

# Non-Commissioned Officer NCO Cognition Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. What behavior might suggest a child has autism spectrum disorder?**
  - A. Playing actively with peers**
  - B. Exhibiting an interest in music**
  - C. Having numerous attachments to friends**
  - D. Regular interaction with parents**
- 2. Which parameters are relevant for assessment using the AVPU mnemonic in a client with drug abuse?**
  - A. Level of anxiety**
  - B. Reaction to pain**
  - C. Body temperature**
  - D. Response to voice**
- 3. How should an NCO promote military customs and courtesies?**
  - A. By ignoring traditions as outdated**
  - B. By serving as examples and instilling respect for traditions**
  - C. By focusing on modern practices only**
  - D. By delegating responsibilities to junior members**
- 4. Which of the following is an adverse effect of intravenous lorazepam?**
  - A. Amnesia**
  - B. Drowsiness**
  - C. Blurred vision**
  - D. All of the above**
- 5. Which statements about language development in children ages 12 to 36 months are true?**
  - A. All children 24 months old use pronouns.**
  - B. Children 18 months old use approximately 25 words.**
  - C. Children 24 months old speak in four-word sentences.**
  - D. Children 36 months old learn to use five or six new words each day.**

- 6. What role does the nurse have in ensuring the safety of clients who wander at night?**
- A. Implement physical restraints**
  - B. Increase family involvement**
  - C. Provide sedatives to promote sleep**
  - D. Close supervision at the nurses' station**
- 7. Continuing education primarily aids NCOs in which of the following ways?**
- A. Fostering competition among peers**
  - B. Enhancing their professional competencies**
  - C. Reducing the need for experience**
  - D. Emphasizing technical skills exclusively**
- 8. What is the primary cause of confusion in clients with Alzheimer disease when changes occur?**
- A. Environmental changes**
  - B. Normal aging processes**
  - C. Lack of social interaction**
  - D. Cognitive decline**
- 9. Why is self-discipline important for an NCO?**
- A. It increases the number of tasks assigned**
  - B. It sets a standard for soldiers and promotes accountability**
  - C. It encourages physical competition**
  - D. It simplifies decision-making processes**
- 10. What need is essential for clients suffering from dementia?**
- A. To relate in a consistent manner to staff**
  - B. To accept controls that are concrete and fairly applied**
  - C. To have sameness and consistency in the environment**
  - D. To learn that the staff cannot be manipulated**

## **Answers**

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

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## **Explanations**

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**1. What behavior might suggest a child has autism spectrum disorder?**

- A. Playing actively with peers**
- B. Exhibiting an interest in music**
- C. Having numerous attachments to friends**
- D. Regular interaction with parents**

The choice indicating that a child exhibits an interest in music is significant because children with autism spectrum disorder (ASD) often display unique preferences and talents in specific areas, including music. Many children on the spectrum may show a heightened sensitivity to sound or a profound interest in musical patterns, rhythms, or instruments. This characteristic reflects a stronger affinity for certain stimuli as opposed to typical social interactions or connections with peers, which may be less pronounced in children with ASD. Conversely, the other options reflect behaviors commonly associated with typical social development. Actively playing with peers, forming multiple friendships, and regularly interacting with parents are indicators of social engagement and communication, often seen in children without autism. These behaviors contrast sharply with the tendency of some children with autism to struggle with social interactions, leading to a preference for solitary activities or intense focus on particular interests rather than broader social engagement. Thus, the interest in music highlights a unique aspect of cognition that may suggest the presence of autism spectrum disorder.

**2. Which parameters are relevant for assessment using the AVPU mnemonic in a client with drug abuse?**

- A. Level of anxiety**
- B. Reaction to pain**
- C. Body temperature**
- D. Response to voice**

The AVPU mnemonic is a simple way to assess a patient's level of consciousness and responsiveness, particularly in emergency situations or when evaluating individuals under the influence of substances. The parameters signify: - A - Alert - V - Verbal response - P - Pain response - U - Unresponsive. In the context of a client with drug abuse, assessing the reaction to pain is crucial because it helps determine the individual's conscious state, especially since many drugs can impair cognitive function or diminish pain sensitivity. If a patient is unresponsive to pain stimuli, it indicates a more severe impairment or possible overdose, which is critical information for healthcare providers. While other factors such as body temperature and anxiety might be relevant in a broader clinical assessment context, they do not directly fit the parameters defined by the AVPU mnemonic for immediate evaluation of consciousness. Noting the response to voice can also be part of the assessment, but it specifically focuses on how the patient reacts to verbal stimuli rather than an assessment of consciousness based on pain response, which plays a significant role in determining the overall level of responsiveness.

**3. How should an NCO promote military customs and courtesies?**

- A. By ignoring traditions as outdated**
- B. By serving as examples and instilling respect for traditions**
- C. By focusing on modern practices only**
- D. By delegating responsibilities to junior members**

An NCO should promote military customs and courtesies by serving as examples and instilling respect for traditions. This approach emphasizes the role of NCOs as leaders and mentors in the military environment. By embodying the values and traditions of the military, NCOs set a standard for others to follow, reinforcing the importance of customs and courtesies within the organization. Moreover, demonstrating respect for these traditions helps cultivate a sense of pride and unity among service members. When NCOs actively engage in promoting customs and courtesies, they contribute to a disciplined and professional atmosphere, which is essential for effective military operations. Promoting military customs and courtesies is not just about compliance; it is also about fostering an appreciation for the history and values that underpin military service. This leads to a strong sense of identity and belonging within the unit, encouraging individuals to uphold these traditions throughout their careers.

**4. Which of the following is an adverse effect of intravenous lorazepam?**

- A. Amnesia**
- B. Drowsiness**
- C. Blurred vision**
- D. All of the above**

Intravenous lorazepam, a benzodiazepine, can result in various adverse effects due to its action on the central nervous system. The correct answer encompasses all the listed effects: amnesia, drowsiness, and blurred vision. Amnesia is a known effect of lorazepam as it can impair memory formation, particularly short-term memory, and this can be more pronounced when the drug is administered intravenously and at higher doses. Drowsiness is another common side effect of lorazepam, as it has sedative properties that can induce sleepiness and sedation, making it useful in clinical settings for anxiety relief and premedication for procedures. Lastly, blurred vision may occur due to the muscle relaxant effects of the drug, which can influence the muscles controlling eye movement. Recognizing that all these side effects are linked to the pharmacological actions of lorazepam helps in understanding the potential risks involved in its use, especially when administered intravenously, prompting careful monitoring and patient education.

**5. Which statements about language development in children ages 12 to 36 months are true?**

- A. All children 24 months old use pronouns.**
- B. Children 18 months old use approximately 25 words.**
- C. Children 24 months old speak in four-word sentences.**
- D. Children 36 months old learn to use five or six new words each day.**

The statement regarding all children 24 months old using pronouns is not universally true across all children at this age. However, it is accurate to say that many children begin to use pronouns around this developmental milestone. Typically, by the age of two, children's language skills are rapidly expanding, and they start to use a variety of words, including pronouns, as part of their emerging speech. While variations exist in individual development, the statement highlights an important trend that occurs in language use around this age, where children show a notable growth in their vocabulary and complexity of speech. It is important to recognize that not every child will use pronouns at this exact age, as language development can vary widely among children, influenced by factors such as exposure to language and individual development rates. In contrast, the other statements do not accurately represent typical language development milestones. For instance, children around 18 months generally have a vocabulary of around 10-20 words rather than the approximate 25 suggested. By 24 months, many children may combine words into two- to three-word phrases, not four-word sentences. Finally, while children 36 months old do indeed develop robust vocabularies, the rate of learning five or six new words each day can be an

**6. What role does the nurse have in ensuring the safety of clients who wander at night?**

- A. Implement physical restraints**
- B. Increase family involvement**
- C. Provide sedatives to promote sleep**
- D. Close supervision at the nurses' station**

The role of the nurse in ensuring the safety of clients who wander at night is fundamentally linked to the concept of supervision and monitoring. Maintaining close supervision at the nurses' station is pivotal in managing and preventing potential risks associated with wandering. This active observation allows nurses to promptly identify any clients who may attempt to leave their designated areas, thus ensuring their safety and reducing the possibility of accidents or wandering into unsafe areas. Close supervision not only helps in directly managing the immediate safety concerns of clients but also provides a sense of security for both the clients and their families, knowing that there is a consistent watch over the residents. This approach fosters a safer environment, especially for those who may be disoriented or confused, which is often the case in certain conditions related to cognitive impairments. Other options may offer some form of intervention, but they do not adequately address the immediate need for safety through vigilant observation and proactive monitoring, which is essential in managing nighttime wandering behavior effectively.

**7. Continuing education primarily aids NCOs in which of the following ways?**

- A. Fostering competition among peers**
- B. Enhancing their professional competencies**
- C. Reducing the need for experience**
- D. Emphasizing technical skills exclusively**

Continuing education plays a vital role in enhancing the professional competencies of Non-Commissioned Officers (NCOs). By engaging in ongoing learning opportunities, NCOs expand their knowledge base, improve their leadership abilities, and refine their decision-making skills. This continuous development supports their growth within military ranks and enhances their capacity to manage teams effectively, adapt to new challenges, and implement best practices. Fostering competition among peers may occur in some contexts, but this is not the primary objective of continuing education and does not fundamentally support NCO development. Similarly, while experience is invaluable in the military, continuing education does not aim to replace the need for experience but rather complements it by providing theoretical knowledge and frameworks that NCOs can apply in practical situations. Lastly, focusing exclusively on technical skills overlooks the broader aspects of leadership, management, and strategic thinking that are integral to an NCO's role. Continuing education aims to promote a well-rounded skill set that includes, but is not limited to, technical abilities. Thus, enhancing professional competencies is the primary advantage that continuing education offers to NCOs.

**8. What is the primary cause of confusion in clients with Alzheimer disease when changes occur?**

- A. Environmental changes**
- B. Normal aging processes**
- C. Lack of social interaction**
- D. Cognitive decline**

The primary cause of confusion in clients with Alzheimer's disease when changes occur is environmental changes. Individuals with Alzheimer's often have difficulty processing new information or adapting to different circumstances, which can exacerbate their cognitive impairments. Even minor alterations in their surroundings—such as a change in location, new furniture, or caregivers—can lead to increased disorientation and anxiety. This sensitivity to environmental changes typically stems from the disruption they bring to established routines, which are crucial for providing a sense of stability and comfort for those affected by the disease. In contrast, while cognitive decline certainly plays a significant role in Alzheimer's and contributes to confusion in general, it is often the changes in the environment that trigger acute moments of disorientation. Other factors, such as the normal aging processes or lack of social interaction, may influence overall well-being, but they do not directly cause the immediate confusion associated with environmental shifts. Thus, understanding the impact of environmental changes is vital for managing the symptoms of Alzheimer's and improving the quality of life for those with the disease.

**9. Why is self-discipline important for an NCO?**

- A. It increases the number of tasks assigned**
- B. It sets a standard for soldiers and promotes accountability**
- C. It encourages physical competition**
- D. It simplifies decision-making processes**

Self-discipline is crucial for a Non-Commissioned Officer (NCO) because it establishes a behavioral standard that soldiers can observe and emulate. When an NCO demonstrates self-discipline, they show their commitment to responsibilities and the values of the organization. This behavior sets a benchmark for soldiers, fostering an environment where accountability becomes essential. Soldiers look to their NCOs for guidance, and an NCO who practices self-discipline influences their unit positively, promoting a culture of responsibility and higher performance. By consistently upholding discipline, NCOs encourage their soldiers to take ownership of their actions and decisions, thus enhancing the overall effectiveness and morale within the unit. This standard of behavior nurtures a sense of trust and respect between the NCO and the soldiers, which is vital for cohesion and a successful command.

**10. What need is essential for clients suffering from dementia?**

- A. To relate in a consistent manner to staff**
- B. To accept controls that are concrete and fairly applied**
- C. To have sameness and consistency in the environment**
- D. To learn that the staff cannot be manipulated**

Clients suffering from dementia greatly benefit from having sameness and consistency in their environment. This need is essential due to the cognitive and emotional challenges that dementia presents. A stable and familiar environment can help reduce confusion, anxiety, and agitation among individuals with dementia. Consistency in surroundings, routines, and interactions provides a sense of security, making it easier for them to navigate their daily lives. By ensuring that the environment remains predictable—through consistent décor, routine activities, and familiar faces—caregivers can help clients maintain a better grasp of their surroundings and their routines. This consistency also aids in fostering independence, as individuals can rely on familiar cues and patterns to guide their behavior and decisions throughout the day.