

METROPOLITAN POLICE MNEMONICS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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. Which of the following is an aim of PAPER questions asked after arrest and before arriving at the station?**
 - A. Prevent harm coming to people
 - B. Alerting other suspects
 - C. Prevent damage to property
 - D. Evidence

- 2. In a policing context, give an example of a SMART objective for reducing a particular type of incident.**
 - A. Reduce thefts by 5% next year
 - B. Increase patrols
 - C. Reduce vehicle-enabled thefts by 20% in Ward A within 6 months through targeted patrols
 - D. Decrease thefts a lot eventually

- 3. In the SARA process, which phase is focused on implementing actions and partnerships to address the problem?**
 - A. Scanning
 - B. Analysis
 - C. Assessment
 - D. Response

- 4. PENS stands for?**
 - A. Physical, Emotional, Neglect, Sexual
 - B. Psychological, Educational, Neurological, Social
 - C. Physical, Environmental, Nutritional, Social
 - D. Personal, Emotional, Nuclear, Safety

- 5. Which describes an assault?**
 - A. An assault occurs when one person intentionally or recklessly applies force to the person of another, without the other's consent
 - B. An assault is only when there is visible injury
 - C. An assault is any threatening statement
 - D. An assault requires the offender to be a relative of the victim

6. RAT stands for?

- A. Rapid Analysis Tactics
- B. Routine Activity Theory
- C. Risk and Trust
- D. Reactive Analysis Theory

7. In SAD CHALETs, what is the first step?

- A. Survey the Area
- B. Access the Area
- C. Disseminate the Area
- D. Casualty

8. What does SMART stand for in goal setting?

- A. Specific; Measurable; Achievable; Relevant; Time-bound
- B. Simple; Measurable; Actionable; Realistic; Timely
- C. Strategic; Manageable; Accurate; Result-driven; Timed
- D. Specific; Manageable; Attainable; Relevant; Time-bound

9. Which legislation defines Criminal Damage?

- A. PACE 1984, section 24(3)
- B. Public Order Act 1986, section 5
- C. Offences Against the Person Act 1861, section 20
- D. Criminal Damage Act 1971, section 1(1)

10. If a goal is 'Reduce vehicle-enabled thefts' without a target, which SMART component is missing?

- A. Time-bound
- B. Achievable
- C. Specific
- D. Measurable

Answers

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

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Explanations

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1. Which of the following is an aim of PAPER questions asked after arrest and before arriving at the station?

- A. Prevent harm coming to people**
- B. Alerting other suspects
- C. Prevent damage to property
- D. Evidence

The idea being tested is safety and welfare checks after arrest and before arriving at the station. These questions are meant to identify and mitigate immediate risks to the arrestee and to others, such as injuries, medical needs, or vulnerabilities, so that appropriate care or precautions can be taken and safe transport arranged. This focus on preventing harm to people is why this set of questions is used at this stage. Alerting other suspects isn't the aim here because it could jeopardize safety and the integrity of the investigation. Preventing damage to property isn't the immediate priority in custody handling. Collecting evidence is important, but these questions are about welfare and safety rather than evidential gathering, which is handled through other procedures.

2. In a policing context, give an example of a SMART objective for reducing a particular type of incident.

- A. Reduce thefts by 5% next year
- B. Increase patrols
- C. Reduce vehicle-enabled thefts by 20% in Ward A within 6 months through targeted patrols**
- D. Decrease thefts a lot eventually

In policing, a SMART objective clearly defines the incident type, the location, the action to be taken, a measurable target, and a deadline. The best example sets a precise goal: reduce vehicle-enabled thefts by 20% in Ward A within six months, achieved through targeted patrols. It is Specific about the crime type and area, Measurable with a 20% target, Achievable by directing targeted patrols, Relevant because it tackles a concrete harm to property and safety, and Time-bound with a six-month deadline. The other options lack one or more of these elements: they either miss a clear outcome, a specific area, or a concrete method and timeframe, making them harder to track and assess progress against.

3. In the SARA process, which phase is focused on implementing actions and partnerships to address the problem?

- A. Scanning
- B. Analysis
- C. Assessment
- D. Response**

Understanding the SARA process: after a problem is identified and its causes are understood, the part that focuses on putting plans into action and working with partners to address the issue is the Response phase. This stage is about selecting and implementing specific interventions, coordinating with community members and other agencies, and mobilizing the necessary resources to reduce or mitigate the problem. It's where concrete actions are carried out and collaborations are established to make a real impact. Scoping and prioritizing the problem happen earlier, during Scanning. Delving into why and how the problem occurs happens during Analysis. Measuring what happened after actions are taken happens during Assessment. The Response phase is the part that ties ideas to concrete steps and partnerships aimed at solving the problem.

4. PENS stands for?

- A. Physical, Emotional, Neglect, Sexual
- B. Psychological, Educational, Neurological, Social
- C. Physical, Environmental, Nutritional, Social
- D. Personal, Emotional, Nuclear, Safety

PENS is the fourfold framework used to categorize abuse and safeguarding concerns: Physical, Emotional, Neglect, Sexual. This exact mapping mirrors the acronym, so it's the best answer because it reflects the standard categories police and safeguarding professionals use to flag potential harm. Other options introduce terms that aren't part of this mnemonic (for example, psychological or educational instead of emotional; environmental or nutritional instead of neglect; nuclear or safety that don't fit the pattern), so they don't match what PENS stands for. In practice, when assessing a case, you'd look for indicators across those four areas to identify possible abuse or neglect.

5. Which describes an assault?

- A. An assault occurs when one person intentionally or recklessly applies force to the person of another, without the other's consent
- B. An assault is only when there is visible injury
- C. An assault is any threatening statement
- D. An assault requires the offender to be a relative of the victim

What makes something an assault is the act of applying force to another person's body, done intentionally or recklessly, and without that person's consent. This captures the essential elements: there must be contact or force applied, the actor must intend or knowingly take a risk about applying that force, and there is no lawful permission from the other person. Because no injury is required for the act itself, an assault can occur even without visible harm. The other statements don't fit as well. Injury isn't a prerequisite for an assault, so saying it only counts when there's visible injury is incorrect. A threatening statement describes intimidation or menace, not actual contact or force, so it doesn't match the described act of applying force. Finally, whether the offender is related to the victim doesn't affect the crime's definition; family relationship is irrelevant to whether force was applied without consent.

6. RAT stands for?

- A. Rapid Analysis Tactics
- B. Routine Activity Theory
- C. Risk and Trust
- D. Reactive Analysis Theory

RAT is about how everyday routines create opportunities for crime. Routine Activity Theory explains that crime happens when three elements converge: a motivated offender, a suitable target, and a lack of capable guardianship. This framework emphasizes how the patterns of daily life—where people are, when they're out, and what they leave exposed—shape the chances of offending. By changing routines or strengthening guardianship (lighting, surveillance, target hardening), you reduce opportunities for crime. That's why Routine Activity Theory is the best answer: it directly describes the criminological idea behind the acronym. The other phrases don't map to a recognized theory about how routine patterns influence crime, so they're not correct in this context.

7. In SAD CHALETs, what is the first step?

- A. Survey the Area**
- B. Access the Area
- C. Disseminate the Area
- D. Casualty

Surveying the area first is all about establishing safety and situational awareness before you move. By taking a quick, broad look from a safe vantage point, you identify hazards, entry and exit points, potential threats, and where help is needed. This initial scan gives you the information you need to plan how to approach the scene, where to establish a perimeter, and what resources to call for. It also helps preserve the scene and protect yourself from harm. After you have this overview, you can proceed with entering the area, then communicating what you find to others, and finally locating and assisting any casualties.

8. What does SMART stand for in goal setting?

- A. Specific; Measurable; Achievable; Relevant; Time-bound
- B. Simple; Measurable; Actionable; Realistic; Timely
- C. Strategic; Manageable; Accurate; Result-driven; Timed
- D. Specific; Manageable; Attainable; Relevant; Time-bound**

SMART goals guide you to set targets that are clear and doable by making five elements explicit: Specific, Measurable, Achievable (Attainable), Relevant, and Time-bound. Being Specific means the outcome is precisely defined so there's no ambiguity about what success looks like. Measurable adds a way to track progress with numbers or clear criteria, so you can tell when the goal is reached. Achievable (or Attainable) ensures the goal is realistic given available resources and constraints. Relevant links the goal to larger policing priorities, so effort contributes to meaningful objectives. Time-bound places a deadline on the goal, creating urgency and a schedule for review. In practice, this means you might set a goal like increasing a target crime statistic by a specific amount within a set period, and you'd measure progress with concrete numbers at regular intervals. If a version of the acronym drops the measurable part or substitutes a word that doesn't emphasize tracking progress, it weakens the ability to judge success and adjust as needed. The standard formulation uses Measurable and Time-bound alongside Specific, Achievable, and Relevant, with Achievable often phrased as Attainable.

9. Which legislation defines Criminal Damage?

- A. PACE 1984, section 24(3)
- B. Public Order Act 1986, section 5
- C. Offences Against the Person Act 1861, section 20
- D. Criminal Damage Act 1971, section 1(1)**

Criminal Damage is defined in statute by the Criminal Damage Act 1971. It makes it an offence to destroy or damage any property belonging to another without lawful excuse, either intentionally or while acting recklessly as to whether damage would be caused. The other acts listed cover police powers (PACE 1984), public order, and offences against the person, none of which define criminal damage. So the correct reference is the Criminal Damage Act 1971, section 1(1).

10. If a goal is 'Reduce vehicle-enabled thefts' without a target, which SMART component is missing?

- A. Time-bound
- B. Achievable
- C. Specific**
- D. Measurable

Specific means spelling out exactly what you want to achieve, where, and for whom, so there's no ambiguity about the goal itself. The phrase "Reduce vehicle-enabled thefts" points to a desired outcome but leaves out crucial details about scope and target. It doesn't specify which thefts, in what area, by how much, or within what timeframe. That lack of precise description is what makes the goal not genuinely Specific. To fix it, you'd add details about the exact target and scope, for example: reduce vehicle-enabled thefts in the metropolitan area by a certain percentage within a set period. This clarifies exactly what will be addressed and sets a concrete target to aim for, which also naturally supports measurable progress and time framing.

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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://metpolicemnemonics.examzify.com>

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

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