

HESI Entrance for Chamberlain Practice Test (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. Which part of the neuron is primarily responsible for receiving signals?**
 - A. Axon**
 - B. Dendrites**
 - C. Soma**
 - D. Myelin sheath**

- 2. What can be a potential benefit of taking practice tests before the HESI?**
 - A. They can increase stress and anxiety before the actual test**
 - B. They might not align with the actual exam format**
 - C. They help familiarize students with the test format and time constraints**
 - D. They provide detailed feedback on study materials**

- 3. What does the term 'test anxiety' refer to in the context of exam preparation?**
 - A. The feeling of excitement before an exam**
 - B. The nervousness or fear experienced before or during a test**
 - C. The physical symptoms caused by studying too hard**
 - D. The lack of preparation for the exam**

- 4. Which of the following correctly describes enzymes?**
 - A. Inhibit chemical reactions**
 - B. Speed up chemical reactions**
 - C. Alter the structure of substrates**
 - D. Are consumed in chemical reactions**

- 5. Which type of biomolecule primarily functions as energy storage?**
 - A. Proteins**
 - B. Carbohydrates**
 - C. Nucleic acids**
 - D. Vitamins**

- 6. How many total amino acids are known in biochemistry?**
- A. 10 amino acids**
 - B. 20 amino acids**
 - C. 22 amino acids**
 - D. 23 amino acids**
- 7. What skill is primarily assessed in the Grammar section of the HESI Entrance Exam?**
- A. Ability to summarize text**
 - B. Knowledge of proper grammar and syntax**
 - C. Understanding of literary devices**
 - D. Capacity to interpret graphs**
- 8. Which cognitive area does the Reading Comprehension section primarily assess?**
- A. Interpretation**
 - B. Calculation**
 - C. Memorization**
 - D. Deduction**
- 9. What is one of the main functions of the large intestine?**
- A. Stimulates the endometrium**
 - B. Absorbs nutrients**
 - C. Reabsorbs water and eliminates waste**
 - D. Stores bile**
- 10. What are myofibrils and what structures do they contain?**
- A. Muscle cells that contain sarcomeres**
 - B. Fat cells that store energy**
 - C. Nerve fibers that transmit signals**
 - D. Blood cells that carry oxygen**

Answers

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

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Explanations

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1. Which part of the neuron is primarily responsible for receiving signals?

- A. Axon
- B. Dendrites**
- C. Soma
- D. Myelin sheath

The primary responsibility for receiving signals in a neuron lies with the dendrites. Dendrites are tree-like structures that extend from the neuron's cell body (soma) and are specialized to detect and receive neurotransmitters released by other neurons. This process is crucial for neuronal communication, as dendrites convert chemical signals into electrical signals, which then travel through the neuron. The axon, on the other hand, primarily functions to transmit these electrical signals away from the soma to other neurons, muscles, or glands. The soma itself serves as the cell's main body and is where the nucleus is located, managing the cell's metabolic activities and integration of incoming signals. The myelin sheath is a fatty layer that insulates the axon, facilitating faster transmission of action potentials but does not play a role in signal reception. Understanding the distinct functions of these parts is essential for grasping how neurons communicate within the nervous system.

2. What can be a potential benefit of taking practice tests before the HESI?

- A. They can increase stress and anxiety before the actual test
- B. They might not align with the actual exam format
- C. They help familiarize students with the test format and time constraints**
- D. They provide detailed feedback on study materials

Taking practice tests before the HESI can be incredibly beneficial for several reasons. One of the primary advantages is that these tests help students become familiar with the test format and the types of questions they will encounter. This familiarity can significantly reduce anxiety on test day, as students will know what to expect. Additionally, practice tests typically mimic the timing of the actual exam, allowing students to develop strategies for managing their time effectively during the real test. This preparation can lead to improved performance, as students can practice pacing themselves and identifying which sections they may need to spend more time on, thus enhancing their overall test-taking skills. Being accustomed to the structure and timing helps build confidence, which is essential for reducing pre-test jitters and anxiety. Overall, practice tests serve as a valuable tool for reinforcing knowledge and preparing mentally for the exam experience.

3. What does the term 'test anxiety' refer to in the context of exam preparation?

- A. The feeling of excitement before an exam**
- B. The nervousness or fear experienced before or during a test**
- C. The physical symptoms caused by studying too hard**
- D. The lack of preparation for the exam**

The term 'test anxiety' specifically refers to the nervousness or fear experienced before or during a test. This phenomenon can manifest in various ways, including racing thoughts, excessive worry about performance, or even physical symptoms like sweating or a fast heartbeat. Such anxiety can arise from a variety of factors, including pressure to perform well, fear of failure, or previous negative experiences with exams. It's important to recognize that test anxiety can hinder a person's ability to perform to the best of their abilities, often impacting concentration and recall during the test. The other options do not accurately capture the essence of test anxiety. Feeling excited before an exam is a positive emotional state that generally does not interfere with performance. Physical symptoms caused by studying too hard may indicate burnout or fatigue but do not align with the specific definition of test anxiety. Lastly, a lack of preparation for an exam may lead to anxiety but is not synonymous with the feelings of nervousness or fear that characterize test anxiety itself.

4. Which of the following correctly describes enzymes?

- A. Inhibit chemical reactions**
- B. Speed up chemical reactions**
- C. Alter the structure of substrates**
- D. Are consumed in chemical reactions**

Enzymes are biological catalysts that play a crucial role in facilitating and accelerating chemical reactions within living organisms. They do this by lowering the activation energy required for a reaction to proceed, which enables the reaction to occur at a significantly faster rate. This increased rate of reaction is essential for maintaining the metabolic processes that sustain life. In contrast, the options that suggest enzymes inhibit reactions or are consumed in the reactions do not accurately reflect the nature of enzyme activity. Enzymes are not consumed or permanently altered during the reaction process; rather, they can be reused multiple times, making them efficient catalysts. While enzymes may interact with substrates and potentially change their structure temporarily during the formation of the enzyme-substrate complex, they return to their original state afterward. Thus, the characteristic that enzymes speed up chemical reactions highlights their vital role in biological systems, demonstrating how they facilitate essential processes such as digestion, metabolism, and DNA replication. This understanding is key to appreciating the biochemical functions of enzymes.

5. Which type of biomolecule primarily functions as energy storage?

A. Proteins

B. Carbohydrates

C. Nucleic acids

D. Vitamins

Carbohydrates are the primary biomolecules that function as energy storage in living organisms. When we consume carbohydrates, they are broken down into glucose, which is readily used by cells for energy. Excess glucose can be stored in the form of glycogen in the liver and muscle tissues for later use. Additionally, carbohydrates such as starch are important energy storage forms in plants. Although proteins can serve as a source of energy, their primary role is structural and functional in tissues and cells. Nucleic acids, which include DNA and RNA, are primarily responsible for the storage and transmission of genetic information rather than energy storage. Vitamins are organic compounds that are essential for various metabolic processes but do not serve as energy-storage molecules themselves. Hence, carbohydrates stand out as the major biomolecule dedicated to energy storage among the given options.

6. How many total amino acids are known in biochemistry?

A. 10 amino acids

B. 20 amino acids

C. 22 amino acids

D. 23 amino acids

In biochemistry, there are 20 standard amino acids that are universally used by organisms to build proteins. These 20 amino acids are characterized by their unique side chains, or R groups, which determine their individual properties and functions in protein structure and activity. This set is critical for the translation of genetic code into protein structure, as it is the basis of the genetic "alphabet" that forms the proteins necessary for life. While variations do exist, such as selenocysteine and pyrrolysine, which are sometimes considered when discussing the total number of amino acids, these are categorized as special cases and are not included in the main list of standard amino acids. Hence, the significance of the 20 standard amino acids remains foundational in biochemistry and is critical for understanding protein synthesis and function.

7. What skill is primarily assessed in the Grammar section of the HESI Entrance Exam?

- A. Ability to summarize text**
- B. Knowledge of proper grammar and syntax**
- C. Understanding of literary devices**
- D. Capacity to interpret graphs**

The skill primarily assessed in the Grammar section of the HESI Entrance Exam is knowledge of proper grammar and syntax. This section is designed to evaluate a student's understanding of the rules that govern language, including sentence structure, punctuation, verb tense, subject-verb agreement, and the use of pronouns. Mastery of these grammatical elements is critical for effective communication, especially in a nursing context where clarity and precision are essential. Proper grammar and syntax are foundational for both written and verbal communication. In the context of the exam, demonstrating a strong command of these elements indicates readiness for professional practice and helps ensure that future communication with patients, families, and colleagues is clear and professional.

8. Which cognitive area does the Reading Comprehension section primarily assess?

- A. Interpretation**
- B. Calculation**
- C. Memorization**
- D. Deduction**

The Reading Comprehension section primarily assesses interpretation, which involves understanding and extracting meaning from written text. This cognitive area requires the ability to read passages, discern key ideas, analyze arguments, and make inferences based on the information presented. In this context, interpretation encompasses a range of skills, including the ability to identify the main idea, recognize supporting details, and understand the author's tone and purpose. It also involves the capacity to draw conclusions and make connections between different pieces of information within the text. Other cognitive areas listed, such as calculation, would pertain more to numerical reasoning or mathematical problem-solving rather than textual analysis. Memorization focuses on recalling information verbatim without the deeper understanding required for interpreting text. Deduction involves reasoning from general principles to specific instances, which while useful in reading, is not the primary focus of the Reading Comprehension section. This section is centered on the ability to interpret and understand the nuances of language and its meanings rather than on numerical skills, memory recall, or pure logical reasoning.

9. What is one of the main functions of the large intestine?

- A. Stimulates the endometrium**
- B. Absorbs nutrients**
- C. Reabsorbs water and eliminates waste**
- D. Stores bile**

The large intestine primarily functions to reabsorb water and eliminate waste from the body. As food passes through the digestive system, the small intestine absorbs the majority of the nutrients. By the time the remaining material reaches the large intestine, it mainly contains undigested food, bacteria, and waste products. The large intestine's role is crucial as it extracts water from this material, thus helping to form solid waste (feces) for elimination. This process is vital for maintaining fluid balance in the body and preventing dehydration. Additionally, by effectively removing waste, the large intestine plays an important role in digestion and overall health.

10. What are myofibrils and what structures do they contain?

- A. Muscle cells that contain sarcomeres**
- B. Fat cells that store energy**
- C. Nerve fibers that transmit signals**
- D. Blood cells that carry oxygen**

Myofibrils are highly organized structures found within muscle cells, specifically within skeletal and cardiac muscle fibers. They are the contractile elements of muscle tissue and are composed of long chains of sarcomeres, which are the basic functional units of muscle contraction. Each sarcomere contains overlapping thick and thin filaments made primarily of the proteins actin and myosin, enabling muscle contraction through sliding filament theory. By understanding that myofibrils consist of sarcomeres, it clarifies their essential role in muscle function. Sarcomeres shorten during muscle contraction, which ultimately results in the movement of muscles. The structural organization of myofibrils is critical for effective contraction and overall muscle function, highlighting their significance in the muscular system. The other options do not pertain to myofibrils or muscle-related structures; therefore, they do not align with the correct identification or function of myofibrils.

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://hesientrancechamberlain.examzify.com>

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

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