

CANADIAN FORCES APTITUDE TEST (CFAT) PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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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. What term describes a seven-sided polygon?**
 - A. Hexagon
 - B. Heptagon
 - C. Octagon
 - D. Pentagon
- 2. What's a helpful strategy for tackling complex problem-solving questions?**
 - A. Skipping difficult questions
 - B. Breaking the problem down into smaller, more manageable parts
 - C. Relying solely on intuition
 - D. Using a calculator for all calculations
- 3. Which approach can enhance memory recall for verbal reasoning questions?**
 - A. Ignoring previous material
 - B. Using mnemonic devices
 - C. Focusing entirely on listening
 - D. Disregarding context in information
- 4. How can candidates improve their speed on the CFAT?**
 - A. By reading more novels
 - B. By practicing under timed conditions
 - C. By studying theoretical concepts
 - D. By engaging in group discussions
- 5. What role does practice play in preparing for the CFAT?**
 - A. Practice is not necessary for success
 - B. Practice can enhance familiarity with the test format
 - C. Practice primarily increases vocabulary
 - D. Practice addresses physical endurance

6. 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
7. What is essential for comprehension when interpreting graphs and data in the CFAT?
- A. Memorizing data points
 - B. Understanding key metrics and drawing conclusions based on trends
 - C. Relying solely on visual representations
 - D. Ignoring outliers in data sets
8. What is the defining characteristic of an isosceles triangle?
- A. It has three equal sides
 - B. It has two equal angles
 - C. It has a right angle
 - D. It has acute angles
9. Which of the following is essential for success in the quantitative section of the CFAT?
- A. Memorizing formulas only
 - B. A strong understanding of basic math concepts
 - C. Relying on calculators for all sums
 - D. Focusing primarily on verbal skills
10. In the context of the CFAT, what does "cognitive ability" refer to?
- A. The ability to memorize facts quickly
 - B. The capacity for reasoning and problem-solving
 - C. Only the ability to learn new information
 - D. The skill to perform mechanical tasks

Answers

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

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Explanations

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1. What term describes a seven-sided polygon?

- A. Hexagon
- B. Heptagon**
- C. Octagon
- D. Pentagon

The term for a seven-sided polygon is "heptagon." This word is derived from the Greek prefix "hepta," which means seven, combined with the suffix "gon," which comes from the Greek word for angle. Therefore, a heptagon is characterized by having seven angles and seven sides. In contrast, a hexagon refers to a six-sided polygon, an octagon describes an eight-sided polygon, and a pentagon is a five-sided polygon. Understanding these definitions and the roots of the terms helps clarify why "heptagon" is the correct choice for a seven-sided figure.

2. What's a helpful strategy for tackling complex problem-solving questions?

- A. Skipping difficult questions
- B. Breaking the problem down into smaller, more manageable parts**
- C. Relying solely on intuition
- D. Using a calculator for all calculations

Breaking the problem down into smaller, more manageable parts is an effective strategy for complex problem-solving. This method allows individuals to focus on one section of the problem at a time, which can make it easier to identify relationships and patterns that may not be immediately apparent when looking at the problem as a whole. By segmenting the problem, you create a structured approach that can help you analyze each component thoroughly and accurately, leading to a more comprehensive understanding of the overall issue. This approach also minimizes the feeling of being overwhelmed and increases the chances of finding a solution by tackling smaller pieces that are easier to manage individually. While other strategies, such as skipping difficult questions or relying solely on intuition, may seem like viable options, they can lead to missed opportunities for understanding and solving the problem effectively. Calculators also have their place, but they are most useful when necessary and do not replace the need for a thorough comprehension of each component of the problem.

3. Which approach can enhance memory recall for verbal reasoning questions?

- A. Ignoring previous material
- B. Using mnemonic devices**
- C. Focusing entirely on listening
- D. Disregarding context in information

Using mnemonic devices is an effective method for enhancing memory recall, particularly for verbal reasoning questions. Mnemonics leverage associations and imaginative techniques to help remember information more easily. By creating acronyms, rhymes, or visual images that are connected to the information being learned, individuals can transform abstract concepts into more memorable forms. This technique taps into the brain's natural ability to recall vivid images or meaningful phrases, making it easier to retrieve the information during tests or discussions. This approach is especially beneficial for verbal reasoning, where understanding the relationships between words and concepts is crucial. Whereas other approaches, such as ignoring previous material or disregarding context, would likely hinder memory retention by removing essential connections and frameworks that facilitate understanding. Focusing solely on listening also limits the engagement and active processing necessary for effective recall, as it does not utilize the other senses or establish deeper cognitive links.

4. How can candidates improve their speed on the CFAT?

- A. By reading more novels
- B. By practicing under timed conditions**
- C. By studying theoretical concepts
- D. By engaging in group discussions

Practicing under timed conditions is an effective way for candidates to enhance their speed on the CFAT. This method allows individuals to simulate the actual test environment, helping them become accustomed to the pressure of working against the clock. Through timed practice, candidates can identify their pacing—learning how much time to allocate for each type of question. Additionally, this approach aids in the development of quick problem-solving skills, as candidates often need to react swiftly while maintaining accuracy. By regularly timing themselves while answering practice questions, candidates can track their progress, refine their techniques, and gradually increase their speed without sacrificing comprehension. This targeted practice is specifically beneficial for the CFAT, which evaluates both cognitive skills and the ability to perform under time constraints. Other options, while potentially beneficial in different contexts, do not specifically enhance speed with the same targeted effectiveness as timed practice. Reading more novels may improve vocabulary or comprehension over time but isn't geared towards speed. Studying theoretical concepts can deepen understanding but doesn't necessarily translate into quicker performance on examination tasks. Engaging in group discussions may foster collaborative learning and different perspectives but does not directly impact individual speed in assessments.

5. What role does practice play in preparing for the CFAT?

- A. Practice is not necessary for success
- B. Practice can enhance familiarity with the test format**
- C. Practice primarily increases vocabulary
- D. Practice addresses physical endurance

The significance of practice in preparing for the CFAT lies in its ability to enhance familiarity with the test format. Through practice, candidates can gain insights into the structure, types of questions, and timing of the CFAT. This familiarity can reduce anxiety and increase confidence on test day, allowing individuals to perform at their best. Moreover, when people engage in practice tests or sample questions, they can also identify areas that require further study and focus their preparation accordingly, leading to a more effective study process overall. While vocabulary development and physical endurance might be aspects of general preparation, they do not directly relate to the specific benefits that practicing with CFAT-related materials provides. Practicing with the test's specific format and content is a more targeted and effective approach to ensuring success in taking the exam.

6. 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.

7. What is essential for comprehension when interpreting graphs and data in the CFAT?

- A. Memorizing data points
- B. Understanding key metrics and drawing conclusions based on trends**
- C. Relying solely on visual representations
- D. Ignoring outliers in data sets

When interpreting graphs and data, understanding key metrics and drawing conclusions based on trends is essential for comprehension. This approach allows for a deeper analysis of the information presented. Recognizing trends enables you to make informed interpretations of the data, identify relationships between variables, and draw meaningful conclusions that can be applied in various contexts. For example, when looking at a graph that illustrates changes in data over time, it's important to analyze the direction and patterns of the data points. This analysis helps you grasp not just the figures themselves but also the implications of how they change, what might be causing those changes, and how they relate to one another. While memorizing data points may offer temporary recall of specific values, it doesn't support a holistic understanding of the data's significance. Relying solely on visual representations without understanding the underlying metrics can lead to misinterpretations. Ignoring outliers could prevent you from recognizing crucial information that may inform your conclusions, as outliers can indicate important anomalies that may influence overall data trends. Thus, focusing on key metrics and trends is vital for accurate and critical engagement with data.

8. What is the defining characteristic of an isosceles triangle?

- A. It has three equal sides
- B. It has two equal angles**
- C. It has a right angle
- D. It has acute angles

An isosceles triangle is defined by having at least two sides that are of equal length. This characteristic inherently leads to the conclusion that the angles opposite those equal sides are also equal, making two angles congruent. This property is fundamental to the definition of an isosceles triangle and sets it apart from other types of triangles. While it is true that an equilateral triangle has three equal sides and angles, an isosceles triangle only needs a minimum of two equal sides and their corresponding angles. The options that refer to specific angle types, like having a right angle or all acute angles, do not apply universally to isosceles triangles since an isosceles triangle can have varying angle types, including right or obtuse angles. Therefore, the defining characteristic of an isosceles triangle is indeed the presence of two equal angles, arising directly from the equal lengths of its sides.

9. Which of the following is essential for success in the quantitative section of the CFAT?

- A. Memorizing formulas only
- B. A strong understanding of basic math concepts**
- C. Relying on calculators for all sums
- D. Focusing primarily on verbal skills

A strong understanding of basic math concepts is crucial for success in the quantitative section of the CFAT for several reasons. First, this knowledge allows you to comprehend and solve a wide range of mathematical problems that may involve operations such as addition, subtraction, multiplication, and division, as well as more complex concepts like fractions, percentages, and ratios. Without a solid grasp of these foundational concepts, it becomes challenging to tackle the various questions effectively. Moreover, a strong understanding enables you to apply critical thinking and analytical skills when interpreting data or solving word problems, which are often present in the quantitative section. This foundational knowledge goes beyond mere memorization of formulas, as it allows for flexibility in applying the correct concepts to different types of questions and ensuring accuracy in your responses. In this context, while memorizing formulas can be helpful, it does not equate to the deeper understanding required to apply these formulas effectively. Relying solely on calculators can lead to errors in understanding the underlying math, and focusing primarily on verbal skills neglects the specific demands of the quantitative section, which requires mathematical proficiency. Thus, a firm grasp of basic math concepts is essential for navigating the challenges presented in this part of the test.

10. In the context of the CFAT, what does "cognitive ability" refer to?

- A. The ability to memorize facts quickly
- B. The capacity for reasoning and problem-solving**
- C. Only the ability to learn new information
- D. The skill to perform mechanical tasks

Cognitive ability encompasses a range of mental capabilities that include reasoning, problem-solving, and the capacity to think logically. In the context of the CFAT, this definition aligns perfectly with the tasks and challenges that the test presents. Cognitive ability is not merely about memorizing facts or learning new information; it involves the application of knowledge to analyze situations, evaluate options, and arrive at logical conclusions. By focusing on reasoning and problem-solving, cognitive ability reflects how an individual can process information, adapt to new circumstances, and effectively navigate complex problems. These skills are crucial in various military roles where quick thinking, adaptability, and strategic planning are required. Thus, option B accurately captures the essence of cognitive ability as it relates to the CFAT, emphasizing the importance of reasoning and problem-solving rather than a narrower view that limits it to memorization or mechanical tasks.

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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!

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