

NMAT SOCIAL SCIENCES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED 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. 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 statement best aligns with the concept of a minority group as described?**
 - A. They are always numerically smaller
 - B. They are defined by prejudice and discrimination and social traits
 - C. They control most resources
 - D. They have no subculture
- 2. Which theory states that individuals in a crowd release their underlying personal tendencies?**
 - A. Emergent Norm theory
 - B. Mass behavior
 - C. Contagion theory
 - D. Convergence theory
- 3. Internalization is the acceptance of norms as part of one's identity. Which option best describes this concept?**
 - A. The conscious adoption of norms as part of one's identity
 - B. Formal sanctions imposed by authorities
 - C. The acceptance of norms as part of one's identity
 - D. The social process of shaming
- 4. Which term refers to the capacity to influence others regardless of whether authority is socially recognized?**
 - A. Power
 - B. Legitimate
 - C. Charismatic Authority
 - D. Legal-Rational
- 5. Which term describes the movement becoming an accepted and institutionalized part of society?**
 - A. Institutional change
 - B. Urbanization
 - C. Gossip
 - D. Public opinion

- 6. Which political system is defined by centralized control by a single party with extensive surveillance and limited freedoms?**
- A. Democracy
 - B. Authoritarianism
 - C. Charismatic Authority
 - D. Totalitarianism
- 7. Which deviant adaptation describes rejecting both the goals and the means?**
- A. Innovation
 - B. Ritualism
 - C. Rebellion
 - D. Retreatism
- 8. Which statement best captures the conflict theory view of the stability of real societies?**
- A. Societal stability through consensus
 - B. Change is driven by gender movements
 - C. Real societies are not as stable as functionalists imply
 - D. Cyclical patterns explain all change
- 9. Social control is best defined as which of the following?**
- A. A policy of manufacturing deviant behavior
 - B. Means to condition or limit actions to conform to social norms
 - C. Internal acceptance of norms as identity
 - D. A formal law enforcement mechanism
- 10. Which deviant adaptation involves rejecting the goals and the means and instituting new ones?**
- A. Rebellion
 - B. Innovation
 - C. Ritualism
 - D. Retreatism

Answers

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

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Explanations

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1. Which statement best aligns with the concept of a minority group as described?

- A. They are always numerically smaller
- B. They are defined by prejudice and discrimination and social traits**
- C. They control most resources
- D. They have no subculture

In sociology, a minority group is identified by social disadvantage and exclusion in society, not simply by being numerically small. The key idea is that prejudice and discrimination, along with shared social traits that mark the group, place members in a subordinate position and limit their access to power and resources. That's why the statement describing them as defined by prejudice and discrimination and social traits fits best. The other ideas miss this core dynamic. Being numerically smaller isn't required for minority status, since a group can be a numerical majority in a region yet still face discrimination and hold less power. Saying they control most resources contradicts the typical pattern of minority groups lacking power. And claiming they have no subculture ignores that many minority groups maintain distinctive cultural practices or identities, even if that isn't universal.

2. Which theory states that individuals in a crowd release their underlying personal tendencies?

- A. Emergent Norm theory
- B. Mass behavior
- C. Contagion theory
- D. Convergence theory**

Contagion theory is about how emotions and impulses spread quickly in a crowd, causing individuals to lose personal restraint and act on feelings they might suppress when alone. In a group, arousal is shared, and private tendencies surface and intensify through this emotional contagion, making it feel like those underlying urges are being released. By contrast, convergence theory says crowds form because people with similar motives come together, so behavior reflects preexisting dispositions rather than a release of hidden impulses. Emergent norm theory focuses on how new norms arise to guide collective action, not on unleashing latent tendencies. So the description of releasing underlying personal tendencies best aligns with contagion theory.

3. Internalization is the acceptance of norms as part of one's identity. Which option best describes this concept?

- A. The conscious adoption of norms as part of one's identity
- B. Formal sanctions imposed by authorities
- C. The acceptance of norms as part of one's identity**
- D. The social process of shaming

Internalization is about norms becoming part of who you are, so you follow them because they feel like your own standards, not just because you're told to. That makes the description that emphasizes acceptance of norms as part of one's identity the best fit, since it captures the integration of norms into one's self-concept. The idea of conscious adoption suggests a deliberate choice that may not fully reflect the deepest internal integration. External controls, like formal sanctions or shaming, influence behavior from the outside and don't describe norms being taken into the self.

4. Which term refers to the capacity to influence others regardless of whether authority is socially recognized?

- A. Power**
- B. Legitimate
- C. Charismatic Authority
- D. Legal-Rational

Power is the capacity to influence or control the actions of others, even when they do not recognize or accept the authority of the person or institution involved. It doesn't depend on social legitimacy; it can come from resources, expertise, position in networks, or persuasive ability. That makes it the best fit for influence that occurs regardless of whether authority is socially recognized. By contrast, legitimate authority, charismatic authority, and legal-rational authority all rely on some form of social acceptance or placement within a system—recognition that the person or office has the right to command—so they aren't about influence independent of that recognition.

5. Which term describes the movement becoming an accepted and institutionalized part of society?

- A. Institutional change**
- B. Urbanization
- C. Gossip
- D. Public opinion

When a movement becomes an accepted and institutionalized part of society, its ideas, aims, and practices are woven into the functioning of major social institutions—laws, policies, education, government agencies, and even everyday norms. This means the changes it advocates persist through rules and structures, not just through ongoing activism. The movement's goals are reflected in formal mechanisms: passed legislation, established organizations, official guidelines, and widespread acceptance within institutions, so the shift becomes a lasting part of how society operates. That process—embedding a movement into the backbone of society—is what we call institutional change. For context, other terms describe different things. Urbanization is about people moving into cities and the growth of urban areas; gossip refers to informal, often casual sharing of information; public opinion is the collective attitudes of people, which can influence but isn't the same as formalizing changes into institutions.

6. Which political system is defined by centralized control by a single party with extensive surveillance and limited freedoms?

- A. Democracy
- B. Authoritarianism
- C. Charismatic Authority
- D. Totalitarianism**

Totalitarianism is defined by centralized rule under a single party that seeks to control nearly every aspect of society. In such systems, the party dominates political life and pushes an official ideology through all institutions—government, military, education, media, and the economy—while insisting on absolute loyalty. Dissent is aggressively suppressed, and extensive surveillance and coercive tactics are used to keep people in line, leaving little room for personal freedoms or political competition. This level of comprehensive control over both public and private life is what makes totalitarianism distinct from other forms of rule. By comparison, democracy emphasizes free elections and civil liberties with multiple parties, and authoritarianism concentrates power but doesn't usually attempt to mold every facet of society to the same extent. Charismatic authority centers on the leader's personal appeal rather than a pervasive, system-wide grip on all life.

7. Which deviant adaptation describes rejecting both the goals and the means?

- A. Innovation
- B. Ritualism
- C. Rebellion
- D. Retreatism**

Retreatism is about rejecting both the goals society says you should strive for and the accepted ways to achieve them, so the person withdraws from mainstream life. In Merton's framework, this mode shows up when individuals give up on measuring up to social success and also abandon the legitimate paths to get there, often resulting in a withdrawn or marginal lifestyle. For contrast, another pattern involves pursuing goals but using unconventional means (innovation), or sticking to the means without aiming for the goals (ritualism). Rebellion, while it also rejects the current goals and means, seeks to replace them with an alternative system. The key with retreatism is the withdrawal from both the accepted aims and the accepted routes.

8. Which statement best captures the conflict theory view of the stability of real societies?

- A. Societal stability through consensus
- B. Change is driven by gender movements
- C. Real societies are not as stable as functionalists imply**
- D. Cyclical patterns explain all change

Conflict theory sees society as driven by unequal power relations, where stability is created and maintained through domination and coercion rather than by shared values alone. From this view, real societies are not as stable as some theories suggest, because underlying tensions over resources, status, and advantage are always pushing for change. The statement that best matches this perspective is the one that says real societies are not as stable as functionalists imply, since surface order hides ongoing conflicts and power struggles that continually shape social change. By contrast, the idea of stability through consensus reflects a functionalist view, not conflict theory. Focusing on change driven only by gender movements narrows the broader power dynamics conflict theory emphasizes, and the notion that cyclical patterns explain all change implies a fixed repeating process, which isn't the core claim of this theory.

9. Social control is best defined as which of the following?

- A. A policy of manufacturing deviant behavior
- B. Means to condition or limit actions to conform to social norms**
- C. Internal acceptance of norms as identity
- D. A formal law enforcement mechanism

Social control is about the ways a society regulate actions to keep them aligned with its norms. It works through both formal means like laws and police and informal means like praise, shame, and family or peer expectations to guide behavior before and after actions occur. The best choice captures this broad functioning by describing social control as a means to condition or limit actions to conform to social norms. It emphasizes guiding behavior toward expected patterns rather than creating deviance or being limited to internal self-perception. The other options miss key parts: manufacturing deviant behavior is the opposite of controlling behavior toward norms; internal acceptance of norms as identity focuses on self-definition rather than external regulation; and a formal law enforcement mechanism only represents one tool within the larger system of social control.

10. Which deviant adaptation involves rejecting the goals and the means and instituting new ones?

- A. Rebellion**
- B. Innovation
- C. Ritualism
- D. Retreatism

In Strain Theory, people respond to the mismatch between culturally approved goals and the legitimate ways to achieve them. Rebellion is the mode where individuals reject both the current goals and the established means, and they substitute a new set of goals and new means—often aiming to create a different social order. This differentiates it from other adaptations: innovation pursues the same goals through new, possibly illegitimate means; ritualism clings to means without pursuing the goals; retreatism abandons both goals and means by withdrawing; conformity accepts both. So the idea of instituting new ones points squarely to rebellion.

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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://nmatsocialsciences.examzify.com>

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

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