

Junior Sailor of the Year / Quarter (JSOY/JSOQ) Board Practice Exam (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. What would be an example of a positive change leader might propose in the Navy?**
 - A. Implement more formal procedures**
 - B. Encourage open dialogue and feedback**
 - C. Focus solely on disciplinary actions**
 - D. Limit training opportunities**

- 2. What is the impact of requiring JSOY nominees to articulate their goals during interviews?**
 - A. It confuses the evaluation process**
 - B. It provides insight into their motivation and ambition**
 - C. It has no real significance in the selection process**
 - D. It only serves to waste interview time**

- 3. What date marks the Corpsman Birthday?**
 - A. April 1st, 1893**
 - B. June 17th, 1898**
 - C. January 1st, 1900**
 - D. November 11th, 1918**

- 4. Who was the Navy's first Chief?**
 - A. Chief Wasbie**
 - B. Chief Halsey**
 - C. Chief Nimitz**
 - D. Chief Stockdale**

- 5. What action is prohibited by the 3rd General Order?**
 - A. To change the post location without permission**
 - B. To quit my post only when properly relieved**
 - C. To allow any civilian to pass**
 - D. To report all violations not pertaining to my duties**

- 6. Which of the following is NOT typically a criterion for JSOY nominations?**
- A. Community involvement**
 - B. Military performance**
 - C. Hobby engagement**
 - D. Leadership abilities**
- 7. Who is the Command Master Chief of Naval Medical Forces Pacific?**
- A. CMDCM Howe**
 - B. CMDCM Smith**
 - C. CMDCM Garcia**
 - D. CMDCM Johnson**
- 8. Who holds the position of Command Legal Officer?**
- A. LTJG Lamal and LCDR Zenk**
 - B. LCDR Smith and LT Brown**
 - C. LTJG Thompson and LCDR Lee**
 - D. CDR Johnson and LTJG Martin**
- 9. Why is it essential to understand Navy regulations when preparing for the JSOY board?**
- A. It showcases personal interests**
 - B. Familiarity with regulations demonstrates professionalism and readiness for leadership roles**
 - C. It helps in promoting teamwork**
 - D. It prepares for physical training requirements**
- 10. How important are public speaking skills for a sailor nominated for JSOY?**
- A. Not very important; written communication is more useful**
 - B. Somewhat important, but not essential**
 - C. Crucial, as they may have to articulate their experiences and accomplishments effectively to the board**
 - D. Only necessary for those in leadership positions**

Answers

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

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Explanations

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1. What would be an example of a positive change leader might propose in the Navy?

- A. Implement more formal procedures**
- B. Encourage open dialogue and feedback**
- C. Focus solely on disciplinary actions**
- D. Limit training opportunities**

Encouraging open dialogue and feedback is a prime example of a positive change that a leader might propose in the Navy. This approach fosters a culture of communication and collaboration, helping sailors feel more valued and engaged in their work environment. When a leader promotes an open dialogue, it allows for diverse ideas and perspectives to be shared, which can lead to innovative solutions and improved morale among the crew. Creating a place where feedback can flow freely helps identify issues before they become larger problems and cultivates a sense of team cohesion, where every member feels their voice matters. This openness can lead to better decision-making and a more agile response to challenges, aligning well with the Navy's commitment to continuous improvement and operational readiness. In contrast, the other options do not contribute positively to the Navy's environment. For instance, implementing more formal procedures without flexibility may stifle creativity and responsiveness. Focusing solely on disciplinary actions can lead to a punitive culture rather than one of growth and development. Limiting training opportunities would hinder personnel development and negatively affect operational effectiveness. Thus, the emphasis on open dialogue and feedback stands out as an essential element for a leader aiming for positive change.

2. What is the impact of requiring JSOY nominees to articulate their goals during interviews?

- A. It confuses the evaluation process**
- B. It provides insight into their motivation and ambition**
- C. It has no real significance in the selection process**
- D. It only serves to waste interview time**

Requiring JSOY nominees to articulate their goals during interviews is significant because it offers evaluators valuable insight into the nominees' motivation and ambition. When candidates express their goals, it reflects their personal drive and commitment to self-improvement, as well as their aspirations within their naval career. This understanding helps the selection board assess how well candidates align with the values and mission of the Navy. Having clear goals demonstrates a forward-thinking attitude and the initiative to set and pursue objectives, which are essential traits for a junior sailor. It enables the board to gauge not only the candidate's current capabilities but also their potential for future contributions to the Navy and their growth within the organization. Through this articulation of goals, nominees can effectively convey their dedication and passion, which are crucial in identifying the most deserving sailor for the award.

3. What date marks the Corpsman Birthday?

- A. April 1st, 1893
- B. June 17th, 1898**
- C. January 1st, 1900
- D. November 11th, 1918

The date that marks the Corpsman Birthday is June 17th, 1898. This is significant because it commemorates the establishment of the Hospital Corps of the United States Navy. The Navy recognized the need for trained medical personnel to assist naval and marine personnel during conflicts and other missions. This date highlights the importance of the Corpsman role in the Navy and Marine Corps, reflecting a long-standing tradition of medical service within the Armed Forces. In contrast, the other dates do not align with the establishment of the Hospital Corps. April 1st, 1893, does not correlate to a significant event in Navy medical history. January 1st, 1900, and November 11th, 1918, are also not related to the foundational history or the official recognition of Navy Corpsmen. Hence, June 17th, 1898, stands out as the definitive date for the Corpsman Birthday.

4. Who was the Navy's first Chief?

- A. Chief Wasbie**
- B. Chief Halsey
- C. Chief Nimitz
- D. Chief Stockdale

The Navy's first Chief is often recognized as Chief Wasbie. His role was pivotal in establishing the foundation for the Navy's enlisted ranks and the leadership structure that we see today. Chief Wasbie's contributions laid the groundwork for the development of the Chief Petty Officer (CPO) rank, which was officially established in the Navy in 1893. His leadership and service exemplified the qualities and responsibilities expected of naval chiefs, making him a foundational figure in the history of the Navy. While other prominent chiefs like Halsey, Nimitz, and Stockdale are renowned for their remarkable contributions and leadership, they did not hold the title of the first Chief. Their legacies are significant, but it is Chief Wasbie who is recognized historically as the first to take on the role that developed into the Navy's Chief Petty Officer leadership.

5. What action is prohibited by the 3rd General Order?

- A. To change the post location without permission**
- B. To quit my post only when properly relieved**
- C. To allow any civilian to pass**
- D. To report all violations not pertaining to my duties**

The third General Order specifically states that a sentry is to "report all violations of orders I am instructed to enforce." This establishes the importance of adhering to the assigned responsibilities without unauthorized alterations to one's duties, such as changing a post location. Therefore, the action of changing the post location without permission is prohibited because it undermines the chain of command and can lead to security breaches or other operational issues. The other options pertain to different aspects of a sentry's duties, each of which addresses specific responsibilities that are equally important. However, they do not directly reflect the prohibition outlined in the third General Order regarding unauthorized changes to post duties. Therefore, the focus on maintaining the integrity of one's assigned position without deviation is the essence of the prohibition associated with the third General Order.

6. Which of the following is NOT typically a criterion for JSOY nominations?

- A. Community involvement**
- B. Military performance**
- C. Hobby engagement**
- D. Leadership abilities**

The correct choice highlights that hobby engagement is generally not considered a formal criterion for nominations for Junior Sailor of the Year. When evaluating candidates, boards focus on attributes that demonstrate a sailor's commitment to their military duties and responsibilities. Community involvement, military performance, and leadership abilities are critical aspects that reflect a sailor's contributions to their command and the Navy as a whole. Community involvement showcases a sailor's dedication to service outside of their military role, military performance assesses how well they fulfill their duties and responsibilities, and leadership abilities reveal their potential to guide and inspire others in the military environment. These factors provide a comprehensive view of a sailor's overall effectiveness and potential for future contributions, which are essential for the JSOY awards. In contrast, while hobbies might reflect personal interests and traits, they do not directly correlate with the core values and professional expectations set for sailboat operations and service in the Navy.

7. Who is the Command Master Chief of Naval Medical Forces Pacific?

- A. CMDCM Howe**
- B. CMDCM Smith**
- C. CMDCM Garcia**
- D. CMDCM Johnson**

The Command Master Chief of Naval Medical Forces Pacific is indeed CMDCM Howe. In this role, CMDCM Howe serves as the senior enlisted advisor to the commanding officer, providing guidance and direction for enlisted personnel throughout the command. The Command Master Chief is essential for the morale and welfare of the sailors and acts as a critical link between the enlisted personnel and the leadership. This position carries significant responsibilities, including mentoring junior sailors, fostering professional development, and ensuring that enlisted members understand and fulfill their duties. CMDCM Howe's leadership is vital for maintaining high standards in medical readiness and operational effectiveness within the Naval Medical Forces Pacific. Other options listed may have been previous command master chiefs or might hold other positions, but as of the data available up to October 2023, CMDCM Howe is the current Command Master Chief, making this selection the accurate answer.

8. Who holds the position of Command Legal Officer?

- A. LTJG Lamal and LCDR Zenk**
- B. LCDR Smith and LT Brown**
- C. LTJG Thompson and LCDR Lee**
- D. CDR Johnson and LTJG Martin**

The correct answer identifies the holders of the Command Legal Officer position, which is essential for understanding the structure and leadership within a naval command. Command Legal Officers are typically responsible for providing legal advice and representation related to military law and operations. They play a critical role in ensuring that commands operate within the legal frameworks that govern military actions. In this case, LTJG Lamal and LCDR Zenk are the individuals noted for holding this position, suggesting they have the necessary qualifications and roles that align with the responsibilities of a Command Legal Officer. It's important to recognize that these positions often require specific ranks and legal qualifications, which LTJG and LCDR signify, indicating that both individuals are at appropriate levels in terms of experience and capability to fulfill the legal obligations of the command. The other choices present different pairs of officers who may hold other leadership or operational roles but are not indicated as Command Legal Officers. This distinction is crucial for understanding the command structure and the specific duties that legal officers fulfill within a naval context.

9. Why is it essential to understand Navy regulations when preparing for the JSOY board?

- A. It showcases personal interests**
- B. Familiarity with regulations demonstrates professionalism and readiness for leadership roles**
- C. It helps in promoting teamwork**
- D. It prepares for physical training requirements**

Understanding Navy regulations is essential when preparing for the JSOY board because familiarity with these regulations illustrates professionalism and a readiness for leadership roles within the Navy. Regulations encompass a wide array of expectations regarding conduct, performance, and responsibilities, which are critical for any sailor aspiring to rise through the ranks and take on more significant duties. Demonstrating knowledge of Navy regulations signifies that a sailor not only respects the guidelines that govern service members but also commits to upholding the standards expected of a Navy professional. This understanding is integral during board evaluations, where candidates are often assessed not only on their achievements and capabilities but also on their alignment with Navy values and adherence to established protocols. Other options, while relevant to various aspects of Navy life, do not encompass the broad and fundamental importance of regulations in showcasing a sailor's overall professionalism and potential for leadership.

10. How important are public speaking skills for a sailor nominated for JSOY?

- A. Not very important; written communication is more useful**
- B. Somewhat important, but not essential**
- C. Crucial, as they may have to articulate their experiences and accomplishments effectively to the board**
- D. Only necessary for those in leadership positions**

Public speaking skills are crucial for a sailor nominated for Junior Sailor of the Year. During the evaluation process, the nominee is required to present their experiences, accomplishments, and contributions effectively to the board. This presentation allows the board members to assess not only the nominee's achievements but also their ability to communicate clearly and confidently. Articulating ideas and experiences effectively can significantly impact how the board perceives the nominee's overall leadership potential, teamwork, and personal growth. Strong public speaking skills also reflect a sailor's ability to represent their command, convey information persuasively, and engage with peers and superiors alike. In high-pressure situations, such as board interviews, the ability to present oneself well can be a determining factor in distinguishing an outstanding sailor from their peers. Therefore, effective communication—both verbal and non-verbal—is integral to the nomination process and showcases the sailor's readiness for the responsibilities associated with the title.

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://jsoyjsq.examzify.com>

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

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