

JLAB Academic Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. What formula is used to find the perimeter of a rectangle?**
 - A. $P = 2(l + w)$**
 - B. $P = l \times w$**
 - C. $P = 2l + 2w$**
 - D. $P = l + w$**
- 2. Which of the following describes a synonym?**
 - A. Words with opposite meanings**
 - B. Words with similar meanings**
 - C. Words that describe a process**
 - D. Words that indicate a relationship**
- 3. Which type of word modifies an adjective, verb, or other adverb?**
 - A. Interjection**
 - B. Noun**
 - C. Adverb**
 - D. Conjunction**
- 4. Which of the following structures is unique to plant cells?**
 - A. Cell membrane**
 - B. Chloroplasts**
 - C. Nucleus**
 - D. Ribosomes**
- 5. What are the three states of matter?**
 - A. Solid, liquid, gas**
 - B. Solid, plasma, gas**
 - C. Liquid, gas, ether**
 - D. Solid, liquid, plasma**
- 6. What is the main role of the circulatory system?**
 - A. To detoxify harmful substances in the body**
 - B. To transport nutrients, gases, hormones, and waste products throughout the body**
 - C. To provide structure and support to the body**
 - D. To regulate the body's immune response**

- 7. What are the components of a scientific investigation?**
- A. Hypothesis, experimental design, data collection, analysis, conclusion**
 - B. Observations, literature review, conclusion, hypothesis**
 - C. Experimental design, control group, data analysis, findings**
 - D. Theory, hypothesis formulation, results, evaluation**
- 8. What does the atomic number of an atom represent?**
- A. The number of neutrons in the nucleus**
 - B. The total number of protons and neutrons**
 - C. The number of protons in the nucleus**
 - D. The average mass of different isotopes**
- 9. What is photosynthesis?**
- A. The process of converting light energy into chemical energy stored in glucose**
 - B. The method by which animals produce energy through respiration**
 - C. The cycle by which nutrients are recycled in the environment**
 - D. The process of converting chemical energy into thermal energy**
- 10. What is the primary function of the respiratory system?**
- A. To digest food and absorb nutrients**
 - B. To transport oxygen and carbon dioxide between the body and the environment**
 - C. To circulate blood throughout the body**
 - D. To regulate body temperature**

Answers

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

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Explanations

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1. What formula is used to find the perimeter of a rectangle?

A. $P = 2(l + w)$

B. $P = l \times w$

C. $P = 2l + 2w$

D. $P = l + w$

The formula used to find the perimeter of a rectangle is based on the definition of perimeter, which is the total distance around the shape. For a rectangle, the perimeter is calculated by adding the lengths of all four sides. Since a rectangle has two pairs of equal sides, the formula effectively combines the lengths of those sides. The correct formula, $P = 2(l + w)$, captures this by summing the length (l) and width (w) of the rectangle and then multiplying that sum by 2. This step accounts for both pairs of sides: one pair of lengths and one pair of widths. Another expression for the perimeter, which is also valid, is $P = 2l + 2w$. Both formulas are equivalent because they ultimately express the same relationship through different means. However, the option chosen provides a more simplified view by grouping length and width together first. The other choices do not correctly represent the calculation of the perimeter. The option representing $P = l \times w$ calculates the area of the rectangle instead. The option $P = l + w$ only sums the length and width, failing to account for both sides of the rectangle. Thus, both do not accurately reflect how to determine the perimeter of a rectangle.

2. Which of the following describes a synonym?

A. Words with opposite meanings

B. Words with similar meanings

C. Words that describe a process

D. Words that indicate a relationship

A synonym is defined as a word that has a similar meaning to another word. This characteristic is what distinguishes synonyms from other types of word relationships. For example, the words "happy" and "joyful" are synonyms because they convey a similar emotional state. Understanding synonyms is fundamental in enhancing vocabulary and improving language skills, allowing for more precise and varied expression in writing and speaking. The other options represent different linguistic concepts, such as antonyms, which are words with opposite meanings, making them irrelevant in the context of synonym definition. Similarly, words that describe a process or indicate a relationship pertain to specific grammatical functions or roles in a sentence, which do not align with the concept of synonyms.

3. Which type of word modifies an adjective, verb, or other adverb?

A. Interjection

B. Noun

C. Adverb

D. Conjunction

An adverb is a word that modifies or describes an adjective, verb, or other adverb, providing additional information about how, when, where, why, or to what extent something occurs. For instance, in the sentence "She runs quickly," the adverb "quickly" modifies the verb "runs," indicating how she runs. Similarly, in "very tall," the adverb "very" modifies the adjective "tall," intensifying its meaning. Understanding the function of an adverb is crucial for constructing sentences that convey precise meanings. Nouns name people, places, things, or ideas; interjections express emotion; and conjunctions connect words, phrases, or clauses, but they do not modify other words. This differentiation is essential in grammar, ensuring clarity and effectiveness in communication.

4. Which of the following structures is unique to plant cells?

A. Cell membrane

B. Chloroplasts

C. Nucleus

D. Ribosomes

Chloroplasts are the structures that are unique to plant cells. They are integral to the process of photosynthesis, allowing plants to convert sunlight into energy by synthesizing glucose from carbon dioxide and water. This function is crucial for plants, as they are primary producers in ecosystems, providing energy for a wide range of organisms. While cell membranes, nuclei, and ribosomes are found in both plant and animal cells, chloroplasts specifically serve as the site for photosynthesis and contain chlorophyll, the pigment that captures light energy. This distinct role of chloroplasts not only enables plants to produce their own food but also contributes to the oxygen output crucial for life on Earth, highlighting their unique presence in plant cells.

5. What are the three states of matter?

A. Solid, liquid, gas

B. Solid, plasma, gas

C. Liquid, gas, ether

D. Solid, liquid, plasma

The three states of matter are solid, liquid, and gas, which accurately represent the most common forms in which matter exists. In a solid state, matter has a definite shape and volume because the particles are closely packed together, vibrating in place but not moving freely. In liquids, the particles are still close together but can slide past one another, allowing the liquid to take the shape of its container while retaining a consistent volume. In gases, the particles are far apart and move freely, allowing gases to expand to fill the entire volume of their container without a definite shape or volume. This understanding of the three states—solid, liquid, and gas—forms the foundation for many concepts in physics and chemistry, including the behavior of substances under different conditions such as temperature and pressure.

6. What is the main role of the circulatory system?

- A. To detoxify harmful substances in the body
- B. To transport nutrients, gases, hormones, and waste products throughout the body**
- C. To provide structure and support to the body
- D. To regulate the body's immune response

The primary function of the circulatory system is to transport essential substances throughout the body, including nutrients, gases like oxygen and carbon dioxide, hormones, and waste products. This system comprises the heart, blood vessels, and blood, which work together to maintain homeostasis by ensuring that all cells receive the necessary elements for energy production and cellular function while also facilitating the removal of metabolic wastes. Nutrients absorbed from the digestive system are delivered to cells via the bloodstream, while oxygen from the lungs is transported to tissues, and carbon dioxide, a waste product of cellular metabolism, is carried back to the lungs for exhalation. Hormones produced by various glands are also distributed through the circulatory system, playing key roles in regulating bodily functions and responses. The efficiency of this transport system is crucial for sustaining life, as it helps meet the metabolic needs of tissues and organs, thus playing a fundamental role in maintaining overall health.

7. What are the components of a scientific investigation?

- A. Hypothesis, experimental design, data collection, analysis, conclusion**
- B. Observations, literature review, conclusion, hypothesis
- C. Experimental design, control group, data analysis, findings
- D. Theory, hypothesis formulation, results, evaluation

The components of a scientific investigation include a hypothesis, experimental design, data collection, analysis, and conclusion. Starting with the hypothesis, this is an educated guess or prediction that can be tested through experimentation. It sets the stage for the investigation and provides a focal point for the research. The experimental design outlines how the investigation will be conducted, detailing the procedure, materials, and variables involved, ensuring that the experiment can be replicated and measured accurately. Once the experiment is conducted, data collection takes place, which involves systematically gathering information and measurements relevant to the hypothesis. This data is then analyzed using various statistical or analytical methods to interpret the results effectively. Finally, the conclusion summarizes the findings, determining whether the initial hypothesis was supported or not and discussing the implications of the results. This systematic approach encapsulates the essential steps needed to conduct a thorough and credible scientific investigation, making it clear why it is the correct choice. Each component plays a critical role in the process, ensuring that findings are robust, reliable, and contribute to broader scientific knowledge.

8. What does the atomic number of an atom represent?

- A. The number of neutrons in the nucleus
- B. The total number of protons and neutrons
- C. The number of protons in the nucleus**
- D. The average mass of different isotopes

The atomic number of an atom specifically represents the number of protons contained in the nucleus. This fundamental characteristic defines the identity of the element: for instance, an atom with an atomic number of 6 is carbon, as it has six protons. The atomic number is crucial because it determines the chemical properties of the element and its position on the periodic table. Furthermore, the atomic number directly influences the charge of the atom; since protons carry a positive charge, the atomic number also indicates the total positive charge of the atomic nucleus. In neutral atoms, where there are no additional charges, the number of electrons will match the atomic number, which balances the positive charge of the protons. Thus, the atomic number is a key concept in understanding the structure of atoms, the nature of elements, and their interactions in chemical reactions.

9. What is photosynthesis?

- A. The process of converting light energy into chemical energy stored in glucose**
- B. The method by which animals produce energy through respiration
- C. The cycle by which nutrients are recycled in the environment
- D. The process of converting chemical energy into thermal energy

Photosynthesis is the process by which green plants, algae, and some bacteria convert light energy from the sun into chemical energy, specifically in the form of glucose. This process primarily occurs in the chloroplasts of plant cells, where chlorophyll captures sunlight. The overall reaction of photosynthesis can be summarized by the equation: $6\text{CO}_2 + 6\text{H}_2\text{O} + \text{light energy} \rightarrow \text{C}_6\text{H}_{12}\text{O}_6 + 6\text{O}_2$. This indicates that carbon dioxide and water, in the presence of light energy, are transformed into glucose and oxygen. The glucose produced serves as a vital source of energy for the plant and can later be used in cellular respiration, stored, or converted into other forms of energy. In contrast, other options do not accurately capture the definition of photosynthesis. The process described in option B pertains to respiration, which is a metabolic process carried out by animals and plants to convert the energy stored in glucose into a usable form (ATP). Option C refers to nutrient cycling in ecosystems and does not directly relate to the energy conversion process in plants. Lastly, option D describes a conversion that occurs in processes like combustion or metabolic reactions, but it does not align with photosynthesis, as that process focuses on capturing and storing energy rather

10. What is the primary function of the respiratory system?

- A. To digest food and absorb nutrients**
- B. To transport oxygen and carbon dioxide between the body and the environment**
- C. To circulate blood throughout the body**
- D. To regulate body temperature**

The primary function of the respiratory system is to transport oxygen and carbon dioxide between the body and the environment. This system facilitates the process of respiration, which involves inhaling oxygen-rich air and exhaling carbon dioxide, a waste product generated by cellular metabolism. The lungs are the key organs in this system, where gas exchange takes place in the alveoli, allowing oxygen to enter the bloodstream while carbon dioxide is expelled. This function is crucial for maintaining the body's metabolic needs, as oxygen is essential for cellular respiration—the process by which cells generate energy. The efficient exchange of these gases also plays a significant role in maintaining the pH balance of the blood and ensuring that all biological processes function optimally.

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://jlabacademic.examzify.com>

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