

Candidate Study Guide for the Illinois Cosmetology Examination in Chinese 伊利诺州美容美发中文测试考生指南

The following information is intended to help you prepare for the computer-administered Illinois Cosmetology Examination. Part I of this study guide contains general information about the profession and testing procedures. Part II provides a content outline, lists the competencies covered in the examination, and suggests reference materials that are commonly used in Illinois cosmetology schools. Part III describes procedures on the day of the test. Part IV provides sample questions to help you prepare for this test.

以下信息旨在帮助你为伊利诺伊美容美发测试做准备。本指南的第一部分包括业内人士和测试程序的一般信息。第二部分提供了考试的内容大纲，列举考生应有的能力水平，并建议伊利诺伊州美容美发学校常用的参考材料。第三部分描述在测试当天的考试程序。第四部分提供了一些样题来帮助你为这个测试做好准备。

Part I General Information 第一部分 一般信息

PURPOSE OF THE EXAMINATION

测试目的

This examination is required for professional licensure by Illinois law to certify that each cosmetologist is familiar with practices, rules and regulations that will protect the health, safety and welfare of the public. Copies of the Act are available from the Illinois Department of Financial and Professional Regulation (IDFPR) on their website at www.idfpr.com.

这个测试是执照/专业许可证所需的证明。依据美国伊利诺州的法律，每位美容美发师应证明其熟悉美容美发方面的实际操练，及所有的法规和规章，以保护公众的健康，安全与福利。法案全文请上 Illinois Department of Financial and Professional Regulation (IDFPR) 网站。

TEST VALIDITY

测试公信

This examination has been developed in consultation with a committee of cosmetology teachers. Test questions reflect standards and practices documented in a survey of licensed cosmetology teachers. Each question is supported by commonly used cosmetology textbooks (see page 10).

这个测试的制定是和美容美发教师所组成的委员会协商完成的。所有试题的标准和做法是根据有执照的美容美发老师所进行的问卷调查记录。每一个考题均有参照常用的美容教科书（见第10页）。

APPLY ONLINE

在线申请

Complete the application online at www.continentaltesting.net and submit all required transcripts and related documents. An application is not complete until it includes a valid email address and all fees have been paid. Credit card payment is available as part of the online application. Each approved candidate receives an email from PSI that provides instructions to schedule a testing appointment.

在线www.continentaltesting.net填写申请表，并提交所需的成绩单和相关文件。考生必须提供一个有效的电子邮件地址和支付了所有的费用，才算完成申请程序。在线申请可使用信用卡付款。每一位通过申请的考生，都会受到一封PSI的电子邮件，详细说明安排测试的信息。

TEST FORMS

测试语言

The test is available in English, Spanish and Chinese. The application requires that each candidate select the proper form of the test.

我们提供英文、西班牙文和中文的测试题目。请每位考生在申请表上注明所选择的语言。

TIME LIMIT

测试时限

Each candidate schedules a PSI appointment to allow time to verify IDs and complete other check-in procedures. The time limit for the examination is two (2) hours.

测试时间为两个(2)小时，但PSI需要额外的时间来验证考生身份证ID和其他的检查手续。

SPECIAL ACCOMMODATION

REQUESTS

特殊要求

An application for special accommodations with appropriate documentation is required before any special arrangements can be completed. If approved, the candidate will receive an email from PSI with instructions to schedule a test date in a test center that has appropriate facilities. Candidates who are approved for special accommodations must schedule using the PSI Call Center. Testing appointments with special accommodations must be made at least two weeks prior to the desired test date.

如果考生有任何特殊要求，必须先提供证明文件才会做安排。特殊安排申请获得批准时，考生会受到一封PSI的电子邮件，说明如何在有特殊设施的考试中心，申请测试日期。获得特殊安排申请批准的考生，必须在PSI Call Center考试。有任何特殊要求的考生，必须在测试日期的两个星期之前提出申请。

SCHEDULING

测试安排

After CTS approves your application, you can schedule a test date by calling PSI at 1-800-733-9267. All regular testing appointments must be scheduled at least two business days prior to the desired test date. **You must complete your test within 60 days after CTS approves your application.**

在CTS批准你的申请后，请打电话1-800-733-9267 到PSI安排测试日期。所有常规测试，必须在你想做测试日期的两个营业日前定好。测试必须在CTS批准你的申请六十(60)天之内完成。

Only the PSI test center on Michigan Avenue in Chicago administers the Cosmetology examination in Chinese.

在芝加哥的Michigan Avenue大道上的PSI测试中心，是唯一提供中文考题的测试中心。

PSI Test Center
332 South Michigan Avenue, Suite 410, Chicago



Parking Enter Grant Park South Parking Garage by driving north on Michigan Avenue from Congress Parkway or by driving south on Michigan Avenue from Jackson.

Instructions for scheduling a test using PSI's 800 number 使用 PSI 的 800 号(免付费电话号码)来安排测试日期

PSI provides an automated system to schedule your test via the telephone without having to speak with a Customer Service Registrar.

PSI提供了一个自动化电话系统来安排你的测试日期，无需与客服处通话。

1. Call 800-733-9267, then Press 5
2. Stay on the line until the you hear the system begin (about 30 seconds)
3. You will be asked what you want to do: schedule, confirm, or retake a test
4. You will be asked if you know your ID# (this is your social security number)
5. The system will find your record and confirm the first few letters of your last name
6. The system will confirm the test
7. You will be asked what you want to do: schedule or request a bulletin
8. The system will use your zip code to find the closest test center
9. ***You must schedule your test at the PSI Test Center on Michigan Avenue in Chicago. No other test center administers the exam in Chinese.***
10. You will be given the available dates and times when you could take the test
11. You will select the date and time and the system will schedule you
12. You will be emailed a confirmation including the date and time of your testing appointment; the email includes directions to the PSI Test Center

1. 拨打800-9267,然后按5
2. 请留在线上,直到听到系统开始(约30秒)
3. 系统会询问你想做什么: 安排测试日期、确认测试日期或复验重考
4. 系统会询问你是否知道你的ID号(就是你的社会安全号码)
5. 系统将会找到你的记录, 并且确认你的姓氏的前几个字母
6. 系统将确认你的测试
7. 系统会询问你想做什么: 安排测试日期或要求一份简章
8. 系统将根据你的邮政编码 zip code 找到最近的测试中心
9. **你必须在芝加哥的Michigan Avenue大道上的PSI测试中心做中文考题测试。其它的测试中心没有提供中文考题。**
10. 系统将会提供你测试日期和时间
11. 在你选择了日期和时间后,系统将会为你安排
12. 你将会收到一封电子邮件, 确认你的测试日期和时间; 此电子邮件也会告诉你测试中心的地址和路线指示。

If you prefer to **speak** to a Customer Service Registrar, they are available Monday through Friday, between 6:30 am and 7:00 pm and Saturday, between 10:00 am and 4:00 pm, Central Time.

如果你选择直接和客服处[注册登记](#)，客服处的工作时间是星期一至星期五，上午 6:30 到下午 7:00； 和星期六，上午 10:00 和下午 4:00。（美国中部时区）

- Call 800-733-9267, Select 5, then select * (star).
- 请拨打 800-733-9267，按 5，然后按*（星号）。
- A PSI staff member will answer to help you schedule your CTS exam.
- PSI 的工作人员将会接听，并帮助你安排 CTS 的测试。

PSI CONFIRMS BY EMAIL

PSI使用电子邮件确认测试

PSI sends each candidate an email to confirm the date and time of his/her testing appointment; the email includes directions to the PSI Test Center.

PSI发送每位考生一封电子邮件以确认测试日期和时间；此电子邮件也包括测试中心的地址和路线指示。

RESCHEDULING

更改测试日期

A testing appointment may be rescheduled up to two business days before the scheduled test date. Candidates who fail this examination must reapply after complying with the requirements for retesting based on the number of their prior attempts.

考生可在其测试日期的两个营业日前做考期更改。没有通过测试的考生必须重新申请做测试，同时必须根据之前测试的次数，符合复验的规定。

MISSING AN APPOINTMENT

测试缺席

Candidates who miss a testing appointment forfeit all fees and must reapply before they are eligible to schedule a new test date.

考生如果缺席测试，所有费用将被没收，并且必须在有资格再安排考试前，重新申请测试。

TEST SCORES

测试成绩

Candidates will receive an unofficial score report before they leave the PSI Test Center. *All candidates will receive their official score reports from CTS one to two weeks after their test date.* Candidates who pass will receive an application to apply for licensure with their CTS score report. Candidates who fail will receive a diagnostic report in their CTS score report indicating content areas in which they need to improve their scores.

考生在他们离开PSI测试中心前，会收到一份非正式的成绩报告。测试后的一到两个星期，所有考生将会收到一份CTS的正式成绩单。通过测试的考生们，申请执照/专业许可证的申请表和CTS的正式成绩单会一并寄到。没有通过测试的考生们，除了CTS的正式成绩单，将会收到一份诊断报告，建议在哪些方面需要提高得分。

Part II Test Content and Recommended Study Materials

第二部分 测试内容和推荐学习材料

This examination is based on recommendations from licensed cosmetology teachers throughout Illinois. Content areas on the test are outlined below.

这个考试是基于伊利诺州美容美发合格教师的建议。考试内容概述如下

- | | | |
|----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| 1. | <i>Salon Safety and Sanitation</i> 美容沙龙的安全与清洁卫生 | <i>32% of Test</i> 32% 的考题 |
| | Infections 传染病 Sanitation Procedures 清洁卫生的程序 Tools, Gloves & Chemicals 工具，手套，化学品 Health & Safety Regulations 健康和法规 Medical Emergencies & Blood 医疗急救和血液 Hygiene 卫生保健 | Draping for Services 披肩的穿法 Diseases & Disorders 疾病和病症 |
| 2. | <i>Analyze & Treat Scalp, Hair, Skin & Nails</i> 分析和治疗头皮，头发，皮肤及指甲 | <i>11% of Test</i> 11%的考题 |
| 3. | <i>Cut & Style Hair</i> 剪发和做造型 | <i>13% of Test</i> 13%的考题 |
| | Advising Clients 给顾客建议 Cutting Hair 剪发 Thermal Styling & Drying 热式发型设计和干吹造型 Reducing Bulk 消薄处理 Wigs & Extensions 假发和附增假发 | Styling Hair 发型设计 |

4. Waving & Relaxing
烫发和卷发变直

13% of Test
13%的考题

Client Characteristics 顾客的特色 Perming & Relaxing 烫发和直发
Product Effects 产品效果 Safety & Sanitation 安全与清洁卫生
Selecting & Using Products 选择和使用产品

5. Hair Coloring & Lightening
染发和头发漂淡

13% of Test
13%的考题

Client Characteristics 顾客的特色 Coloring & Lightening 染发和漂淡头发
Product Effects 产品效果 Safety & Sanitation 染发和漂淡头发
Selecting & Using Products 选择和使用产品

6. Nail Services
美甲服务

9% of Test
9%的考题

Implements 器具 Artificial Nails 人工指甲
Manicures & Pedicures 美甲和脚部保养 Safety & Sanitation 安全与清洁卫生

7. Skin Services
皮肤服务

9% of Test
9%的考题

Makeup 化妆 Selecting & Using Products 选择和使用产品
Removing Unwanted Hair 去除多余的毛发
Safety & Sanitation 安全与清洁卫生

Recommended Study Materials
推荐学习材料

All questions in this examination are supported by the following references.
这个考试所有的题目都是出自于下列书籍。

NOTE: *The Illinois Cosmetology License is based on requirements represented in the 2012 edition of Milady's Standard Cosmetology. All candidates are responsible for content that is not included in the Chinese translation of the 1995 edition.*

注：伊利诺州美容许可证是基于2012年版*Milady's Standard Cosmetology*的内容。所有考生要自行负责没有包括在1995年版中文翻译的内容差异。

Milady's Standard Cosmetology (English or Spanish editions, 2012) (英语或西班牙语版本, 2012) Publisher: Milady Publishing Company Website: www.milady.com

Milady's Standard Cosmetology (Chinese translation of 1995 edition, 2000) (1995年版本的中文翻译, 2000年)

Part III Testing Procedures

第三部分 考试程序

YOU WILL NOT BE ALLOWED TO TAKE THE EXAM IF YOU DO NOT HAVE ONE OF THESE FORMS OF ID. ALL CANDIDATE IDS ARE SUBJECT TO SECURITY SCREENING TO VERIFY THEIR AUTHENTICITY.

如果你没有提供这些类型的身份证之一项，你将不会被允许参加测试。所有考生的身份证均须接受安全检查，以验证其真实性。

- *A valid US Driver's License or State ID issued by one of the 50 states or US Territories.*
- *A valid US Passport or Military Active Duty ID.*
- *A valid consular ID*
- *有效的美国驾照或美国领土50州所发行的州身份证。*
- *有效的美国护照或现役军人身份证。*
- *有效的领事ID*

All candidates must agree to abide by PSI Test Center Rules:

所有考生必须同意遵守PSI测试中心规则：

- Video monitoring of each candidate occurs throughout the test.
- Video tapes may be reviewed if suspicious behavior occurs during a test.
- Name and address on the candidate ID must match the CTS application and PSI candidate registration records.
- **ALL NAME OR ADDRESS CHANGES MUST BE SUBMITTED TO CTS IN WRITING AT LEAST 10 DAYS BEFORE THE TESTING APPOINTMENT.**
- 视频监控并录像每名考生的测试全程。
- 如果在测试过程中出现可疑行为，录像带可以被审查。
- 考生身份证上的名字和地址必须与CTS申请表和PSI考生注册记录相符。
- *所有名字或地址的更改，必须至少于测试日10天之前书面提交CTS。*

No candidate may take this test if he/she:

考生不被允许参加测试，如果他/她：

- Does not present required photo ID when asked
- Refuses to sign the PSI Examinee Agreement
- Does not follow all PSI Test Center rules
- Tries to use prohibited items, including but not limited to books, notes, cell phones, cameras, pagers or other electronic devices during a test
- Gives or receives help during a test or test breaks
- Tries to record or copy any test questions
- Fails to follow PSI Test Center staff instructions
- Disrupts testing for other candidates

- 无法提供有照片的身份证
- 拒绝签署PSI考生协议
- 不遵循PSI测试中心的所有规则
- 试着在测试过程中使用违禁物品，其中包括但不限于书本，笔记，手机，照相机/摄像机 传呼机/寻呼机或其他电子设备
- 在测试过程中，或休息期间，提供或接收帮助
- 尝试记录或复制/影印任何测验试题
- 未按照PSI测试中心工作人员的指示
- 干扰其他考生

Test Center check-in procedures include:

测试中心检查的程序包括:

- Cell phones, pagers or other electronic devices are **NOT PERMITTED** in the testing room.
 - Personal items (purses, coats, etc.) **MUST** be secured outside the testing room.
 - A digital photograph and a digital fingerprint will be taken during check-in.
 - Candidates must sign in and out of the test center for all personal breaks during testing.
 - The test timer continues during any candidate's personal breaks.
-
- 手机，传呼机或其他电子设备 不允许带进考场。
 - 个人物品（钱包，外套等）必须留在考场外。
 - 在办理报到的过程中，考生要照一张数码照片和采取一枚数码指纹。
 - 在测试过程中，所有私人决定的休息时间，考生必须签到和签出测试中心。
 - 在考生的私人休息时间，测试定时器会继续走。

Before you start the test, you will be asked to enter your social security number. It must be identical to the social security number you submitted in your application to take this examination.

在测试开始前，你会被要求输入你的社会安全号码。这组社会安全号码必须和你的测试申请单上的社会安全号码相符。

You will be required to read and sign the security agreement before the test will begin.

在测试开始前，你将被要求详读并签署安全协议。

PSI SECURITY AGREEMENT FOR EXAMINATIONS

Test Center Location: _____

State: _____

SECURITY AGREEMENT:

I HAVE READ THE FOLLOWING PSI SECURITY AGREEMENT AND CONSENT TO TAKE THE LICENSING EXAMINATION UNDER THE CONDITIONS STATED HEREIN:

- * I will not give or receive assistance while taking the test, including the use of unauthorized study material or unauthorized notes. I acknowledge that I have not taken any unauthorized study material or unauthorized notes into the testing area.
- * I will maintain the confidentiality of the test.
- * I will not have in my possession a cell phone, pager, or other unauthorized materials.
- * I will inform the proctor when needing to use the rest room, but I understand that leaving the building at any time before completing the exam is prohibited.
- * I understand that violating the confidential nature of the licensing test can result in severe civil or criminal penalties, invalidation of test scores, reports to the authorized agency.

Note: If a candidate refuses to consent to the conditions of this PSI Security Agreement, the proctor will notify the candidate that he/she will not be authorized to take the examination. PSI Headquarters will be so informed. This form is retained as a permanent part of the candidate file.

AGREE

DISAGREE

PSI SECURITY AGREEMENT FOR EXAMINATIONS

PSI考试的安全协议

Test Center Location

测试中心地点

SECURITY AGREEMENT

安全协议

I HAVE READ THE FOLLOWING PSI SECURITY AGREEMENT AND CONSENT TO TAKE THE LICENSING EXAMINATION UNDER THE CONDITIONS STATED HEREIN:

我已阅读下列PSI安全协议，并同意在所述的条件下，参加测试：

*I will not give or receive assistance while taking the test, including the use of unauthorized study material or unauthorized notes. I acknowledge that I have not taken any unauthorized study material or unauthorized notes into the testing area.

*在测试过程中，我不会给予或接受帮助，其中包括使用未经批准的学习材料或未经授权的笔记。我保证，我没有将未经批准的学习材料或未经授权的笔记带进考场。

*I will maintain the confidentiality of the test.

*我会保持测试考题的机密性。

*I will not have in my possession a cell phone, pager, or other unauthorized materials.

*我不会在身上带手机，寻呼机或其他未经授权的东西。

*I will inform the proctor when needing to use the rest room, but I understand that leaving the building at any time before completing the exam is prohibited.

*需要使用洗手间时，我会通知监考人员；我也明白，在完成考试前的任何时候，是禁止离开考场的。

*I understand that violating the confidential nature of the licensing test can result in severe civil or criminal penalties, invalidation of test scores, reports to the authorized agency.

*我明白，违反执照/专业许可证测试的机密性会导致严重的民事或刑事处罚，考试成绩无效，并且报告给授权机构。

Note: If a candidate refuses to consent to the conditions of this PSI Security Agreement, the proctor will notify the candidate that he/she will not be authorized to take the examination. PSI Headquarters will be so informed. This form is retained as permanent part of the candidate file.

注：如果考生拒绝同意并签署这一份PSI安全协议的条件，监考人员会通知考生不被授权参加测试。PSI总部将被通知。这份协议会被保留作为考生永久文件。

AGREE同意

DISAGREE不同意

You will be asked to confirm your name, social security number and the examination for which you are registered before you can begin.

你会被要求确认您的姓名，社会安全号码和你所注册的测试，然后才能开始考试。

SCORE REPORTS

成绩报告

An official CTS letter will report test results and provide further instructions, usually within two weeks after the test.

通常在在测试后的两个星期，考生会收到一封CTS的正式信函，除了报告测试的结果，并提供进一步的指示说明。

Part IV Sample Questions

第四部分 样题

All questions on the Illinois Cosmetology Test are multiple-choice, with one correct answer. The answer key for this sample test appears after these questions. These are provided for information purposes only to illustrate the types of questions that will appear on each test.

伊利诺伊州美容美发测试的所有题目皆为选择题，且只有一个正确的答案。这些样题的标准答案提供于所有题目之后。这些题目都仅用于提供信息的，其目的在于说明在每个测试将出现的题目类型。

Sample questions are presented in both English and Simplified Chinese in this Study Guide, but they appear only in Simplified Chinese in the regular examination.

样题是以英文和简体中文呈现在本考生指南，但正式的测试只有简体中文考题。

Question 1 A general infection
一般感染

- A. is found in most of the general population.
- B. attacks both clients and staff at the same time.
- C. spreads throughout the body in the bloodstream.
- D. combines virus, bacteria and fungus germs at once.

- A. 常发生在大多数的一般民众
- B. 在同一时间攻击顾客和工作人员
- C. 透过血液蔓延到整个身体
- D. 同时结合了病毒，细菌和霉菌病菌

Question 2 The purpose of sanitizing implements and equipment is to
清洁工具和设备的目的是为了

- A. remove all offensive odors.
- B. destroy or prevent the growth of germs.
- C. eliminate scratches and blemishes.
- D. resist staining and fading.

- A. 除去所有的臭味
- B. 破坏或预防细菌的增长
- C. 消除刮痕和瑕疵
- D. 抗制染色和褪色

Question 3 When giving a client with dry hair a scalp treatment, you should select preparations that contain

帮干性头发的顾客做头皮的保养时，选用的保养配方须含有

- A. mineral oil or sulfonated oil base.
- B. a high alcohol content.
- C. guar gum or carnuba wax.
- D. moisturizing or emollient materials.

- A. 矿物油或硫酸盐基sulfonated oil base的制剂。
- B. 高酒精含量的产品
- C. 瓜尔豆胶guar gum或carnuba蜡
- D. 湿润和润滑的成分

Question 4 When using a thermal iron, what should you do to protect the client's scalp from being burned?

使用热熨钳时,应该做哪些防护措施,以避免顾客的头皮被灼伤?

- A. Make sure the client's hair is very wet.
- B. Place a comb between the scalp and the iron.
- C. Apply a protective cream to the scalp.
- D. Keep the thermal iron setting on low at all times.

- A. 确保顾客的头发很潮湿
- B. 在头皮和热熨钳之间放一把梳子
- C. 在头皮上涂抹防护霜
- D. 保持热熨钳的设定在低温的状态

Question 5 Which of these is the *LEAST* common cause of over-processing hair?

下列哪一项不是过度整烫的头发常见的原因?

- A. Leaving lotion on too long
- B. Improperly analyzing the hair
- C. Wrapping the hair too loosely
- D. Testing curls too infrequently

- A. 烫发液留在头发上的时间过久
- B. 烫发前的发质分析不正确
- C. 把头发包得太松
- D. 测试发卷的次数不足

Question 6 What are the three basic steps used in chemical hair relaxing?
以下哪一组是使用化学直发剂的三个基本步骤?

- A. Processing, neutralizing and conditioning
- B. Shampooing, neutralizing and heating
- C. Processing, conditioning and wrapping
- D. Waving, conditioning and neutralizing

- A. 进行作用, 中性化, 发质调节
- B. 洗发, 中性化, 加热
- C. 进行作用, 发质调节, 卷绕
- D. 烫发, 发质调节, 中性化

Question 7 The allergic reaction of some clients to depilatory waxes is due mainly to
有一些顾客对于脱毛蜡的过敏反应主要是由于

- A. the temperature of the cold wax.
- B. the temperature of the hot wax.
- C. pulling out hairs.
- D. beeswax.

- A. 冷蜡的温度
- B. 热蜡的温度
- C. 把毛发拔出
- D. 蜂蜡

Question 8 The use of a mechanical vibrator during a massage
在按摩过程中使用振动器

- A. is used mainly on a woman's face.
- B. can be applied for a long time in one spot.
- C. will produce muscular contractions.
- D. should never be used.

- A. 主要是用在女性的脸上
- B. 可长时间地用在同一个部位上
- C. 会产生肌肉收缩的效果
- D. 不应该被使用

- Question 9** Cleanup of the manicure table should be done
美甲工作台的清理应该在什么时候做?
- A. after the completion of each client.
 - B. as frequently as possible.
 - C. once at the end of each day.
 - D. once at midday and again at the end of the day.
-
- A. 在为每一个顾客服务完毕后
 - B. 尽可能做经常性的清洁
 - C. 每天工作结束后清理一次
 - D. 中午一次，一天结束后再一次

- Question 10** In a nail wrap, the wrapping material is applied with
在做指甲的修补时，修补材料应该和下列哪一项一起使用?
- A. 70% alcohol.
 - B. warm soapy water.
 - C. a disinfectant.
 - D. a mending adhesive.
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- A. 70%的酒精
 - B. 温肥皂水
 - C. 消毒剂
 - D. 修补专用的黏胶

Answers to Sample Questions 样题解答

| | | | |
|------------|---|-------------|---|
| Question 1 | C | Question 6 | A |
| Question 2 | B | Question 7 | D |
| Question 3 | D | Question 8 | C |
| Question 4 | B | Question 9 | A |
| Question 5 | C | Question 10 | D |