins will be provided to perform haircutting tasks. Cell phones are prohibited during the exam administration.

Onsite Performance Exam Requirements

- Candidate must practice social distancing and wear the appropriate face covering that covers the nose and mouth while at the exam site.
- Testing sites may have individual requirements based on location and the current guidance from the Center for Disease Control and Prevention (CDC).

Performance Exam Reference Materials (Reference Current Edition)

- **Milady's Standard Textbook of Cosmetology** (Milady Publishing Company, a Division of Delmar Publishers, Inc.)