

MIDDLE SCHOOL ACADEMIC TEAM 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. What is the name of the process used to separate substances based on their physical or chemical properties?**
 - A. Evaporation
 - B. Filtration
 - C. Diffusion
 - D. Precipitation
- 2. Which of the following is a characteristic of an amphibian?**
 - A. Fur covering their body
 - B. Ability to live both in water and on land
 - C. Wings for flight
 - D. Cold-blooded warm habitat
- 3. Who was the first female Supreme Court Justice in the U.S.?**
 - A. Ruth Bader Ginsburg
 - B. Elena Kagan
 - C. Sandra Day O'Connor
 - D. Sonya Sotomayor
- 4. Which event involved patriots dumping chests of tea into Boston Harbor in resistance to a British act?**
 - A. Boston Tea Party
 - B. Boston Massacre
 - C. Intolerable Acts
 - D. First Continental Congress
- 5. Which animal is known as the 'king of the jungle'?**
 - A. Elephant
 - B. Tiger
 - C. Lion
 - D. Bear

6. What year did World War II end?

- A. 1939
- B. 1945
- C. 1950
- D. 1940

7. What is the term for a number's distance from zero on a number line?

- A. Magnitude
- B. Absolute value
- C. Coordinate
- D. Integer

8. In which layer of the Earth do we live?

- A. Core
- B. Outer mantle
- C. Crust
- D. Inner mantle

9. Who choreographed over 150 works for the New York City Ballet and co-founded the School of American Ballet?

- A. George Balanchine
- B. Martha Graham
- C. Igor Stravinsky
- D. Alvin Ailey

10. What is the name of the small, hard, benign skin growths caused by a virus that can be found on both skin and toads?

- A. Wart
- B. Mole
- C. Lesion
- D. Callus

Answers

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

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Explanations

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1. What is the name of the process used to separate substances based on their physical or chemical properties?

- A. Evaporation
- B. Filtration**
- C. Diffusion
- D. Precipitation

The process of filtration is specifically designed to separate substances based on their physical properties, such as size. In filtration, a mixture of solid and liquid is poured through a filter, which allows the liquid to pass through while trapping the solid particles. This method is widely used in various scientific applications, including water purification, laboratory experiments, and even in cooking to separate solid food from liquids. While other options might seem relevant in certain contexts, they refer to distinct processes. Evaporation involves transitioning a liquid to a gas state and is not specifically a separation method for solids and liquids. Diffusion is the movement of particles from an area of higher concentration to an area of lower concentration, which does not serve as a separation technique. Precipitation refers to the formation of a solid in a solution, often as a result of a chemical reaction, but it does not involve a physical separation method. Thus, filtration stands out as the most direct method to separate mixtures based on physical characteristics.

2. Which of the following is a characteristic of an amphibian?

- A. Fur covering their body
- B. Ability to live both in water and on land**
- C. Wings for flight
- D. Cold-blooded warm habitat

The characteristic that defines amphibians is their ability to live both in water and on land. Amphibians, such as frogs, toads, and salamanders, undergo a unique life cycle that typically includes an aquatic larval stage, where they often have gills and live in water, and a terrestrial adult stage, where they usually have lungs for breathing air. This dual lifestyle allows amphibians to thrive in both environments, making them distinct from other animal groups. The other options do not appropriately describe amphibians. Unlike mammals, amphibians do not have fur covering their bodies. While some animals do have wings and are capable of flight, amphibians do not possess this trait. The mention of being cold-blooded in the incorrect option does relate to amphibians, but the phrase "cold-blooded warm habitat" is not a correct characteristic, as amphibians are cold-blooded animals that often require moist environments, which can vary in temperature.

3. Who was the first female Supreme Court Justice in the U.S.?

- A. Ruth Bader Ginsburg
- B. Elena Kagan
- C. Sandra Day O'Connor**
- D. Sonya Sotomayor

The first female Supreme Court Justice in the United States was Sandra Day O'Connor. She was appointed by President Ronald Reagan and took her seat on the Court on September 25, 1981. O'Connor's appointment marked a significant milestone in U.S. history, as she broke the gender barrier on the Supreme Court, paving the way for women in the judiciary and influencing legal decisions affecting women's rights and gender equality during her tenure. Her retirement in 2006 left a legacy that encouraged greater female representation in all levels of the legal system. While Ruth Bader Ginsburg, Elena Kagan, and Sonia Sotomayor are also significant figures in the history of the Supreme Court, they followed O'Connor and did not precede her in their service. Ginsburg, for instance, joined the Court in 1993, Kagan in 2010, and Sotomayor in 2009, all of which highlight O'Connor's historic role as the first woman to serve on the Supreme Court.

4. Which event involved patriots dumping chests of tea into Boston Harbor in resistance to a British act?

- A. Boston Tea Party**
- B. Boston Massacre
- C. Intolerable Acts
- D. First Continental Congress

The event where patriots dumped chests of tea into Boston Harbor in defiance of British rule is known as the Boston Tea Party. This protest took place on December 16, 1773, and was a response to the Tea Act, which granted the British East India Company a monopoly on tea sales in the American colonies while still imposing taxes on the tea. The act angered many colonists who felt it violated their rights as Englishmen to be taxed without representation. During the Boston Tea Party, American colonists, disguised as Mohawk Indians to conceal their identities, boarded three British ships and threw 342 chests of tea overboard. This act of defiance was significant as it escalated tensions between Britain and the American colonies and set the stage for further resistance against British policies, ultimately contributing to the outbreak of the American Revolutionary War. The other events listed—such as the Boston Massacre, which involved violence against colonists by British troops, the Intolerable Acts, which were punitive measures taken by Britain in response to colonial protests, and the First Continental Congress, which was a gathering of colonial delegates to address grievances—did not involve the act of dumping tea into the harbor and are therefore not the correct answer.

5. Which animal is known as the 'king of the jungle'?

- A. Elephant
- B. Tiger
- C. Lion**
- D. Bear

The lion is referred to as the 'king of the jungle' primarily due to its prominent position in the ecosystem and its reputation for strength and leadership among the animal kingdom. Despite the fact that lions typically inhabit savannas and grasslands rather than dense jungles, this title emphasizes their majesty and social structure. Lions live in prides, where they demonstrate complex social behaviors and cooperation, which contributes to their identity as formidable predators. The lion's powerful roar can be heard over long distances, further reinforcing its status as a dominant figure in its habitat. This combination of physical prowess, social organization, and cultural symbolism has solidified the lion's designation as the 'king' in various cultures and narratives.

6. What year did World War II end?

- A. 1939
- B. 1945**
- C. 1950
- D. 1940

World War II officially ended in 1945. This year marks the conclusion of the conflict in Europe with the unconditional surrender of Germany in May, followed by the surrender of Japan in September after the atomic bombings of Hiroshima and Nagasaki. These events led to the formal conclusion of hostilities, which is recognized historically as the end of the war. The timeline of this major global conflict is crucial, as it transformed international relations and had lasting impacts on the world order. The other years listed do not correspond to significant end dates in the conflict; 1939 marks the beginning of the war, while 1940 and 1950 fall outside the timeline of the war's official end.

7. What is the term for a number's distance from zero on a number line?

- A. Magnitude
- B. Absolute value**
- C. Coordinate
- D. Integer

The term that describes a number's distance from zero on a number line is called absolute value. Absolute value represents the non-negative value of a number regardless of its sign. For instance, both +3 and -3 have an absolute value of 3 because they are both three units away from zero on the number line. This concept applies to all real numbers, thereby making the absolute value a crucial aspect of how we understand numbers in mathematical contexts, particularly when analyzing distance without regard to direction. In contrast, magnitude generally refers to the size or quantity of something but is not a term specifically used for distance from zero in mathematics. A coordinate describes a specific location on a graph or number line, not its distance from a reference point. An integer is a type of number that can be positive, negative, or zero but does not inherently provide information about the distance from zero. Hence, absolute value is the most precise and relevant term for describing the distance of a number from zero on a number line.

8. In which layer of the Earth do we live?

- A. Core
- B. Outer mantle
- C. Crust**
- D. Inner mantle

The correct answer is the crust because it is the outermost layer of the Earth, where all terrestrial life exists. The crust consists of solid rock, including both continental landmasses and ocean floors, and is relatively thin compared to the underlying layers. It is where we find the soil, mountains, oceans, and various ecosystems that support life. The core is located at the center of the Earth and consists primarily of iron and nickel; it is divided into the inner core, which is solid, and the outer core, which is liquid. Neither of these layers supports life nor provides the environment necessary for living organisms. The mantle lies between the crust and the core. While the lower mantle is primarily composed of silicate minerals and behaves like a solid over long periods, it is not where we reside. The outer mantle, specifically, refers to the upper portion of the mantle that is still beneath the crust, but it also does not provide the conditions necessary for life, as it is characterized by high temperatures and intense pressure. Thus, the crust is the layer where all human activities take place, making it the appropriate answer.

9. Who choreographed over 150 works for the New York City Ballet and co-founded the School of American Ballet?

- A. George Balanchine**
- B. Martha Graham
- C. Igor Stravinsky
- D. Alvin Ailey

George Balanchine is renowned for his significant contributions to ballet in the United States, particularly for his role in shaping the New York City Ballet. As a choreographer, he created over 150 works, establishing a unique style that emphasized technical precision and musicality. His partnership with Igor Stravinsky, who composed many scores for Balanchine's dances, was pivotal; however, Balanchine's vision led to the creation of new forms and interpretations in ballet. Furthermore, he co-founded the School of American Ballet, which has been instrumental in training a new generation of dancers and ensuring the growth of ballet in America. His legacy is evident in the modern ballet repertoire and in the continuing influence his choreography has on both dancers and choreographers today.

10. What is the name of the small, hard, benign skin growths caused by a virus that can be found on both skin and toads?

- A. Wart**
- B. Mole
- C. Lesion
- D. Callus

The correct answer is wart. Warts are small, hard growths on the skin that are caused by a viral infection, specifically by the human papillomavirus (HPV). They can appear anywhere on the body but are most commonly found on the hands, feet, and sometimes on mucous membranes. In addition to humans, certain types of warts can also appear on the skin of animals, including toads, showcasing their versatility across different species. In contrast, a mole is a pigmented skin growth that usually appears brown or black and is not typically caused by a virus. A lesion is a broader term that encompasses any abnormal tissue change, including wounds, sores, or growths, but does not specifically refer to the benign growths caused by a virus. A callus is a thickened and hardened area of skin that develops in response to repeated friction or pressure, rather than a viral infection. Thus, warts are distinct in their viral origin and characteristic appearance.

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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://middleschoolacademicteam.examzify.com>

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

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