

Canadian Forces Aptitude Test (CFAT) Practice (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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

- 1. What can be a result of spending too much time on difficult questions during the CFAT?**
 - A. Better overall performance**
 - B. Increased confidence**
 - C. Insufficient time to complete the test**
 - D. Improved logic skills**
- 2. Why is pacing an important skill for CFAT candidates?**
 - A. It improves concentration**
 - B. It minimizes errors**
 - C. It ensures all questions are attempted in time**
 - D. It allows for deeper reading of each question**
- 3. What type of questions gauge a candidate's numerical reasoning ability in the CFAT?**
 - A. Questions about historical events**
 - B. Anecdotal questions about personal experiences**
 - C. Arithmetic and data interpretation questions**
 - D. Philosophical questions**
- 4. What is the total duration of the CFAT?**
 - A. 1 hour**
 - B. 1.5 hours**
 - C. 2 hours**
 - D. 2.5 hours**
- 5. What does the term symbiotic refer to?**
 - A. Friendship**
 - B. Competition**
 - C. Relationship**
 - D. Isolation**

- 6. When calculating percentages of different camping site types, what fraction corresponds to family tent camping?**
- A. $\frac{1}{4}$**
 - B. $\frac{1}{3}$**
 - C. $\frac{1}{2}$**
 - D. None of the above**
- 7. What types of skills are tested in the Problem Solving section of the CFAT?**
- A. Artistic creativity and innovation**
 - B. Physical strength and endurance**
 - C. Numerical reasoning and logical reasoning**
 - D. Communication and interpersonal skills**
- 8. How does practicing with different question types benefit candidates preparing for the CFAT?**
- A. It reduces their overall study time**
 - B. It prepares them for a variety of challenges**
 - C. It makes them more social with peers**
 - D. It helps them learn new languages**
- 9. Why is brainstorming considered a vital aspect of problem-solving?**
- A. It limits the number of potential solutions**
 - B. It encourages creative thinking and diverse approaches to solutions**
 - C. It focuses only on the most logical outcomes**
 - D. It predicts the best solution in advance**
- 10. If cake is used as a measurement for success, what would be considered a successful outcome?**
- A. Flourless**
 - B. Dry**
 - C. Well-baked**
 - D. Crumbly**

Answers

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

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Explanations

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1. What can be a result of spending too much time on difficult questions during the CFAT?

- A. Better overall performance**
- B. Increased confidence**
- C. Insufficient time to complete the test**
- D. Improved logic skills**

Spending too much time on difficult questions during the CFAT can lead to insufficient time to complete the test. Each question is designed to assess different skills, and time management is crucial for maximizing performance. When test-takers focus too long on challenging problems, they risk not having enough time to address easier questions that could potentially yield quicker, correct answers. This can result in a lower overall score, as missing or skipping easier questions could impact the final result significantly. Prioritizing time and maintaining a steady pace is essential for success on standardized tests like the CFAT.

2. Why is pacing an important skill for CFAT candidates?

- A. It improves concentration**
- B. It minimizes errors**
- C. It ensures all questions are attempted in time**
- D. It allows for deeper reading of each question**

Pacing is a crucial skill for CFAT candidates because it helps ensure that all questions are attempted within the allotted time. The test typically has a limited duration, and managing time effectively allows candidates to allocate appropriate amounts of time to various sections and questions without running out of time. By pacing themselves, candidates can move through the test efficiently, reducing the likelihood of leaving questions unanswered due to time constraints. This skill helps strike a balance between speed and accuracy, maximizing the potential for a higher overall score. While improving concentration, minimizing errors, and allowing for deeper reading may be beneficial strategies, the primary objective of pacing is to ensure that candidates can attempt every question, thereby increasing their chances of success in the exam.

3. What type of questions gauge a candidate's numerical reasoning ability in the CFAT?

- A. Questions about historical events**
- B. Anecdotal questions about personal experiences**
- C. Arithmetic and data interpretation questions**
- D. Philosophical questions**

Numerical reasoning ability is assessed through arithmetic and data interpretation questions. These types of questions require candidates to apply mathematical concepts and skills to solve problems, interpret data presented in tables, graphs, or charts, and make calculations. This assesses not only basic arithmetic skills but also the ability to analyze and draw conclusions based on quantitative information. In the context of the CFAT, these questions are crucial because they reflect a candidate's capability to handle real-life scenarios where numerical data is prevalent, such as in logistics, planning, and resource management within the military. Demonstrating proficiency in interpreting numbers and making calculations is essential for decision-making and operational effectiveness in a military environment.

4. What is the total duration of the CFAT?

- A. 1 hour
- B. 1.5 hours
- C. 2 hours**
- D. 2.5 hours

The CFAT, or Canadian Forces Aptitude Test, is designed to assess candidates' cognitive abilities in areas relevant to military occupations. The total duration of the test is structured to ensure that all sections, which cover verbal, spatial, and numerical reasoning, can be completed without excessive time pressure. This allows candidates sufficient time to read, analyze, and answer a variety of questions. While some assessments may have shorter durations, the comprehensive nature of the CFAT necessitates a longer timeframe to maintain a balance between thorough evaluation and the candidate's comfort. This ensures that the test measures candidates' abilities accurately and fairly across various dimensions of aptitude needed for military service. As indicated in the information surrounding the CFAT, the duration is set at 2 hours, which reflects the test's requirements to assess multiple skills effectively.

5. What does the term symbiotic refer to?

- A. Friendship
- B. Competition
- C. Relationship**
- D. Isolation

The term "symbiotic" refers to a specific type of relationship between two different organisms that live together and interact closely in a way that can be beneficial to one or both parties. In ecology, symbiosis encompasses various forms of interaction, including mutualism (where both organisms benefit), commensalism (where one benefits while the other is neither helped nor harmed), and parasitism (where one benefits at the expense of the other). By focusing on the idea of a relationship, the correct answer captures the essence of what symbiosis entails—an interaction that defines the connections between different species in their environment. This term is fundamental in biology and ecology, emphasizing how interconnected life forms adapt and thrive together. Other concepts, such as friendship, competition, and isolation, address more limited or completely different types of interactions, making them less suitable in the context of symbiotic relationships.

6. When calculating percentages of different camping site types, what fraction corresponds to family tent camping?

A. $\frac{1}{4}$

B. $\frac{1}{3}$

C. $\frac{1}{2}$

D. None of the above

To determine which fraction corresponds to family tent camping, we need to consider the context provided by the camping site types and the total number of types available. If family tent camping constitutes a quarter of the total camping options, it can be expressed as the fraction $\frac{1}{4}$. This means that if the whole is divided into four equal parts, one part would represent family tent camping. In scenarios where the fractions are calculated based on the total number of camping types, identifying that $\frac{1}{4}$ signifies that family tent camping makes up 25% of the total options reinforces the correctness of the answer. This fraction represents a typical division in situations where camping options are categorized. Understanding that other fractions do not equate to the correct representation of family tent camping helps clarify why $\frac{1}{4}$ is accurate. For instance, if family tent camping were represented by $\frac{1}{3}$, it would imply that one-third of the options are family tent camping, which is different from the given scenario where it specifically accounts for a quarter of the total types.

7. What types of skills are tested in the Problem Solving section of the CFAT?

A. Artistic creativity and innovation

B. Physical strength and endurance

C. Numerical reasoning and logical reasoning

D. Communication and interpersonal skills

The Problem Solving section of the CFAT focuses specifically on assessing a candidate's ability to analyze information, think critically, and apply logical reasoning to arrive at solutions. This involves evaluating patterns, numbers, and relationships, which falls under numerical reasoning and logical reasoning. Numerical reasoning tests a person's ability to understand and manipulate numerical data, which is crucial for many roles in the Canadian Forces that require analytical skills and decision-making based on quantitative information. Logical reasoning, on the other hand, assesses the ability to identify patterns, make inferences, and deduce conclusions from provided information. The other options pertain to skills that, while important in various contexts, do not align with the specific goals of the Problem Solving section. Artistic creativity and innovation relate more to creative tasks than analytical problem-solving. Physical strength and endurance assess fitness rather than cognitive skills, and communication and interpersonal skills measure social interaction abilities rather than problem-solving capabilities. Hence, the correct choice effectively captures the essential competencies evaluated in this section of the test.

8. How does practicing with different question types benefit candidates preparing for the CFAT?

- A. It reduces their overall study time**
- B. It prepares them for a variety of challenges**
- C. It makes them more social with peers**
- D. It helps them learn new languages**

Practicing with different question types greatly benefits candidates preparing for the CFAT by equipping them to tackle a wide range of challenges. The CFAT assesses various cognitive skills, including numerical reasoning, verbal reasoning, and spatial abilities. By familiarizing themselves with multiple formats of questions, candidates enhance their adaptability and problem-solving skills in diverse situations. This breadth of practice allows them to recognize patterns and strategies applicable across different types of questions, leading to improved performance on the actual test. Engaging with a variety of question types also helps candidates build confidence, as they feel more prepared to face unexpected difficulties during the exam. As a result, candidates are not only honing their knowledge and skills but also fostering a mindset suited for overcoming various challenges, which is crucial for success in both the CFAT and their subsequent military training.

9. Why is brainstorming considered a vital aspect of problem-solving?

- A. It limits the number of potential solutions**
- B. It encourages creative thinking and diverse approaches to solutions**
- C. It focuses only on the most logical outcomes**
- D. It predicts the best solution in advance**

Brainstorming is a vital aspect of problem-solving because it fosters an environment where participants can freely express their ideas, regardless of how unconventional they may seem. This process encourages creative thinking, allowing individuals to explore a range of potential solutions that they might not have considered in more structured settings. By valuing diverse approaches, brainstorming can lead to innovative solutions that take into account various perspectives and experiences. In essence, the richness of ideas generated during brainstorming sessions can enhance the effectiveness of the problem-solving process, leading to more comprehensive and well-rounded outcomes. The focus on creativity and diversity is what distinguishes brainstorming as an effective tool, contrasting with approaches that might prioritize a limited scope or emphasize logical reasoning over inventive thought.

10. If cake is used as a measurement for success, what would be considered a successful outcome?

A. Flourless

B. Dry

C. Well-baked

D. Crumbly

Using cake as a metaphor for success implies that a successful outcome should reflect qualities associated with a well-made cake. A well-baked cake typically possesses a desirable texture, flavor, and appearance, meeting expectations for what makes a cake enjoyable. It has a balanced moisture content, a pleasing crumb structure, and is baked through at the correct temperature without being overcooked. In contrast, a flourless cake might suggest a deviation from traditional cake expectations, potentially resulting in a different texture but not aligning with what most would consider a classic successful cake. A dry cake lacks moisture and can be unappetizing, while a crumbly texture may indicate issues with consistency, leading to an unsatisfactory eating experience. Therefore, a well-baked cake stands out as the embodiment of a successful outcome, representing ideal qualities and satisfaction.

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://cfat.examzify.com>

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