

HESI American Career College Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	15

SAMPLE

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

SAMPLE

1. Which term describes extremely tired or exhausted?
 - A. Fatal
 - B. Fatigue
 - C. Feasible
 - D. Hydration

2. Which term describes the state of being extremely tired from exertion?
 - A. Fatigue
 - B. Fatal
 - C. Flushed
 - D. Gaping

3. Which term best matches the definition 'Appearance of observable emotions'?
 - A. Aegis
 - B. Adverse
 - C. Access
 - D. Affect

4. Which term corresponds to the definition 'Sharp, Severe, and Intense'?
 - A. Adhere
 - B. Adequate
 - C. Acute
 - D. Affect

5. Which term means "Idea, general notion"?
 - A. Concept
 - B. Chronology
 - C. Communicability
 - D. Concave

- 6. Which term means "Changing rapidly and often, unstable"?**
- A. Initiate**
 - B. Latent**
 - C. Internal**
 - D. Labile**
- 7. Which term means "Located within the body"?**
- A. Invasive**
 - B. Jaundice**
 - C. Latent**
 - D. Internal**
- 8. Which term means the amount of space a substance occupies?**
- A. Verrigo**
 - B. Vital**
 - C. Volume**
 - D. Prognosis**
- 9. Which term means 'Present on both sides'?**
- A. Present on one side**
 - B. Present on both sides**
 - C. Relating to the neck**
 - D. In the middle**
- 10. Which term means 'Stringent, exact, and complete'?**
- A. Supplement**
 - B. Strict**
 - C. Suppress**
 - D. Verbal**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which term describes extremely tired or exhausted?

- A. Fatal
- B. Fatigue**
- C. Feasible
- D. Hydration

Fatigue describes extreme tiredness or exhaustion, a state of worn-out energy from physical or mental activity. It captures that persistent lack of energy beyond ordinary tiredness, making it the best fit for this question. The other terms point to different ideas: fatal means deadly, feasible means possible or doable, and hydration relates to fluid balance in the body. In everyday and health contexts, fatigue is the standard term used to describe feeling extremely tired or drained.

2. Which term describes the state of being extremely tired from exertion?

- A. Fatigue**
- B. Fatal
- C. Flushed
- D. Gaping

Fatigue is the term used to describe extreme tiredness from strenuous activity or extended effort. It captures a sustained state of weariness that goes beyond ordinary sleepiness, whether from physical exercise or mental work. This makes it the best fit for "state of being extremely tired from exertion." In contrast, fatal means deadly, flushed refers to a reddened face, and gaping describes something wide open, such as a mouth or gap, none of which describe the intense exhaustion meant here. For example, after a long run, you feel fatigue that signals your body needs rest.

3. Which term best matches the definition 'Appearance of observable emotions'?

- A. Aegis
- B. Adverse
- C. Access
- D. Affect**

Affect is the visible display of emotion—the facial expressions, tone of voice, and body language that others observe. It's what you notice when someone smiles, frowns, or seems tense, even if they aren't verbalizing their feelings. Mood and emotion are related but differ: mood is a longer-lasting emotional state, while emotion is the internal experience. The other terms don't fit this definition—egis means protection, adverse means harmful, and access means entry.

4. Which term corresponds to the definition 'Sharp, Severe, and Intense'?

- A. Adhere**
- B. Adequate**
- C. Acute**
- D. Affect**

Sharp, severe, and intense describe something with a quick, strong impact. The word that fits this meaning is acute, used to talk about sudden, severe pain or symptoms, and also about things that are very intense or keen. Adhere means to stick to or follow, which isn't about intensity. Adequate means enough or satisfactory, not describing how strong something is. Affect means to influence or to show emotion, not the degree of intensity. So the term that matches the definition best is acute.

5. Which term means "Idea, general notion"?

- A. Concept**
- B. Chronology**
- C. Communicability**
- D. Concave**

The term for an idea or general notion is concept. A concept is an abstract idea or a broad understanding of something, not tied to a specific instance. It's what we use when we discuss overarching ideas like the concept of justice or the concept of time. Chronology refers to the order of events in time, not an idea. Communicability is about how easily something can be conveyed or understood, and concave describes a shape that curves inward. So concept best matches the idea of an abstract or general notion.

6. Which term means "Changing rapidly and often, unstable"?

- A. Initiate**
- B. Latent**
- C. Internal**
- D. Labile**

Labile describes something that changes rapidly and is unstable. In medical and psychological contexts, it's used for moods, emotions, or conditions that swing quickly from one state to another or for vital signs that fluctuate. That sense of frequent, unpredictable change is exactly what the prompt calls unstable. The other terms don't capture this idea: initiate means to begin something; latent means present but not active or visible; internal refers to something inside.

7. Which term means "Located within the body"?

- A. Invasive
- B. Jaundice
- C. Latent
- D. Internal**

The term describing location inside the body's boundaries is internal. In medical language, internal means situated within the interior of the body, as opposed to something that is external or outside. This helps distinguish structures and conditions that are inside from those on the surface or outside. The other terms don't convey that sense of being inside. Invasive describes a tendency to spread into tissues or into areas beyond where it started, not simply being inside. Jaundice is a symptom marked by yellowing of the skin and eyes, related to bilirubin, not location. Latent means present but not currently active or visible, again not about where something is located. So, internal is the best fit for "Located within the body."

8. Which term means the amount of space a substance occupies?

- A. Verrigo
- B. Vital
- C. Volume**
- D. Prognosis

Volume is the amount of space a substance occupies. It measures how much three-dimensional space something takes up, with common units like liters, milliliters, or cubic centimeters. You can gauge volume by how much liquid a container holds or by displacement for irregular objects. The other terms describe different ideas: vital relates to life or importance, prognosis is the predicted outcome of a disease, and verrigo isn't a standard term for space (it may be a misspelling of vertigo, which means dizziness).

9. Which term means 'Present on both sides'?

- A. Present on one side
- B. Present on both sides**
- C. Relating to the neck
- D. In the middle

In anatomy, the word used for something present on both sides is bilateral. It comes from bi- meaning two and lateral meaning side, so it literally describes two sides. This is why it fits the meaning "present on both sides." Opposite terms describe other ideas: one side only is unilateral, the neck area is cervical, and the middle refers to medial or midline.

10. Which term means 'Stringent, exact, and complete'?

A. Supplement

B. Strict

C. Suppress

D. Verbal

Stringent, exact, and complete describe standards that are rigid and tightly enforced. The term that fits this sense best is strict. When someone is strict, they enforce rules closely, demand precise adherence, and expect thorough completeness without exceptions. That aligns with the idea of high, uncompromising standards implied by stringent and exact. In contrast, supplement means to add something extra, suppress means to restrain or hide, and verbal relates to spoken language rather than standards or thoroughness. So strict is the best choice because it directly conveys the firm, uncompromising adherence that these words imply.

SAMPLE

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://hesiamericancareercollege.examzify.com>

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

SAMPLE