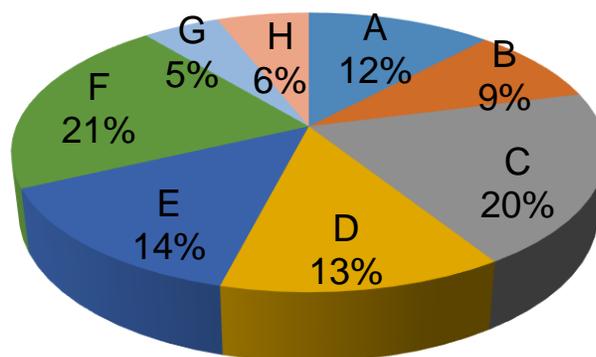# RED SEAL EXAM
SELF-ASSESSMENT GUIDE
HAIRSTYLIST

Red Seal Exam Weighting

This pie chart represents the distribution of questions on the Red Seal Exam. The self-assessment on the next pages shows the Tasks and Sub-tasks within each Major Work Activity and the number of questions assigned to each Major Work Activity and Task.

The Red Seal Exam for this trade has 120 questions.

	Major Work Activity / Exam Section	Percentage of Questions	Number of Questions out of 120
A	Performs common occupational skills	12%	14
B	Performs hair and scalp care	9%	11
C	Cuts hair	20%	24
D	Styles hair	13%	16
E	Performs chemical texture services on hair	14%	17
F	Alters hair colour	21%	25
G	Performs specialized services	5%	6
H	Performs salon operations	6%	7

Breakdown of Red Seal Exam Questions and Self-Assessment

Rate your own understanding and experience with each task. Look at the activities that make up each task and consider your experience with them of them when rating yourself. Be honest!

● LOW	I have **no or very little understanding or experience** in this activity
● MEDIUM	I **understand** this activity and have **some experience** doing it in **limited** situations
● HIGH	I have a **very good understanding** of this activity and am **fully competent** in doing it in **many** situations

This is not intended to accurately predict how you will actually do on the exam – there may be areas where you are over-confident or under-confident. But it should give you an idea of your strengths and weaknesses.

After you rate your own knowledge and experience as **LOW**, **MEDIUM** or **HIGH**, check how many questions there are and write down how many you think you will get correct.

> **LOW**, you may not get many of those questions right.
> **MEDIUM**, you might get some right.
> **HIGH**, you expect to be able to get most of those questions right.

Comparing your scores with the number of questions on the exam will help you identify which areas you need to prepare the most. Add up your scores from each section to get an idea of your overall readiness for the exam.

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
A – Performs common occupational skills					
Task A-1 Performs safety-related and hygienic functions A-1.01 Disinfects tools and equipment A-1.02 Sanitizes towels, capes and smocks A-1.03 Maintains safe and hygienic work environment	☐	☐	☐	4	
Task A-2 Uses tools and equipment A-2.01 Uses manual tools A-2.02 Uses electric tools A-2.03 Uses major equipment	☐	☐	☐	4	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task A-3 Prepares for client services A-3.01 Consults with client A-3.02 Plans client services A-3.03 Drapes client A-3.04 Uses documentation	❑	❑	❑	3	
Task A-4 Uses communication and mentoring techniques A-4.01 Uses communication techniques A-4.02 Uses mentoring techniques	❑	❑	❑	3	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**14**	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
B – Performs hair and scalp care					
Task B-5 Analyzes and responds to hair and scalp conditions B-5.01 Analyzes hair and scalp for non-chemical services B-5.02 Analyzes hair and scalp for chemical services B-5.03 Responds to unfavourable hair and scalp reactions	☐	☐	☐	6	
Task B-6 Shampoos and conditions hair and scalp B-6.01 Brushes hair B-6.02 Controls flow and temperature of water B-6.03 Manipulates hair and scalp using shampoo and conditioner B-6.04 Performs hair and scalp treatment	☐	☐	☐	5	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**11**	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
C – Cuts hair					

Task C-7 Cuts diverse textures of hair using cutting tools
    C-7.01 Cuts hair with elevation
 	
    C-7.02 Cuts hair without elevation
 	
    C-7.03 Customizes haircuts
	☐	☐	☐	19	

Task C-8 Cuts facial and nape hair
    C-8.01 Trims facial and nape hair
 	
    C-8.02 Removes facial and nape hair with straight razor
	☐	☐	☐	5	

					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**24**	

	LOW Understanding / Experience	MEDIUM Understanding / Experience	HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
D – Styles hair					
Task D-9 Prepares and styles wet hair	☐	☐	☐	8	
D-9.01 Uses styling aids for wet hair					
D-9.02 Dries hair					
D-9.03 Places hair using freestyle techniques					
D-9.04 Sets wet hair into style pattern using setting tools					
D-9.05 Styles hair using finger waves and pin curls					
Task D-10 Styles and finishes dry hair	☐	☐	☐	8	
D-10.01 Uses styling and finishing aids for dry hair					
D-10.02 Styles hair using thermal tools and equipment					
D-10.03 Styles updos					
D-10.04 Creates hairstyle with hair additions					
D-10.05 Finishes hair					
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**16**	

	● **LOW** Understanding / Experience	● **MEDIUM** Understanding / Experience	● **HIGH** Understanding / Experience	**Number of questions on the Red Seal exam**	**Based on your self-rating, how many of the questions do you think you will get correct?**
E – Performs chemical texture services on hair					
Task E-11 Chemically waves hair E-11.01 Wraps hair E-11.02 Processes hair with waving and neutralizing solutions E-11.03 Removes tools	☐	☐	☐	10	
Task E-12 Chemically relaxes hair E-12.01 Applies chemical relaxers and neutralizing products E-12.02 Processes hair with chemical relaxers and neutralizing products E-12.03 Removes chemical relaxers and neutralizing products	☐	☐	☐	7	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**17**	

	● **LOW** **Understanding / Experience**	● **MEDIUM** **Understanding / Experience**	● **HIGH** **Understanding / Experience**	**Number of questions on the Red Seal exam**	**Based on your self-rating, how many of the questions do you think you will get correct?**
F – Alters hair colour					
Task F-13 Colours hair F-13.01 Colours virgin hair F-13.02 Colours regrowth F-13.03 Colours hair using colour placement and techniques	❑	❑	❑	9	
Task F-14 Lightens hair F-14.01 Lightens virgin hair F-14.02 Lightens regrowth F-14.03 Lightens hair using customized placement and techniques F-14.04 Tones pre-lightened hair	❑	❑	❑	7	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Task F-15 Performs colour correction F-15.01 Determines process F-15.02 Removes unwanted colour F-15.03 Completes colour correction	☐	☐	☐	9	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**25**	

	LOW Understanding / Experience	MEDIUM Understanding / Experience	HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
G – Performs specialized services					
Task G-16 Performs services for hair extensions, wigs and hairpieces G-16.01 Selects hair extensions, wigs and hairpieces G-16.02 Customizes hair extensions, wigs and hairpieces G-16.03 Maintains hair extensions, wigs and hairpieces	☐	☐	☐	4	
Task G-17 Performs basic services on the face and nape G-17.01 Performs depilatory facial and nape services G-17.02 Colours facial hair	☐	☐	☐	2	
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**6**	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
H – Performs salon operations					
Task H-18 Performs front desk responsibilities	☐	☐	☐	4	
H-18.01 Performs communication duties					
H-18.02 Schedules appointments					
H-18.03 Interacts with clients					
H-18.04 Completes financial transactions					
H-18.05 Maintains inventory					
H-18.06 Prices retail products					
H-18.07 Maintains retail displays					
Task H-19 Establishes business fundamentals	☐	☐	☐	3	
H-19.01 Develops business plan					
H-19.02 Presents professionalism					
H-19.03 Markets products and services					
					SUM OF YOUR EXPECTED CORRECT ANSWERS
Total number of questions for this section:				**7**	

	● LOW Understanding / Experience	● MEDIUM Understanding / Experience	● HIGH Understanding / Experience	Number of questions on the Red Seal exam	Based on your self-rating, how many of the questions do you think you will get correct?
Now, add up the totals you gave yourself for each section.				TOTAL NUMBER OF QUESTIONS 120	MY EXPECTED TOTAL

Interpreting your Self-Assessment

What score did you give yourself?

Divide it by the number of questions to get a percentage.

The passing mark for the Red Seal exam is 70%. If you rated yourself higher than that overall, you feel pretty confident that your experience and knowledge in the trade are good enough for a pass. However, remember that this self-assessment is just a guide. We still encourage you to develop a study plan and to consider the areas where you rated yourself as less confident.

If your overall score is less than 70%, you might have more work to do. Look more closely at your scores section by section. What are the areas where you have the most to gain?

Look over the Red Seal Exam Preparation Guide for more advice.