

# North Carolina PPO Basic Training Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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

- 1. Which Carey Group tool focuses on understanding alcohol and drug use?**
  - A. Moving Towards Change**
  - B. People, Places, and Feelings**
  - C. Understanding Alcohol and Drug Use**
  - D. Recovering from Relapse**
- 2. How often are warrantless searches conducted for L2-L3 classifications?**
  - A. Every 30 days**
  - B. Every 90 days**
  - C. Every 180 days**
  - D. Every 365 days**
- 3. What does the number "88" signify in White Supremacist culture?**
  - A. Heil Hitler**
  - B. Resistance Movement**
  - C. Freedom Fighters**
  - D. Sovereignty**
- 4. Why is it important to conduct a search on a person?**
  - A. To check for personal belongings**
  - B. To look for large objects, such as weapons**
  - C. To gather evidence for a case**
  - D. To confirm the person's identity**
- 5. What is one of the primary objectives of a pre-search planning meeting?**
  - A. To identify supervising officer**
  - B. To finalize the search location**
  - C. To document post-search findings**
  - D. To decide on the type of search method**

- 6. What is the penalty for a first offense under the Defraud Drug Screen Statute?**
- A. Class A Felony**
  - B. Class 1 Misdemeanor**
  - C. Class II Misdemeanor**
  - D. Class I Felony**
- 7. Cognitive Behavioral Interventions (CBI) are based on what principle?**
- A. Medication controls behavior**
  - B. Thinking controls our actions**
  - C. Physical environment influences conduct**
  - D. Group therapy is most effective**
- 8. Which is true regarding the attitude for a witness preparing to testify?**
- A. It does not need to be professional**
  - B. A relaxed and informal attitude is best**
  - C. A positive and respectful attitude is beneficial**
  - D. The attitude should be indifferent**
- 9. How long can the effects of LSD last?**
- A. Up to 6 hours**
  - B. Up to 12 hours**
  - C. Up to 24 hours**
  - D. Up to 48 hours**
- 10. Which of the following strategies can help individuals return to their prior level of functioning after a crisis?**
- A. Pushing feelings away**
  - B. Finding new strength or opportunities for change**
  - C. Isolating from previous relationships**
  - D. Ignoring the problem**



## **Answers**

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

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## **Explanations**

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**1. Which Carey Group tool focuses on understanding alcohol and drug use?**

- A. Moving Towards Change**
- B. People, Places, and Feelings**
- C. Understanding Alcohol and Drug Use**
- D. Recovering from Relapse**

The tool that is specifically designed to focus on understanding alcohol and drug use is titled "Understanding Alcohol and Drug Use." This tool provides comprehensive insights into the nature of substance use, including its effects, patterns, and the underlying issues that may contribute to addiction. It serves as a valuable resource for individuals looking to assess their own use, recognize problematic behaviors, and gain a deeper knowledge of the substance abuse landscape. By concentrating on the intricacies of alcohol and drug use, this tool helps facilitate discussions about health, choices, and recovery. It can also assist trainers and practitioners in effectively addressing substance use with their clients, enabling them to tailor their approaches based on a better understanding of these complex issues. The other options focus on different aspects of behavior change or recovery processes rather than specifically on the understanding of alcohol and drug use itself. "Moving Towards Change" emphasizes behavioral change techniques, "People, Places, and Feelings" deals with the contextual factors influencing behavior, and "Recovering from Relapse" addresses strategies for managing setbacks in the recovery journey. These tools complement the understanding of substance use, but they do not focus primarily on the nuances of alcohol and drug use like the selected answer does.

**2. How often are warrantless searches conducted for L2-L3 classifications?**

- A. Every 30 days**
- B. Every 90 days**
- C. Every 180 days**
- D. Every 365 days**

Warrantless searches for L2-L3 classifications are conducted every 180 days. This timeframe is established to ensure regular oversight and compliance while balancing the rights of individuals with the need for law enforcement to maintain public safety. Conducting these searches biannually allows agencies to monitor compliance effectively without becoming overly invasive, providing a structured approach to enforcement that respects the boundaries of legal procedures. The frequency reflects a policy decision aimed at maintaining a reasonable check on individuals who fall into these classifications, maximizing the efficiency of law enforcement activities while ensuring due process. Understanding this timeline is essential for those in law enforcement and related fields, as it informs operational procedures and highlights the importance of adherence to established protocols.

### 3. What does the number "88" signify in White Supremacist culture?

- A. Heil Hitler**
- B. Resistance Movement**
- C. Freedom Fighters**
- D. Sovereignty**

In White Supremacist culture, the number "88" represents a coded reference to "Heil Hitler." This association comes from the fact that "H" is the eighth letter of the alphabet, so "88" can be interpreted as "H" "H" or "Heil Hitler." This numerical symbolism is used by various hate groups as a way to identify their beliefs and show allegiance to Nazi ideology. This particular usage is significant in the context of White Supremacism, as it serves as a shorthand for expressing support for Adolf Hitler and the ideologies he propagated during the Nazi regime. The number is often incorporated into propaganda, tattoos, and other forms of communication within these groups to signal membership and promote their agenda. Understanding this symbolism is crucial for recognizing and countering hate speech and extremist ideologies.

### 4. Why is it important to conduct a search on a person?

- A. To check for personal belongings**
- B. To look for large objects, such as weapons**
- C. To gather evidence for a case**
- D. To confirm the person's identity**

Conducting a search on a person is essential primarily to look for large objects, such as weapons. This is crucial for ensuring the safety of both the officer and the public. Weapons can pose an immediate threat in tense situations, and locating such items can prevent potential harm. The procedure surrounding searches is often governed by guidelines that prioritize the safety of all parties involved. Understanding the importance of searching for potentially dangerous objects helps law enforcement officers manage risks during encounters with individuals. While checking for personal belongings, gathering evidence, and confirming identity may also have their importance in specific circumstances, the immediate priority during a search is to identify any items that could cause physical harm to anyone present. This understanding aligns with proper protocols and training in law enforcement, emphasizing situational awareness and public safety.

**5. What is one of the primary objectives of a pre-search planning meeting?**

- A. To identify supervising officer**
- B. To finalize the search location**
- C. To document post-search findings**
- D. To decide on the type of search method**

One of the primary objectives of a pre-search planning meeting is to identify the supervising officer. This step is crucial because the supervising officer plays a pivotal role in the coordination and execution of the search. This individual is responsible for ensuring that all team members understand their roles, the search parameters, and the legal and procedural guidelines that must be followed. By designating a supervising officer, the team can establish clear leadership and accountability, which helps streamline the search process and enhance overall efficiency. Additionally, identifying a supervising officer helps foster communication within the team and ensures that any strategic decisions made during the search are well-coordinated and effectively implemented. It creates a structure within which the search can be conducted safely and systematically. This foundational aspect of the meeting contributes significantly to the overall success of the search operation.

**6. What is the penalty for a first offense under the Defraud Drug Screen Statute?**

- A. Class A Felony**
- B. Class 1 Misdemeanor**
- C. Class II Misdemeanor**
- D. Class I Felony**

The penalty for a first offense under the Defraud Drug Screen Statute is classified as a Class 1 Misdemeanor. This classification indicates that the offense is taken seriously but is not one of the more severe penalties associated with felonies. A Class 1 Misdemeanor can result in a variety of consequences, including a fine and possible imprisonment, but it typically carries less severe repercussions compared to felony offenses.

Understanding the legal framework regarding the Defraud Drug Screen Statute is essential, as the intent behind establishing this statute is to maintain the integrity of drug screening processes. In many jurisdictions, the law aims to prevent individuals from attempting to manipulate or defraud drug tests, ensuring that they serve a legitimate purpose in public safety and health measures. This context underlines the rationale for the misdemeanor classification, balancing the need to deter such behavior without excessively penalizing first-time offenders.

**7. Cognitive Behavioral Interventions (CBI) are based on what principle?**

- A. Medication controls behavior**
- B. Thinking controls our actions**
- C. Physical environment influences conduct**
- D. Group therapy is most effective**

Cognitive Behavioral Interventions (CBI) are grounded in the principle that thinking controls our actions. This approach emphasizes the connection between thoughts, feelings, and behaviors, suggesting that cognitive processes can significantly influence an individual's emotional and behavioral responses. By identifying and challenging negative thought patterns, CBIs aim to alter behaviors and improve emotional regulation. This principle highlights the importance of cognitive restructuring, which is central to the therapeutic process in CBI. By understanding that thoughts can lead to specific feelings and actions, individuals can learn to modify their cognitive patterns, leading to positive behavioral changes and improved mental health outcomes. This approach is often applied in various therapeutic settings, including anxiety and depression treatment, showcasing its versatility and efficacy in promoting behavioral change through cognitive awareness.

**8. Which is true regarding the attitude for a witness preparing to testify?**

- A. It does not need to be professional**
- B. A relaxed and informal attitude is best**
- C. A positive and respectful attitude is beneficial**
- D. The attitude should be indifferent**

A positive and respectful attitude is crucial for a witness preparing to testify. This demeanor helps create an environment of credibility and trustworthiness, which can significantly influence how the testimony is received by the court. When witnesses approach their testimony with respect not only for the legal system but also for the judge, attorneys, and the process itself, they are more likely to be perceived as reliable and credible individuals. A positive attitude can also help alleviate anxiety, enabling the witness to convey their statements clearly and effectively. In contrast, an attitude that is unprofessional or indifferent can undermine the witness's credibility. It may lead to the perception that the witness does not take the process seriously, which can detract from the weight of their testimony. While a relaxed demeanor might seem beneficial at first glance, it can be misconstrued as a lack of seriousness about the importance of the judicial process. Hence, maintaining a positive and respectful attitude is the most beneficial approach for a witness in this context.

**9. How long can the effects of LSD last?**

- A. Up to 6 hours
- B. Up to 12 hours**
- C. Up to 24 hours
- D. Up to 48 hours

The effects of LSD, also known as lysergic acid diethylamide, can indeed last up to 12 hours. While the peak effects typically occur within the first few hours after ingestion, the overall duration of the experience is longer and can vary based on several factors, including dosage, individual metabolism, and the specific strain of the drug. Users usually report that the effects begin to diminish after about 8 hours, but residual effects or afterglow effects can linger for a total duration not exceeding 12 hours. This timeframe aligns with the pharmacological profile of LSD, which is a potent hallucinogen known for its ability to alter perceptions, mood, and cognitive processes. Understanding this duration is crucial for individuals in both healthcare and law enforcement, as it impacts how one might respond to someone under the influence, manage potential side effects, and approach treatment or recovery protocols.

**10. Which of the following strategies can help individuals return to their prior level of functioning after a crisis?**

- A. Pushing feelings away
- B. Finding new strength or opportunities for change**
- C. Isolating from previous relationships
- D. Ignoring the problem

Finding new strength or opportunities for change is a constructive strategy for individuals looking to return to their prior level of functioning after a crisis. This approach encourages personal growth and resilience, allowing individuals to not only recover from the immediate challenges they faced but also to adapt and improve their coping mechanisms and overall well-being. By focusing on new strengths or opportunities, individuals can turn negative experiences into motivation for positive change, fostering a sense of empowerment. In contrast, pushing feelings away, isolating from previous relationships, and ignoring the problem are often detrimental strategies. They can lead to unresolved emotional issues and hinder the healing process. Embracing growth and learning from crises instead promotes a healthier, more supportive environment for recovery.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ncppobasictraining.examzify.com>**

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