

HESI Admission Assessment Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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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 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**

- 2. What should test-takers emphasize while reviewing vocabulary and general knowledge?**
 - A. Common medical terms and their definitions**
 - B. General trivia questions**
 - C. Complex legal and ethical terminology**
 - D. Historical terms in medicine**

- 3. What might be assessed in the "general knowledge" section of the HESI A2?**
 - A. Advanced mathematics concepts**
 - B. Basic knowledge across a variety of subjects, including life sciences and social sciences**
 - C. Only arithmetic skills**
 - D. Specialized nursing knowledge**

- 4. What does the term "precaution" signify?**
 - A. A measure taken to avoid risk**
 - B. A detail of final results**
 - C. A recommendation without requirement**
 - D. A conclusive statement**

- 5. What does "pathology" refer to in the study of medicine?**
 - A. The study of preventive measures**
 - B. The analysis of patient behavior**
 - C. Processes, cause, and effects of a disease, abnormality**
 - D. Diagnosis and treatment of illnesses**

- 6. What does the term "consistency" refer to in a scientific context?**
- A. Degree of viscosity**
 - B. Shape or outline of a shape**
 - C. To draw together or become smaller**
 - D. A deficiency or lack of something**
- 7. What does "flushed" indicate about a person's appearance?**
- A. Cool and pale**
 - B. Reddened or ruddy appearance**
 - C. Healthy and glowing**
 - D. Dirty and unkempt**
- 8. What action is described by the term "press down"?**
- A. Displace**
 - B. Depress**
 - C. Contract**
 - D. Constrict**
- 9. What does "discrete" refer to?**
- A. continuous**
 - B. distinct, separate**
 - C. integrated**
 - D. related**
- 10. What does practicing with sample tests primarily help students to develop?**
- A. A relaxed attitude towards testing**
 - B. Familiarity with the test format and timing**
 - C. A higher score without studying**
 - D. Advanced critical thinking skills only**

Answers

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

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Explanations

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1. 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.

2. What should test-takers emphasize while reviewing vocabulary and general knowledge?

A. Common medical terms and their definitions

B. General trivia questions

C. Complex legal and ethical terminology

D. Historical terms in medicine

Emphasizing common medical terms and their definitions is crucial for test-takers as it provides the foundational language necessary for understanding and navigating the healthcare environment. Medical terminology forms the basis of effective communication within the medical field, enhancing both written and verbal communication skills. Knowledge of common medical terms helps ensure that students can accurately interpret clinical information, participate in discussions with healthcare professionals, and comprehend medical literature. This familiarity can also reduce ambiguity in patient care settings, where precise language is vital for understanding diagnoses, treatments, and procedures. Reviewing general trivia questions, complex legal and ethical terminology, or historical terms in medicine may not be as directly relevant to the specific requirements of the HESI Admission Assessment, which aims to evaluate knowledge pertinent to nursing and healthcare. While these areas can provide knowledge and context, they do not focus primarily on the essential vocabulary that will be regularly used in clinical practice.

3. What might be assessed in the "general knowledge" section of the HESI A2?

- A. Advanced mathematics concepts**
- B. Basic knowledge across a variety of subjects, including life sciences and social sciences**
- C. Only arithmetic skills**
- D. Specialized nursing knowledge**

The "general knowledge" section of the HESI A2 primarily evaluates a candidate's foundational understanding across a broad range of subjects. This includes essential knowledge in areas such as life sciences, which encompass biology and human anatomy, as well as social sciences that may cover psychology and sociology. This broad assessment ensures that prospective nursing students have a well-rounded educational background and can apply knowledge from various disciplines in their future studies and practice. In contrast, advanced mathematics concepts focus on higher-level math that goes beyond the general knowledge required for nursing roles. Options that mention only arithmetic skills or specialized nursing knowledge do not capture the comprehensive nature of what general knowledge entails. While arithmetic skills are part of mathematics, they do not encompass the variety of subjects assessed in the general knowledge section. Furthermore, specialized nursing knowledge is not part of the general knowledge assessment, as this section is intended to gauge general academic readiness rather than specific nursing competencies.

4. What does the term "precaution" signify?

- A. A measure taken to avoid risk**
- B. A detail of final results**
- C. A recommendation without requirement**
- D. A conclusive statement**

The term "precaution" signifies a measure taken to avoid risk. This involves proactive actions aimed at preventing potential harm or adverse outcomes in various contexts, such as health, safety, and decision-making. Precautions are based on an assessment of risks and serve as a safeguard to ensure safety and well-being. For instance, in a medical setting, precautions may include handwashing, using personal protective equipment, or following specific protocols to prevent the transmission of infections. By identifying potential hazards and implementing measures to mitigate them, precautions play a critical role in maintaining safety and minimizing negative consequences.

5. What does "pathology" refer to in the study of medicine?

- A. The study of preventive measures**
- B. The analysis of patient behavior**
- C. Processes, cause, and effects of a disease, abnormality**
- D. Diagnosis and treatment of illnesses**

Pathology is defined as the study of the processes, causes, and effects of diseases or abnormalities within the body. It encompasses the examination of tissues, organs, bodily fluids, and autopsies to understand the mechanisms of disease and how they affect health. Pathologists play a crucial role in diagnosing diseases by analyzing samples to identify the nature and cause of illnesses. This field is foundational in medicine as it provides critical insights that guide clinical decisions and treatment plans, helping to understand not only what the disease is but also how it develops and impacts overall health. In contrast, the other choices focus on different aspects of healthcare. For example, preventive measures pertain to actions taken to prevent disease rather than studying disease itself. The analysis of patient behavior often relates more to psychology and sociology in healthcare than to pathology. Lastly, while the diagnosis and treatment of illnesses relate closely to patient care, they are separate from the scientific study of what underlies those illnesses—making pathology a distinct and vital component of medical education and practice.

6. What does the term "consistency" refer to in a scientific context?

- A. Degree of viscosity**
- B. Shape or outline of a shape**
- C. To draw together or become smaller**
- D. A deficiency or lack of something**

In a scientific context, "consistency" primarily refers to the degree of viscosity, which indicates how thick or thin a substance is and its flow properties. This concept is crucial in various fields, such as chemistry and biology, where the texture and behavior of substances under different conditions can greatly impact research outcomes and practical applications. For instance, in the study of solutions, the consistency can affect how a substance reacts when mixed with other chemicals or how it behaves during physical processes. The other options do not align with the scientific definition of "consistency." The shape or outline of a figure relates more to geometry and physical forms, while the term referring to drawing together or becoming smaller pertains to physical changes in size, such as in cellular processes. Finally, the deficiency or lack of something addresses the notion of scarcity rather than the properties or characteristics of materials. Hence, the most fitting choice that encapsulates the definition of "consistency" in a scientific framework is the degree of viscosity.

7. What does "flushed" indicate about a person's appearance?

- A. Cool and pale
- B. Reddened or ruddy appearance**
- C. Healthy and glowing
- D. Dirty and unkempt

When someone is described as "flushed," it typically refers to a reddening of the skin, particularly in the face or cheeks. This could be due to a variety of factors, such as increased blood flow from emotions like embarrassment, exertion, or even fever. A reddened or ruddy appearance is a hallmark characteristic of this term, signifying heightened blood circulation that often results in a noticeable change in skin tone. The other options imply characteristics that do not align with the concept of being flushed. For instance, a cool and pale appearance suggests poor circulation or lack of blood flow, while a healthy and glowing complexion indicates a vibrant skin tone that is not specifically reddened. Likewise, describing someone as dirty and unkempt focuses on hygiene and grooming rather than the physiological vascular response denoted by "flushed."

8. What action is described by the term "press down"?

- A. Displace
- B. Depress**
- C. Contract
- D. Constrict

The term "press down" is best described by the word "depress." In this context, to depress means to apply pressure on something, causing it to lower or move downward. This action directly aligns with the idea of pressing down, as both involve exerting force that results in a downward movement or reduction in height of an object. The other options, while related to pressure or squeezing, have distinct meanings that do not capture the exact action of "press down." For example, "displace" refers to moving something from its original position without necessarily implying a downward movement. "Contract" generally means to decrease in size or shorten, and it does not specifically involve pressing down. "Constrict" involves making something narrower or tighter, often referring to the action of squeezing, but it does not specifically convey the idea of pushing down. Therefore, the definition of "depress" aligns perfectly with the action described by "press down," making it the correct choice.

9. What does "discrete" refer to?

- A. continuous
- B. distinct, separate**
- C. integrated
- D. related

The term "discrete" refers to something that is distinct and separate, denoting individual elements that are not connected or continuous. In various academic disciplines, such as mathematics and statistics, discrete items are countable, meaning they exist as separate units rather than part of a continuous flow. For instance, in statistics, discrete variables take on specific values (like counts of items) as opposed to continuous variables, which can take on any value within a range. This definition emphasizes the idea that discrete components are identifiable and individual, making it clear why this answer is the most appropriate in the context of the question. The other options do not align with the definition of "discrete": "continuous" refers to something flowing without interruption, "integrated" implies a combining of elements to form a whole, and "related" suggests a connection between elements rather than their separation.

10. What does practicing with sample tests primarily help students to develop?

- A. A relaxed attitude towards testing
- B. Familiarity with the test format and timing**
- C. A higher score without studying
- D. Advanced critical thinking skills only

Practicing with sample tests primarily helps students develop familiarity with the test format and timing. Engaging in practice tests allows students to understand the structure of the exam, including the types of questions asked, the allotted time for each section, and the overall flow of the test. This familiarity reduces anxiety and helps students manage their time more effectively during the actual assessment, enabling them to approach each question with confidence. Through repeated exposure to practice scenarios, students can develop strategies for tackling various question types, recognizing key information quickly, and pacing themselves adequately throughout the exam. This preparation can significantly enhance their performance by ensuring they can apply their knowledge effectively within the constraints of the testing environment. While other options may touch on certain aspects of test preparation, they do not capture the core benefit provided by practice tests as thoroughly as the familiarization with the test format and timing does.

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!

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