

AAMC FL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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.

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!

Questions

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- 1. Which term describes the delay in adjusting to new cultural or societal changes?**
 - A. Culture shock
 - B. Cultural transmission
 - C. Culture lag
 - D. Proximal stimulus
- 2. What does ionization energy refer to?**
 - A. The energy required to gain an electron
 - B. The energy required to remove an electron from an atom
 - C. The energy released when an electron is added
 - D. The energy required for bond formation
- 3. Which process results in the net gain of 2 ATP in cellular respiration?**
 - A. Aerobic respiration
 - B. Krebs cycle
 - C. Fermentation
 - D. Glycolysis
- 4. What is assimilation in a cultural context?**
 - A. The complete separation of distinct cultural groups
 - B. The process of adopting the main elements of a culture
 - C. The encouragement of cultural diversity
 - D. The reinforcement of unique cultural traditions
- 5. Which of the following best describes secondary social groups?**
 - A. Small and close-knit groups
 - B. Larger and more impersonal groups
 - C. Groups formed based on emotional connections
 - D. Organizations with a clear hierarchy
- 6. Who is associated with the humanistic theory of personality?**
 - A. Sigmund Freud
 - B. Carl Rogers
 - C. Abraham Maslow
 - D. Albert Bandura

- 7. How is the density of a human body calculated?**
- A. Weight in air
 - B. Weight in water divided by weight in air
 - C. Weight in air minus weight in water
 - D. Weight in water divided by weight in air
- 8. In which part of the digestive system does carbohydrate digestion begin?**
- A. Mouth
 - B. Stomach
 - C. Small intestine
 - D. Large intestine
- 9. Which bias impacts the way individuals perceive their successes and failures?**
- A. Self-serving Bias
 - B. Confirmation Bias
 - C. Groupthink
 - D. Hindsight Bias
- 10. What does self-fulfilling prophecy refer to?**
- A. A belief that causes itself to become true
 - B. A prediction that is proven incorrect over time
 - C. An assumption that is always wrong
 - D. A theory of self-concept development

Answers

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

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Explanations

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1. Which term describes the delay in adjusting to new cultural or societal changes?

- A. Culture shock
- B. Cultural transmission
- C. Culture lag**
- D. Proximal stimulus

The term that describes the delay in adjusting to new cultural or societal changes is culture lag. This concept refers to the period of time it takes for society's norms, values, and practices to adapt following the emergence of new technologies or social developments. Culture lag occurs because social changes do not happen instantaneously; rather, they unfold over time as different groups within society adjust to new realities. For example, when a new technology is introduced, people may struggle to integrate it into their daily lives and societal norms, resulting in a lag between technological advancement and cultural adaptation. In contrast, culture shock refers to the feelings of confusion and anxiety that individuals may experience when they encounter a new and unfamiliar culture. Cultural transmission involves the passing of cultural elements from one generation to another, ensuring the continuity of cultural practices. Proximal stimulus relates to the sensory input that directly affects an individual, such as the image registered on the retina, and does not pertain to cultural adjustment processes. Therefore, culture lag specifically captures the essence of delayed adaptation in response to new societal changes.

2. What does ionization energy refer to?

- A. The energy required to gain an electron
- B. The energy required to remove an electron from an atom**
- C. The energy released when an electron is added
- D. The energy required for bond formation

Ionization energy specifically refers to the amount of energy needed to remove an electron from a neutral atom or molecule. This energy is a crucial property in chemistry as it helps to determine how easily an atom can lose an electron and thus its reactivity. When an atom loses an electron, it becomes a positively charged ion. The energy required to overcome the attraction between the nucleus and the negatively charged electron reflects the strength of that attraction. As such, ionization energy typically increases across a period in the periodic table, as atoms have more protons pulling on electrons, and it generally decreases down a group due to increased distance from the nucleus and the shielding effect of inner electrons. The other options relate to different processes: gaining an electron corresponds to electron affinity, the energy released when an electron is added is also tied to the concept of electron affinity, and the energy required for bond formation involves different types of interactions, such as covalent or ionic bonding. Thus, the definition of ionization energy is distinct and focuses specifically on the removal of an electron.

3. Which process results in the net gain of 2 ATP in cellular respiration?

- A. Aerobic respiration
- B. Krebs cycle
- C. Fermentation**
- D. Glycolysis

The correct choice, fermentation, is a metabolic process that enables cells to produce ATP in the absence of oxygen. During fermentation, glucose is partially oxidized to produce energy, and the net gain of ATP is typically 2 per molecule of glucose. This occurs because, while glycolysis generates 4 ATP molecules, 2 ATP are consumed in the early steps of the glycolytic pathway, resulting in a net production of 2 ATP. In contrast, aerobic respiration and the Krebs cycle yield significantly more energy. Aerobic respiration can generate up to 36-38 ATP per glucose molecule due to the complete oxidation of glucose in the presence of oxygen. The Krebs cycle, specifically, is part of aerobic respiration and does not produce ATP directly; rather, it generates reduced coenzymes (NADH and FADH₂) that will later contribute to ATP production through oxidative phosphorylation. Glycolysis itself, while also generating a net gain of 2 ATP, is not the direct answer here as fermentation is fundamentally the process that occurs in anaerobic conditions leading to the same net ATP yield. Understanding the distinction between these processes clarifies why fermentation is the correct choice for a process that specifically results in a net gain of 2 ATP when oxygen is

4. What is assimilation in a cultural context?

- A. The complete separation of distinct cultural groups
- B. The process of adopting the main elements of a culture**
- C. The encouragement of cultural diversity
- D. The reinforcement of unique cultural traditions

Assimilation in a cultural context refers to the process where individuals or groups from one culture adopt the key elements of another culture, often the dominant one. This can include adopting language, values, customs, and social norms, leading to greater cohesion within the society. Assimilation often involves the relinquishment or modification of original cultural traits as people integrate into a new cultural environment. This concept is widely observed in societies where immigrant populations adapt to the prevailing cultural practices, resulting in a blended societal landscape. The focus is on how cultural elements from the dominant culture become incorporated into the lives of individuals or groups from different cultural backgrounds, fostering a sense of belonging and identity within the broader society. The other options describe different cultural dynamics. The separation of distinct cultural groups speaks to the idea of cultural isolation rather than integration. Encouragement of cultural diversity promotes the maintenance and celebration of distinct cultures within society rather than blending them. The reinforcement of unique cultural traditions implies a preservation of cultural identity that contrasts with the idea of assimilation, which often involves the diminishing of those unique traits in favor of those of the dominant culture.

5. Which of the following best describes secondary social groups?

- A. Small and close-knit groups
- B. Larger and more impersonal groups**
- C. Groups formed based on emotional connections
- D. Organizations with a clear hierarchy

Secondary social groups are best characterized by their larger size and more impersonal nature compared to primary groups, which are typically small and close-knit. In secondary groups, relationships are often more formal and goal-oriented, focusing on specific tasks or outcomes rather than emotional connections. These groups might include professional associations, classrooms, or large organizations, where interactions are based on shared interests or objectives rather than personal ties. This distinction is essential in understanding the dynamics of social structures and interactions. While small and close-knit groups represent primary groups where personal bonds play a significant role, secondary groups emphasize the functional aspects of social interactions, which is why the choice describing them as larger and more impersonal is appropriate. Additionally, while emotional connections can exist within secondary groups, they are not their defining feature, nor do they inherently involve a clear hierarchy as suggested by other options.

6. Who is associated with the humanistic theory of personality?

- A. Sigmund Freud
- B. Carl Rogers**
- C. Abraham Maslow
- D. Albert Bandura

The humanistic theory of personality emphasizes personal growth, self-actualization, and the concept of the "self." Carl Rogers is particularly well-known for his contributions to this perspective. He introduced the idea of the "actualizing tendency," which posits that individuals inherently strive towards personal fulfillment and growth. Rogers also highlighted the importance of unconditional positive regard in fostering an individual's sense of self-worth and personal development. While both Abraham Maslow and Carl Rogers are central figures in humanistic psychology, Rogers is most commonly associated with the specific aspects of personality development within this theory. Maslow's hierarchy of needs is also a critical component of humanistic psychology, but it is Rogers' focus on the therapeutic relationship and the conditions for personal growth that makes him a key figure in the humanistic approach to personality.

7. How is the density of a human body calculated?

- A. Weight in air
- B. Weight in water divided by weight in air
- C. Weight in air minus weight in water**
- D. Weight in water divided by weight in air

The density of a human body can be accurately calculated using the principle of buoyancy, specifically by measuring the weight difference in air and water. The correct answer involves subtracting the weight of the body in water from its weight in air. This method takes into account the buoyant force that water exerts on a submerged object, which reduces its apparent weight. When a body is weighed in air, it corresponds to its true weight. Upon submersion in water, the buoyant force acting on the body leads to a decrease in weight. The difference between the weight in air and the weight in water directly reflects the volume of water displaced, which is proportional to the volume of the body itself. Thus, by utilizing this weight difference, one can derive the volume of the body and ultimately calculate its density, defined as mass per unit volume. This method is sound because it aligns with Archimedes' principle, which states that the buoyant force on an object is equal to the weight of the fluid displaced by it. By correctly applying this principle through weight measurements, one can effectively determine body density.

8. In which part of the digestive system does carbohydrate digestion begin?

- A. Mouth**
- B. Stomach
- C. Small intestine
- D. Large intestine

Carbohydrate digestion begins in the mouth due to the action of salivary amylase, an enzyme produced by the salivary glands. When food is chewed, salivary amylase starts breaking down starches into simpler sugars, such as maltose and dextrins. This enzymatic activity occurs early in the digestive process, highlighting the mouth's role in initiating digestion. In the stomach, while gastric juices aid in overall digestion, the acidic environment disrupts starch breakdown, and salivary amylase becomes inactive. The small intestine is crucial for the absorption and further digestion of carbohydrates, but the initial enzymatic action occurs in the mouth. The large intestine primarily focuses on the absorption of water and electrolytes, and the fermentation of certain carbohydrates by gut bacteria, but it does not play a significant role in the digestive process of carbohydrates.

9. Which bias impacts the way individuals perceive their successes and failures?

- A. Self-serving Bias**
- B. Confirmation Bias
- C. Groupthink
- D. Hindsight Bias

The self-serving bias significantly influences how individuals interpret their successes and failures. This cognitive bias leads people to attribute positive outcomes, such as achievements and successes, to their own abilities or efforts. Conversely, when facing failures or negative outcomes, individuals are likely to attribute these to external factors or circumstances beyond their control. This tendency allows individuals to maintain a positive self-image and protects their self-esteem. In contrast, confirmation bias is the tendency to seek out or interpret information that confirms one's preexisting beliefs, while groupthink involves reaching a consensus in a group setting that can suppress individual opinions. Hindsight bias refers to the inclination to see events as having been predictable after they have already occurred. Although these biases influence perception in various ways, they do not specifically address the personal attribution of successes and failures as effectively as self-serving bias does.

10. What does self-fulfilling prophecy refer to?

- A. A belief that causes itself to become true**
- B. A prediction that is proven incorrect over time
- C. An assumption that is always wrong
- D. A theory of self-concept development

Self-fulfilling prophecy refers to a situation where a belief or expectation about an outcome leads to behaviors that ultimately make that expectation come true. This phenomenon occurs because individuals often unconsciously act in ways that align with their beliefs. For instance, if a teacher believes that a particular student is exceptionally gifted, they may provide more encouragement and attention to that student. As a result, the student may perform better and live up to the initial expectation. The essence of the self-fulfilling prophecy lies in the cycle of belief and action. The belief directly influences actions, which then lead to results that reaffirm the original belief. This concept is widely applicable in various fields such as psychology, education, and sociology, illustrating how perceptions can shape realities.

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://aamcfl.examzify.com>

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

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