

ARMY STAFF SERGEANT OR SERGEANT FIRST CLASS (E6) BOARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 aspect of a military unit can greatly influence the overall morale of its members?**
 - A. Uniform regulations
 - B. Supply availability
 - C. External perceptions
 - D. Leadership styles
- 2. How often must fire extinguishers in barracks be checked for serviceability?**
 - A. Every week
 - B. Once a month
 - C. Every quarter
 - D. Twice a year
- 3. Which of the following is a method by which a Soldier can be referred to ASAP?**
 - A. Biochemical identification
 - B. Self-treatment
 - C. Voluntary leave
 - D. Unit morale assessment
- 4. What is the muzzle velocity of the M4 Rifle?**
 - A. 2,400 feet per second
 - B. 2,970 feet per second
 - C. 3,100 feet per second
 - D. 3,500 feet per second
- 5. Who is the Chief of Staff of the Army?**
 - A. Gen Joseph Votel III
 - B. Command Sgt. Maj. Daniel A. Dailey
 - C. Gen Mark A. Milley
 - D. Honorable John M. McHugh

6. How many mils are in one degree?

- A. 6.28 mils
- B. 10 mils
- C. 17.7 mils
- D. 20 mils

7. Which rank does C co COM hold?

- A. COL
- B. MAJ
- C. SFC
- D. SSG

8. What is the FM number associated with Survival techniques?

- A. FM 3-05.70
- B. FM 20-3
- C. FM 6-22
- D. FM 600-85

9. Who is the SOCOM Commander?

- A. Gen Mark A. Milley
- B. Gen Joseph Votel III
- C. LTG Kenneth E Tovo
- D. CSM Robert V. Abernathy

10. What group of soldiers is most likely to suffer from heat injuries?

- A. Those accustomed to heat
- B. Overweight soldiers
- C. Soldiers trained in desert survival
- D. New recruits only

Answers

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

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Explanations

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1. Which aspect of a military unit can greatly influence the overall morale of its members?

- A. Uniform regulations
- B. Supply availability**
- C. External perceptions
- D. Leadership styles

While supply availability is an important factor in the functioning of a military unit, the aspect that can greatly influence the overall morale of its members is leadership styles. Effective leadership fosters a positive environment, where personnel feel valued, supported, and engaged in their duties. Leaders who utilize supportive and motivating styles tend to build trust and respect within their teams, directly impacting morale. A good leader acknowledges the achievements and efforts of their soldiers, communicates effectively, and displays empathy and fairness. When leadership aligns with the needs and expectations of their troops, it creates a cohesive unit, enhances job satisfaction, and boosts overall morale. In contrast, poor leadership can lead to dissatisfaction, low motivation, and a toxic work environment, which can detrimentally affect morale. While uniform regulations, supply availability, and external perceptions can impact a unit's functionality or public image, the personal connection and influence that leaders have on their subordinates plays a more significant role in maintaining high morale within the ranks. High morale is crucial for operational effectiveness, as motivated service members are usually more committed to their tasks and the success of the mission.

2. How often must fire extinguishers in barracks be checked for serviceability?

- A. Every week
- B. Once a month**
- C. Every quarter
- D. Twice a year

Fire extinguishers in barracks must be checked for serviceability once a month to ensure they are fully operational and ready for use in case of an emergency. Monthly inspections are important as they help identify any issues such as low pressure, physical damage, or expired service dates that need to be addressed promptly. This regular check can help maintain safety standards and ensure that personnel are protected in case of a fire emergency. The specific requirement for monthly checks aligns with federal regulations and Army guidelines, emphasizing the commitment to safety within military living spaces. This frequency allows for timely intervention if an extinguisher is found to be faulty or missing, ensuring that soldiers have the necessary equipment to deal with fire hazards.

3. Which of the following is a method by which a Soldier can be referred to ASAP?

- A. Biochemical identification**
- B. Self-treatment
- C. Voluntary leave
- D. Unit morale assessment

A Soldier can be referred to the Army Substance Abuse Program (ASAP) through biochemical identification, which includes processes like urinalysis or blood tests that reveal the presence of illegal substances or alcohol abuse. This method is crucial in maintaining the readiness and health of Soldiers, as it allows for early intervention and support for those who may be struggling with substance use. By identifying issues through biochemical means, it ensures a standardized approach to screening and referrals. Self-treatment is not a recognized referral method within ASAP, as it generally implies the Soldier is attempting to address the problem independently, which may not lead to the necessary professional support. Voluntary leave is also not a mechanism for referral; while Soldiers may seek time away for various reasons, it does not directly connect them to substance abuse intervention. Unit morale assessment focuses on evaluating the overall well-being of the unit but does not serve as an immediate way to identify individual substance abuse issues requiring ASAP attention.

4. What is the muzzle velocity of the M4 Rifle?

- A. 2,400 feet per second
- B. 2,970 feet per second**
- C. 3,100 feet per second
- D. 3,500 feet per second

The muzzle velocity of the M4 Rifle, which is typically around 2,970 feet per second, is an essential specification that reflects how fast a bullet travels when it exits the muzzle of the firearm. This velocity plays a crucial role in the effective range and terminal ballistics of the cartridge. The M4 fires the 5.56x45mm NATO cartridge, known for its relatively high velocity and low recoil, making it suitable for a variety of combat situations. Understanding this specification helps soldiers appreciate the performance characteristics of their weapon, influencing factors such as accuracy, range, and engagement tactics in operational environments.

5. Who is the Chief of Staff of the Army?

- A. Gen Joseph Votel III
- B. Command Sgt. Maj. Daniel A. Dailey
- C. Gen Mark A. Milley**
- D. Honorable John M. McHugh

The Chief of Staff of the Army is the senior officer of the United States Army and is responsible for the command, control, and operational readiness of its units. The position is a pivotal one, influencing the Army's strategic direction and ensuring that its personnel meet the nation's defense needs effectively. As of October 2023, General Mark A. Milley held the position. He has played a significant role in shaping military policy and overseeing Army operations, making strategic adjustments in response to contemporary challenges. His experience and leadership have been instrumental during critical periods, such as military engagements and organizational reforms. The other individuals listed in the options serve or have served important roles within the Army but do not hold the Chief of Staff position. Gen Joseph Votel III, for example, previously commanded U.S. Central Command, while Command Sgt. Maj. Daniel A. Dailey served as the 15th Sergeant Major of the Army, focusing on the welfare and professional development of enlisted soldiers. Honorable John M. McHugh was the Secretary of the Army, overseeing civilian operations and policy rather than military command. Thus, the reason the identification of General Mark A. Milley as the Chief of Staff of the Army is correct lies in his current leadership role and

6. How many mils are in one degree?

- A. 6.28 mils
- B. 10 mils
- C. 17.7 mils**
- D. 20 mils

One degree is equivalent to approximately 17.7 mils. This conversion is based on the understanding that there are 360 degrees in a full circle and 6400 mils in a full circle when using the metric system for angular measurement, known as the mil, particularly in military applications. To arrive at the number of mils in a degree, you can use the following calculation: 6400 mils divided by 360 degrees gives you about 17.77 mils per degree. This is useful for various military applications, including artillery and navigation, where precision in angular measurements is critical. Understanding this conversion is essential for effective communication and operations in the field, as mils are often used in military contexts over degrees, providing a more granular level of detail for targeting and positioning.

7. Which rank does C co COM hold?

- A. COL
- B. MAJ**
- C. SFC
- D. SSG

The rank that a Company Commander typically holds is Major (MAJ). In the organizational structure of the Army, a company is typically commanded by a field grade officer who is at the Major rank. This position involves significant responsibilities, including leadership of the company, strategic planning, and management of resources and personnel. While a Company First Sergeant, often referred to as the senior enlisted advisor, may hold the rank of Sergeant First Class (SFC), and both Staff Sergeant (SSG) and Sergeant First Class (SFC) can serve in various leadership roles within the company, the commanding officer position is specifically designated for a Major. Therefore, the responsibilities and authority associated with company command align with the rank of Major, distinguishing it from the other ranks that typically serve in supportive or subordinate roles.

8. What is the FM number associated with Survival techniques?

A. FM 3-05.70

B. FM 20-3

C. FM 6-22

D. FM 600-85

The correct response is based on the fact that FM 3-05.70 is specifically the Field Manual that addresses survival techniques and is designed for soldiers in situations where they must rely on their skills to survive in unfamiliar, hostile environments. This manual covers various aspects of survival, including shelter construction, signaling for rescue, water procurement, and food gathering. Understanding that survival skills are crucial for all soldiers, the contents of FM 3-05.70 outline practical strategies that can save lives in both combat and non-combat situations, effectively training soldiers to adapt and thrive in adverse conditions. This standardization ensures that all personnel are equipped with essential knowledge and techniques to handle survival scenarios effectively. The other field manuals mentioned focus on different topics, such as psychological operations, leadership, and substance abuse prevention, which although important, do not pertain directly to survival techniques.

9. Who is the SOCOM Commander?

A. Gen Mark A. Milley

B. Gen Joseph Votel III

C. LTG Kenneth E Tovo

D. CSM Robert V. Abernathy

The SOCOM Commander is responsible for overseeing all the special operations forces from different branches of the military, coordinating their training and operations, and advising senior military leadership on special operations issues. As of the last data available until October 2023, General Joseph Votel III served as the commander and played a vital role in enhancing the capabilities of U.S. special operations forces. His leadership was marked by significant missions and initiatives to improve operational effectiveness and inter-service collaboration. The other choices represent individuals who hold or held different leadership positions within the Army or other military branches, but they are not the SOCOM Commander. General Mark A. Milley is the Chief of Staff of the Army, LTG Kenneth E. Tovo has taken roles in various command structures related to Army operations, and CSM Robert V. Abernathy is a senior enlisted leader. Each of these individuals has distinct responsibilities that contribute to the overall military mission but are not linked to the direct command of SOCOM.

10. What group of soldiers is most likely to suffer from heat injuries?

- A. Those accustomed to heat
- B. Overweight soldiers**
- C. Soldiers trained in desert survival
- D. New recruits only

The answer identifies overweight soldiers as the group most likely to suffer from heat injuries. This is grounded in physiological factors; overweight individuals are more prone to heat-related conditions because their bodies generate and retain more heat during physical exertion. Excess body fat acts as insulation, making it harder for the body to dissipate heat through sweating and other mechanisms. This can lead to an increased risk of heat exhaustion, heat cramps, and heat stroke, especially during demanding training or operations in hot and humid environments. Additionally, other factors that contribute to heat injuries in overweight soldiers include lower cardiovascular fitness levels, which can impair their ability to regulate body temperature effectively during physical activity. Maintaining adequate hydration and acclimatization is crucial for all soldiers, but those who have excess weight may find it more challenging, increasing their vulnerability to heat-related issues. While individuals accustomed to heat, trained in desert survival, or even new recruits may face heat stress, they generally have adaptive mechanisms or training strategies in place to better cope with heat exposure. In contrast, overweight soldiers lack those advantages, making them a higher risk group for heat injuries.

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://armye6board.examzify.com>

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

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