

HESI Admission Assessment Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. Which term indicates a negative problem as a result of a situation?**
 - A. Complication**
 - B. Conclusion**
 - C. Solution**
 - D. Outcome**
- 2. What should students familiarize themselves with in mathematical concepts relevant to nursing?**
 - A. Basic algebra and geometry**
 - B. Statistical analysis techniques**
 - C. Units of conversion and dosage calculations**
 - D. Financial mathematics for budgeting**
- 3. What does "oral" refer to in a medical context?**
 - A. Given intramuscularly**
 - B. Administered through injection**
 - C. Given through or affecting the mouth**
 - D. Related to vision**
- 4. Which mindset might hinder performance during the HESI A2 examination?**
 - A. A focus on personal best**
 - B. A confident and prepared attitude**
 - C. A competitive spirit**
 - D. A mindset of self-doubt and anxiety**
- 5. What does the term "abrupt" most closely mean?**
 - A. sudden**
 - B. expected**
 - C. gradual**
 - D. delayed**

- 6. Which word best describes something that is "ominous"?**
- A. Relatively unimportant**
 - B. Significantly important and dangerous**
 - C. Routine and predictable**
 - D. Unlikely to occur**
- 7. What is a recommended strategy for answering test questions?**
- A. Respond to every question regardless of certainty**
 - B. Eliminate clearly wrong answers before choosing**
 - C. Always select the first answer that comes to mind**
 - D. Answer only easy questions first**
- 8. What is the best way for a student to prepare for critical thinking questions on exams?**
- A. Memorizing facts and figures**
 - B. Engaging in practice scenarios that involve clinical decision-making**
 - C. Reading textbooks cover to cover**
 - D. Taking multiple practice tests without feedback**
- 9. In what situation would a person be described as 'lethargic'?**
- A. Feeling energetic and alert**
 - B. Experiencing difficulty in arousal**
 - C. Exhibiting quick movements**
 - D. Showing enthusiasm**
- 10. What does 'stringent' suggest about limitations or restrictions?**
- A. They are minimal**
 - B. They are flexible**
 - C. They are rigorous**
 - D. They are optional**

Answers

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

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Explanations

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1. Which term indicates a negative problem as a result of a situation?

A. Complication

B. Conclusion

C. Solution

D. Outcome

The term that indicates a negative problem as a result of a situation is "complication." In various contexts, including healthcare and pharmacology, a complication refers specifically to an adverse effect or a condition that arises as a consequence of an existing problem or situation. For instance, in medicine, a complication might occur during a treatment process when an unexpected issue arises, complicating the patient's condition or response to treatment. This term emphasizes the idea of an additional barrier or challenge that exacerbates the initial situation. The other terms do not convey the same negative connotation. "Conclusion" refers to the final decision or judgment formed after considering the relevant facts, while "solution" denotes an answer or resolution to a problem. "Outcome," on the other hand, represents the end result of a process, which could be either positive or negative, but does not inherently suggest a negative aspect. In summary, "complication" is the precise term that captures the essence of a negative development resulting from a situation.

2. What should students familiarize themselves with in mathematical concepts relevant to nursing?

A. Basic algebra and geometry

B. Statistical analysis techniques

C. Units of conversion and dosage calculations

D. Financial mathematics for budgeting

Familiarity with units of conversion and dosage calculations is crucial for nursing students because precise medication administration is a fundamental aspect of patient care. Nurses are often responsible for calculating the correct dosages of medications, which can vary based on factors such as the patient's weight, age, and specific health conditions. Understanding how to convert between different units (such as kilograms to grams, milliliters to liters, or mg to mcg) is essential for ensuring that patients receive the right amount of medication. Moreover, dosage calculations often involve using formulas that require a good grasp of basic arithmetic and an understanding of medical terminology. This mathematical competence helps nurses minimize errors in medication administration, thereby improving patient safety and care outcomes. While basic algebra and geometry, statistical analysis techniques, and financial mathematics are all important in their own right, they do not directly address the immediate mathematical skills necessary for nursing practice. The primary focus in nursing math is ensuring accurate and safe medication administration, making familiarity with units of conversion and dosage calculations a priority.

3. What does "oral" refer to in a medical context?

- A. Given intramuscularly
- B. Administered through injection
- C. Given through or affecting the mouth**
- D. Related to vision

In a medical context, "oral" specifically refers to anything that is given through or affects the mouth. This commonly applies to medications or substances that are administered by mouth, such as tablets, liquids, or food. The oral route is one of the most common methods of taking medications because it is generally considered safe and convenient, allowing for absorption in the digestive system before entering the bloodstream. This term does not apply to administration methods like injections or intramuscular administration, which involve bypassing the digestive system entirely. Additionally, "oral" has no relation to vision, making options related to those ideas incorrect. Therefore, "oral" distinctly signifies a process that pertains directly to the mouth, underlining its role in ingestion and administration of substances.

4. Which mindset might hinder performance during the HESI A2 examination?

- A. A focus on personal best
- B. A confident and prepared attitude
- C. A competitive spirit
- D. A mindset of self-doubt and anxiety**

A mindset of self-doubt and anxiety can significantly hinder performance during the HESI A2 examination. When individuals experience self-doubt, they may become preoccupied with their fear of failure, which distracts them from focusing on the examination content itself. Anxiety can lead to negative thoughts that undermine confidence and reduce cognitive function, making it more difficult to recall information and apply knowledge effectively. This mental state can also cause physical symptoms such as increased heart rate or sweating, further impairing concentration and decision-making skills during the test. In contrast, focusing on personal best, maintaining a confident and prepared attitude, and embodying a competitive spirit are all conducive to achieving optimal performance. These positive mindsets encourage individuals to concentrate on their abilities, draw on their preparation, and strive for success, rather than getting bogged down by fear or insecurity.

5. What does the term "abrupt" most closely mean?

- A. sudden**
- B. expected
- C. gradual
- D. delayed

The term "abrupt" most closely means "sudden." It refers to something that happens unexpectedly or without warning. This aligns with how "abrupt" is commonly used to describe events or changes that occur quickly and without any forewarning. In various contexts, such as a sudden change in weather or an unexpected ending to a conversation, "abrupt" captures the essence of immediacy and lack of preparation. Understanding the nuances of vocabulary is essential, as it helps to accurately convey emotions or actions, noting that sudden changes can often elicit strong reactions.

6. Which word best describes something that is "ominous"?

- A. Relatively unimportant**
- B. Significantly important and dangerous**
- C. Routine and predictable**
- D. Unlikely to occur**

The term "ominous" conveys a sense of foreboding or an indication that something bad or unpleasant is likely to happen. Therefore, the word "significantly important and dangerous" aligns closely with this definition, as it emphasizes the seriousness and potential threat associated with an ominous situation or warning. This quality generates a feeling of anxiety or apprehension about future events that may be harmful or adverse. In contrast, options that describe something as relatively unimportant, routine and predictable, or unlikely to occur do not capture the weight and urgency associated with the concept of something being ominous. They lack the inherent danger or significant importance that the correct choice conveys, as they suggest triviality, predictability, or improbability rather than a forewarning of something serious or harmful.

7. What is a recommended strategy for answering test questions?

- A. Respond to every question regardless of certainty**
- B. Eliminate clearly wrong answers before choosing**
- C. Always select the first answer that comes to mind**
- D. Answer only easy questions first**

A recommended strategy for answering test questions is to eliminate clearly wrong answers before making a selection. This approach increases the likelihood of choosing the correct answer by narrowing down the options. When faced with a multiple-choice question, first assessing the choices allows a test-taker to focus on the remaining answers that are more plausible. This critical thinking process can lead to more informed decision-making, as it helps to minimize the impact of guessing and maximizes understanding of the material. By eliminating answers that can be definitively recognized as incorrect, you increase your chances of selecting the right answer from the remaining options. This strategy is particularly useful in high-stakes testing environments like the HESI Admission Assessment, as it can help manage time and enhance confidence when answering the remaining questions.

8. What is the best way for a student to prepare for critical thinking questions on exams?

A. Memorizing facts and figures

B. Engaging in practice scenarios that involve clinical decision-making

C. Reading textbooks cover to cover

D. Taking multiple practice tests without feedback

Engaging in practice scenarios that involve clinical decision-making is the most effective method for preparing for critical thinking questions on exams. This approach allows students to apply theoretical knowledge to practical situations, simulating real-life circumstances they may encounter in their professional careers. It promotes the development of analytical skills necessary to evaluate situations critically and make informed decisions. By working through scenarios, students can learn to identify relevant information, consider various outcomes, and understand the consequences of their decisions. This hands-on experience not only deepens comprehension but also builds confidence in critical thinking abilities. Such practice is essential, as critical thinking often requires a synthesis of knowledge rather than rote memorization or passive reading. While memorizing facts and figures may help with foundational knowledge, it does not cultivate the analytical skills needed for critical thinking. Reading textbooks cover to cover can provide a thorough understanding of theories and concepts but lacks the practical application that enhances critical thinking. Similarly, taking multiple practice tests without feedback limits opportunities for reflection and improvement, which are crucial in developing critical decision-making skills.

9. In what situation would a person be described as 'lethargic'?

A. Feeling energetic and alert

B. Experiencing difficulty in arousal

C. Exhibiting quick movements

D. Showing enthusiasm

A person described as 'lethargic' typically exhibits a state of sluggishness or a significant reduction in energy levels, which often includes difficulty in arousal or responding to stimuli. This state can be associated with a variety of medical conditions, fatigue, or emotional disturbances. Lethargy involves an overall lack of alertness, making it hard for individuals to stay awake or attentive. In contrast, the other scenarios describe various states of high energy or alertness, making them unsuitable descriptions for lethargy. When someone feels energetic and alert, is exhibiting quick movements, or is showing enthusiasm, they are demonstrating the opposite of lethargic behavior. Such traits highlight engagement and vitality rather than the reduced responsiveness and energy characteristic of lethargy.

10. What does 'stringent' suggest about limitations or restrictions?

- A. They are minimal**
- B. They are flexible**
- C. They are rigorous**
- D. They are optional**

The term 'stringent' indicates that the limitations or restrictions are strict, demanding, and often rigorous in nature. When something is described as stringent, it conveys a sense of inflexibility and a requirement for adherence to specific rules or standards. In contexts such as regulations, policies, or guidelines, stringent conditions imply that there is little room for leniency or exceptions. Thus, the use of 'stringent' highlights that the limitations or restrictions are not merely present but are firmly enforceable and typically require compliance. This understanding helps clarify that 'stringent' reflects a high level of seriousness and acknowledgement that these rules must be followed closely.

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://hesiadmissionassmt.examzify.com>

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