

HESI AMERICAN CAREER COLLEGE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://hesiamericancareercollege.examzify.com>



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 means lower in place or position; closer to the bottom or base?**
 - A. Infamy
 - B. Impaired
 - C. Inferior
 - D. Incidence

- 2. Which term means 'Capable of occurring or likely to occur'?**
 - A. Pigmentation
 - B. Primary
 - C. Potential
 - D. Patent

- 3. Which term refers to the condition of decline or worsening?**
 - A. Device
 - B. Depth
 - C. Deteriorating
 - D. Depress

- 4. Which term means 'Adverse or negative'?**
 - A. Verbal
 - B. Strict
 - C. Symptom
 - D. Untoward

- 5. Compensatory means to offset or make up for something.**
 - A. To hinder or obstruct
 - B. To celebrate publicly
 - C. To offset or make up for something
 - D. To examine repeatedly

- 6. Which term means Distinct, Separate?**
 - A. Discrete
 - B. Diameter
 - C. Elevate
 - D. Endocytosis

7. Which term best describes something that is clearly visible or apparent?

- A. Paroxysmal
- B. Ongoing
- C. Occluded
- D. Overt

8. Which term corresponds to the definition 'Dependent'?

- A. Consistency
- B. Constrict
- C. Contour
- D. Contract

9. Which term means "Easily spread"?

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

10. Which term means 'Expel a bowel movement'?

- A. Depress
- B. Depth
- C. Defecate
- D. Deteriorating

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which term means lower in place or position; closer to the bottom or base?

- A. Infamy
- B. Impaired
- C. Inferior**
- D. Incidence

This term describes being lower in place or position, closer to the bottom or base. The best fit is inferior, which is used to compare something as being below or beneath another thing in rank, quality, or location. The word traces to Latin inferus, meaning below, and in anatomy it often means toward the feet or the lower part of the body, opposite of superior. For example, you might say the inferior border of a structure is nearer the floor than its superior border, or that one item is inferior to another in quality. The other terms don't convey a sense of lower position: infamy refers to notorious bad reputation, impaired means weakened or damaged, and incidence refers to the rate at which something occurs.

2. Which term means 'Capable of occurring or likely to occur'?

- A. Pigmentation
- B. Primary
- C. Potential**
- D. Patent

The concept tested is identifying a word that describes something that could happen or exist in the future. The best fit is potential because it means the capacity or possibility for something to occur, not yet actualized. It signals that under the right conditions, something could come to be. Pigmentation refers to color in tissues, not a likelihood or ability to occur. Primary means something first or main, not about possibility. Patent has meanings like open or obvious (or a legal grant), which don't convey the idea of something that may happen.

3. Which term refers to the condition of decline or worsening?

- A. Device
- B. Depth
- C. Deteriorating**
- D. Depress

This question is testing how to describe a state that is getting worse. Deteriorating is the best fit because it functions as an adjective meaning in the process of declining or worsening. You can say a patient's condition is deteriorating, which captures ongoing decline rather than a one-time event. The other words don't convey that sense: a device is a tool, depth is a measure of how deep something is, and depress is a verb (to press down or to feel sad) and doesn't express an increasing decline in condition.

4. Which term means 'Adverse or negative'?

- A. Verbal
- B. Strict
- C. Symptom
- D. Untoward**

Adverse or negative describes something undesirable, harmful, or not expected. The term untoward exactly captures that sense. In medical contexts, an untoward effect or untoward event is an undesirable or adverse outcome, something that goes against what is hoped for or planned. The other terms point to different ideas: verbal relates to speech, strict means rigid or severe, and symptom is a sign of illness. So untoward is the precise word for describing something negative or harmful.

5. Compensatory means to offset or make up for something.

- A. To hinder or obstruct
- B. To celebrate publicly
- C. To offset or make up for something**
- D. To examine repeatedly

Compensatory means offsetting or making up for a deficiency, loss, or shortcoming. This sense is used when something is done to balance out or cover what's lacking. For example, compensatory damages are payments to cover actual losses, or compensatory time off is used to balance extra hours worked. So the best choice is the one that describes offsetting or making up for something, because it directly captures this idea. The other phrases describe actions that don't relate to balancing a deficit: hindering or obstructing progress, celebrating publicly, or examining repeatedly.

6. Which term means Distinct, Separate?

- A. Discrete**
- B. Diameter
- C. Elevate
- D. Endocytosis

Distinct and separate describe things that exist as individual, unconnected units rather than forming a single continuous whole. The term that fits this meaning is discrete, which is used to describe items or data that come in separate, countable values rather than a smooth continuum. For example, the number of people in a room is discrete—you can have 3 or 4 people, but not 3.5 people. The other terms don't convey that idea: diameter refers to a straight line across a circle; elevate means to raise something; endocytosis is the cellular process of taking in material by engulfing it.

7. Which term best describes something that is clearly visible or apparent?

- A. Paroxysmal
- B. Ongoing
- C. Occluded
- D. Overt**

Overt describes something that is openly shown or easily noticed—clearly visible or apparent without needing any inference. This directly captures the idea of visibility and obviousness. The other terms aren't about being clearly seen: paroxysmal refers to sudden, episodic events; ongoing means continuing over time; occluded means blocked or obstructed, which hides what's there. So overt is the best choice for something clearly visible or apparent.

8. Which term corresponds to the definition 'Dependent'?

- A. Consistency
- B. Constrict**
- C. Contour
- D. Contract

Dependent emphasizes reliance on something else and the sense that that reliance can constrain or limit you. Constrict carries that idea of pressing in, binding, or restricting, which best captures how dependence can feel—being held back or limited by what one depends on. The other terms don't fit this sense: consistency is about sameness over time, contour is about the shape outline, and contract refers to either shrinking or a formal agreement, not the idea of being tied down by dependence.

9. Which term means "Easily spread"?

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

The idea being tested is how we describe the ease with which something can spread. The word that fits this sense is communicability. It comes from the root communicate, meaning to pass along or transmit. In health and epidemiology, high communicability means a disease can spread readily from person to person, which is exactly what "easily spread" conveys. The other terms don't relate to spread: chronology is about the order of events in time, concept is an abstract idea, and concave describes a inward-curving shape.

10. Which term means 'Expel a bowel movement'?

- A. Depress
- B. Depth
- C. Defecate**
- D. Deteriorating

Expelling a bowel movement is described by defecate. This verb specifically means to discharge feces from the bowels through the rectum and anus, with defecation being the process itself. The other terms don't fit because they refer to something else: depress means to press down or lower mood, depth is a measure of how deep something is, and deteriorating describes getting worse.

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