



## Your Professional Image - Chapter Quiz

Chapter: *Your Professional Image* Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. Professional image includes:**

- A) Only your haircut
- B) Hygiene, dress, posture, attitude, and your station
- C) Just your clothing
- D) Only your attitude

**2. About how fast does a client form a first impression?**

- A) A full day
- B) In seconds
- C) After one month
- D) Never

**3. Closed-toe shoes are required because:**

- A) They look nicer
- B) They protect feet from dropped tools and spilled chemicals
- C) They are cheaper
- D) They are required by fashion

**4. Ergonomics is:**

- A) A hairstyle
- B) The science of working without hurting your body
- C) A chemical
- D) A disinfectant

**5. Repetitive-motion injuries build up from:**

- A) One bad day
- B) Doing the same movement over and over for years
- C) Wearing a smock
- D) Good posture

**6. Good working posture includes:**

- A) Hunching over the client
- B) Keeping the back and wrists straight
- C) Reaching across the station
- D) Locking your knees

**7. A smock or apron is worn to:**

- A) Look professional and protect your clothing
- B) Stay warm
- C) Replace closed-toe shoes
- D) Hold tools only

**8. A client-ready station is:**

- A) Cluttered but stylish
- B) Clean, organized, and disinfected
- C) Set up after the client arrives
- D) Optional



**9. Personal hygiene for a professional includes:**

- A) Clean body, fresh breath, clean nails, hair done
- B) Only clean hands
- C) Whatever you prefer
- D) Nothing specific

**10. Your professional image is:**

- A) Set once and never changes
- B) A daily choice that builds client trust
- C) Only about talent
- D) Unimportant



## **Your Professional Image - Chapter Quiz - Answer Key**

*Instructor copy.*

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