

HESI ENTRANCE FOR CHAMBERLAIN PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

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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. How can practice exams assist students before taking the HESI exam?**
 - A. By providing relaxation techniques
 - B. By highlighting areas needing improvement
 - C. By offering only theoretical knowledge
 - D. By familiarizing students with the exam room environment
- 2. What is the most important characteristic of water due to its polarity?**
 - A. Hydrogen bonding
 - B. High viscosity
 - C. High density
 - D. Surface tension
- 3. What effect does parathyroid hormone have on the body?**
 - A. Decreases blood calcium levels
 - B. Increases blood calcium levels
 - C. Stimulates muscle contraction
 - D. Regulates insulin secretion
- 4. Which type of tissue serves to cover and line the body and its internal organs?**
 - A. Connective tissue
 - B. Epithelial tissue
 - C. Nervous tissue
 - D. Muscle tissue
- 5. What is the correct sequence for the transformation of genetic information into a protein?**
 - A. RNA -> Protein -> DNA
 - B. DNA -> RNA -> Protein
 - C. Protein -> RNA -> DNA
 - D. DNA -> Protein -> RNA

- 6. Which resources are beneficial for finding sample questions for HESI exam preparation?**
- A. Official HESI study guides and online practice exams.
 - B. Friends who have taken the exam.
 - C. Random internet searches.
 - D. Social media platforms.
- 7. Why is practice essential for success in the Math section of the HESI Entrance Exam?**
- A. It helps reinforce skills and concepts
 - B. It allows students to memorize equations
 - C. It enables students to guess correctly
 - D. It reduces the need for reading comprehension
- 8. What is the correct order of skin layers from outermost to innermost?**
- A. Stratum germinativum, Stratum lucidum, Stratum granulosum, Stratum corneum
 - B. Stratum corneum, Stratum lucidum, Stratum granulosum, Stratum germinativum
 - C. Stratum granulosum, Stratum corneum, Stratum lucidum, Stratum germinativum
 - D. Stratum lucidum, Stratum granulosum, Stratum corneum, Stratum germinativum
- 9. What hormone stimulates the development of the endometrium?**
- A. Estrogen
 - B. Progesterone
 - C. Testosterone
 - D. Follicle-stimulating hormone
- 10. What structures does the alimentary canal consist of?**
- A. Mouth, pharynx, esophagus, stomach, intestines, and anus
 - B. Only the stomach and intestine
 - C. Mouth, tongue, and teeth only
 - D. Stomach and blood vessels

Answers

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

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Explanations

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1. How can practice exams assist students before taking the HESI exam?

- A. By providing relaxation techniques
- B. By highlighting areas needing improvement**
- C. By offering only theoretical knowledge
- D. By familiarizing students with the exam room environment

Practice exams play a crucial role in preparing students for the HESI exam by highlighting areas needing improvement. This process allows students to identify specific subjects or question types where they may struggle, enabling them to focus their study efforts effectively. When students take practice exams, they receive immediate feedback on their performance, which can unveil patterns in their strengths and weaknesses. For example, a student may excel in specific nursing concepts but consistently perform poorly in pharmacology questions. Recognizing these gaps allows for targeted review, ensuring that study time is used most effectively. This targeted approach not only boosts confidence but also enhances overall preparedness for the actual exam, leading to a more strategic and informed study plan. Therefore, utilizing practice exams is an essential strategy for maximizing performance on the HESI exam.

2. What is the most important characteristic of water due to its polarity?

- A. Hydrogen bonding**
- B. High viscosity
- C. High density
- D. Surface tension

The most important characteristic of water due to its polarity is hydrogen bonding. Water molecules are polar, which means they have a partial positive charge on one side (the hydrogen atoms) and a partial negative charge on the other side (the oxygen atom). This polarity leads to the formation of hydrogen bonds between water molecules, where the positive hydrogen atoms of one molecule are attracted to the negative oxygen atoms of another. Hydrogen bonding is crucial because it contributes to many of water's unique properties, such as its high specific heat capacity, high heat of vaporization, and high surface tension. These attributes play significant roles in environmental processes and biological systems. For instance, the high heat capacity allows water to stabilize temperatures in environments, benefiting living organisms. Hydrogen bonds also help explain water's solvent capabilities, allowing it to dissolve many substances effectively. In contrast, while viscosity, density, and surface tension are relevant properties of water, they are largely consequences of the polar nature of water and the resulting hydrogen bonds rather than its defining characteristic due to polarity itself.

3. What effect does parathyroid hormone have on the body?

- A. Decreases blood calcium levels
- B. Increases blood calcium levels**
- C. Stimulates muscle contraction
- D. Regulates insulin secretion

Parathyroid hormone (PTH) plays a crucial role in the regulation of calcium levels in the body. When released from the parathyroid glands, PTH acts primarily to increase blood calcium levels. It achieves this by stimulating three main processes: 1. **Bone Resorption**: PTH promotes the release of calcium from bones into the bloodstream by stimulating osteoclasts, the cells responsible for breaking down bone tissue. This process raises the concentration of calcium in the blood. 2. **Renal Reabsorption**: PTH increases the reabsorption of calcium in the kidneys, which helps to conserve calcium and prevent its loss through urine. This reabsorption directly contributes to higher blood calcium levels. 3. **Intestinal Absorption**: PTH indirectly increases intestinal absorption of calcium by stimulating the production of active vitamin D (calcitriol) in the kidneys, which enhances calcium absorption from dietary sources in the intestines. This multifaceted action of parathyroid hormone leads to an overall increase in the calcium levels in the bloodstream, making the answer regarding its effect correct. Other choices listed do not accurately reflect PTH's primary functions, as it does not lower blood calcium levels, stimulate muscle contraction directly, or regulate insulin

4. Which type of tissue serves to cover and line the body and its internal organs?

- A. Connective tissue
- B. Epithelial tissue**
- C. Nervous tissue
- D. Muscle tissue

Epithelial tissue is the correct choice because it primarily serves to cover the body surfaces, both on the outside and lining internal organs and cavities. This type of tissue functions as a protective barrier and is involved in various essential processes such as absorption, secretion, and sensation. Epithelial cells are closely packed with minimal extracellular matrix, which allows them to form effective protective coverings. Furthermore, epithelial tissue can be classified into different types based on cell shape and layering, such as simple or stratified, which allows it to perform specialized functions in different areas of the body. For example, on the skin's surface, it acts as a protective layer against environmental hazards, while in the intestines, it facilitates nutrient absorption. The other types of tissues, while important in their own right, serve distinct functions: connective tissue supports and binds other tissues, nervous tissue transmits signals throughout the body, and muscle tissue is responsible for movement. Each has unique characteristics and roles that do not include the covering and lining functions provided by epithelial tissue.

5. What is the correct sequence for the transformation of genetic information into a protein?

- A. RNA -> Protein -> DNA
- B. DNA -> RNA -> Protein**
- C. Protein -> RNA -> DNA
- D. DNA -> Protein -> RNA

The correct sequence for the transformation of genetic information into a protein is DNA -> RNA -> Protein. This process follows the Central Dogma of molecular biology, which describes the flow of genetic information within a biological system. Firstly, the information stored in DNA is transcribed to form messenger RNA (mRNA) in a process called transcription. During this step, the DNA unwinds, and an RNA polymerase enzyme synthesizes a complementary strand of RNA using one of the DNA strands as a template. Next, the mRNA undergoes processing, which involves the addition of a 5' cap, the removal of introns, and the addition of a poly-A tail. After this processing, the mature mRNA is transported out of the nucleus into the cytoplasm. Once in the cytoplasm, the mRNA is translated into a protein in a process called translation. Ribosomes read the sequence of codons in the mRNA, and transfer RNA (tRNA) molecules bring the corresponding amino acids to build the protein chain, following the genetic code. Thus, the flow of information begins with DNA, which is transcribed into RNA, and finally, the RNA is translated to synthesize proteins. This sequence is essential in understanding how traits are expressed at

6. Which resources are beneficial for finding sample questions for HESI exam preparation?

- A. Official HESI study guides and online practice exams.**
- B. Friends who have taken the exam.
- C. Random internet searches.
- D. Social media platforms.

Choosing official HESI study guides and online practice exams as beneficial resources for exam preparation is highly effective because these materials are specifically designed to reflect the structure and content of the HESI exam. Official guides ensure that the practice questions are relevant and aligned with the topics you will encounter on the actual test, providing a reliable measure of your knowledge and readiness. Additionally, online practice exams often incorporate features that simulate the testing environment, allowing you to familiarize yourself with the format and timing of the HESI exam, which is crucial for effective preparation. The structured content in these official materials not only covers the necessary subject matter but also helps identify areas where further study may be needed. By practicing with these resources, students can build confidence and improve their test-taking skills, significantly enhancing their chances of success on the HESI exam.

7. Why is practice essential for success in the Math section of the HESI Entrance Exam?

- A. It helps reinforce skills and concepts**
- B. It allows students to memorize equations
- C. It enables students to guess correctly
- D. It reduces the need for reading comprehension

Practice is essential for success in the Math section of the HESI Entrance Exam because it helps reinforce skills and concepts. Through consistent practice, students become familiar with a variety of mathematical problems and the processes needed to solve them. This repeated exposure solidifies understanding, allowing students to apply their knowledge more effectively during the exam. Additionally, practice aids in the development of problem-solving strategies, ensures confidence when tackling different types of questions, and improves speed and accuracy. By engaging regularly with the material, students are better prepared to recall information and techniques when they encounter similar problems on the exam. While memorizing equations (as mentioned in another choice) could be part of preparation, understanding how to apply these equations in context through practice is far more beneficial. Guessing correctly and eliminating the need for reading comprehension do not contribute to a solid foundation in math skills, which is critical for not just passing the exam, but also for any future mathematical applications in nursing or healthcare contexts.

8. What is the correct order of skin layers from outermost to innermost?

- A. Stratum germinativum, Stratum lucidum, Stratum granulosum, Stratum corneum
- B. Stratum corneum, Stratum lucidum, Stratum granulosum, Stratum germinativum**
- C. Stratum granulosum, Stratum corneum, Stratum lucidum, Stratum germinativum
- D. Stratum lucidum, Stratum granulosum, Stratum corneum, Stratum germinativum

The correct order of skin layers from outermost to innermost is indeed demonstrated in the second choice. The skin is primarily composed of two main layers: the epidermis and the dermis, with the epidermis further divided into several distinct strata. The outermost layer is the stratum corneum, which consists of dead, flattened skin cells that provide a protective barrier against environmental hazards and helps maintain hydration. Beneath the stratum corneum is the stratum lucidum, a thin, clear layer typically found only in areas of thick skin, such as the palms and soles. Following this is the stratum granulosum, where the cells begin to lose their nuclei and start the process of keratinization, ultimately leading to the formation of the stratum corneum. Finally, the innermost layer is the stratum germinativum (or stratum basale), where active cell division takes place, producing new skin cells and contributing to the continuous renewal of the skin. In summary, this order accurately reflects the progression from the outermost protective barrier to the inner layer responsible for generating new cells, thereby maintaining the skin's integrity and function.

9. What hormone stimulates the development of the endometrium?

- A. Estrogen
- B. Progesterone**
- C. Testosterone
- D. Follicle-stimulating hormone

The hormone that primarily stimulates the development of the endometrium is progesterone. During the menstrual cycle, after ovulation, progesterone is secreted by the corpus luteum. It plays a crucial role in preparing the endometrial lining for potential implantation of a fertilized egg. This preparation involves making the endometrium thicker and more vascular, providing a suitable environment for a developing embryo. If fertilization does not occur, progesterone levels drop, leading to the shedding of the endometrium during menstruation. While estrogen also plays a role in the menstrual cycle and the thickening of the endometrium during the follicular phase, it is progesterone that is specifically responsible for the later stages of endometrial development necessary for implantation. Other hormones listed, such as testosterone and follicle-stimulating hormone, have different functions in the reproductive process and do not directly stimulate the development of the endometrium.

10. What structures does the alimentary canal consist of?

- A. Mouth, pharynx, esophagus, stomach, intestines, and anus**
- B. Only the stomach and intestine
- C. Mouth, tongue, and teeth only
- D. Stomach and blood vessels

The alimentary canal, also known as the gastrointestinal (GI) tract, comprises a continuous tube that runs from the mouth to the anus. It plays a critical role in digestion and the absorption of nutrients. The correct option includes all the essential components of this canal: the mouth, where digestion begins with chewing and saliva; the pharynx, which acts as a passageway to the esophagus; the esophagus, which transports food to the stomach; the stomach, where food is mixed with gastric juices; the intestines (both small and large), where nutrient absorption takes place; and the anus, which serves as the exit point for waste. Each of these structures contributes to the overall process of digestion and nutrient assimilation, illustrating the complexity and functionality of the alimentary canal.

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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