

PHASE UP GUIDE 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 item is explicitly allowed to be plugged in unattended?

- A. Mini Fridges
- B. Monitors
- C. Curling irons
- D. Blow dryers

2. Which statement correctly describes the placement of the U.S. insignia disk on the collar?

- A. The U.S. insignia disk on the left collar with its centerline parallel to the inside edge of the lapel and bottom about 1 inch above the notch.
- B. The U.S. insignia disk on the right collar with its centerline parallel to the outside edge of the lapel and bottom about 1 inch above the notch.
- C. The U.S. insignia disk on the right collar with its centerline parallel to the inside edge of the lapel and bottom about 1 inch above the notch.
- D. The U.S. insignia disk on the right collar with its centerline parallel to the inside edge of the lapel and bottom about 0.5 inches above the notch.

3. Are there exceptions to overnight passes?

- A. No, there are no exceptions.
- B. Exceptions require approval by the unit commander for any reason.
- C. Exceptions are only for medical emergencies confirmed through Red Cross.
- D. Yes—the Battalion Commander may authorize one overnight pass for soldiers with verified family emergencies confirmed via Red Cross.

4. What does SHARP stand for?

- A. Sexual Harassment/Assault Policy and Response
- B. Sexual Harassment and Assault Prevention
- C. Sexual Harassment/Assault Response and Prevention
- D. Sexual Harassment/Assault Response and Protection

5. CCOE Command Team comprises whom?

- A. General Smith and CSM Brown
- B. Colonel Adams and SGM Lee
- C. Brigadier General Carter and CSM Wilson
- D. Major General Janovic and CSM McGuire

- 6. Phase VI+ soldiers may stay in hotels or motels only under which condition?**
- A. Unsupervised during extended weekends.
 - B. If accompanied by an authorized unit sponsor.
 - C. If accompanied by an authorized family member.
 - D. If they are on leave status.
- 7. For Phase VI+ soldiers, what is required to obtain an off-post day pass?**
- A. An approved family member signs out.
 - B. A direct call from the Battalion Commander.
 - C. A request filed through the online portal.
 - D. A medical clearance.
- 8. How must the open edge of the pillow be treated?**
- A. Open edge must be face outward.
 - B. Open edge must be folded under the pillow.
 - C. Open edge should be tucked behind the pillow.
 - D. The pillow should be folded in half first.
- 9. Which form is used to document counseling interactions?**
- A. DD Form 2983
 - B. DD Form 200
 - C. DA Form 4856
 - D. DA Form 8030
- 10. What do you do when you lose your CAC, Student ID Badge, or Phase Badge?**
- A. Report it to your drill sergeants immediately.
 - B. Notify the chain of command.
 - C. Wait for guidance from a supervisor.
 - D. Ignore the loss.

Answers

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

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Explanations

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1. Which item is explicitly allowed to be plugged in unattended?

A. Mini Fridges

B. Monitors

C. Curling irons

D. Blow dryers

In safety terms, items that can stay plugged in unattended are those with minimal fire risk and built-in safeguards for continuous operation. A mini fridge fits this, because it is designed for long-term, unattended use and relies on a thermostat and protective circuits to regulate cooling without producing dangerous heat. Curling irons and blow dryers, by contrast, generate significant heat and can ignite fabrics or cause overheating if left on, so they should be unplugged when not actively in use. Monitors are low-risk electronics, but the scenario points to the item explicitly allowed for unattended plugging, which is the mini fridge due to its design for continuous operation.

2. Which statement correctly describes the placement of the U.S. insignia disk on the collar?

A. The U.S. insignia disk on the left collar with its centerline parallel to the inside edge of the lapel and bottom about 1 inch above the notch.

B. The U.S. insignia disk on the right collar with its centerline parallel to the outside edge of the lapel and bottom about 1 inch above the notch.

C. The U.S. insignia disk on the right collar with its centerline parallel to the inside edge of the lapel and bottom about 1 inch above the notch.

D. The U.S. insignia disk on the right collar with its centerline parallel to the inside edge of the lapel and bottom about 0.5 inches above the notch.

Proper placement relies on alignment and consistent spacing to keep the uniform looking balanced. The U.S. insignia disk belongs on the right collar, and its centerline should run parallel to the inside edge of the lapel so the disk sits square to the overall line of the uniform. The bottom edge should be about one inch above the notch, which keeps the insignia clearly visible and properly spaced from the collar detail. Placing it on the left collar would disrupt the standard symmetry, while aligning the centerline with the outside edge or locating the disk closer than one inch above the notch would look off and reduce readability.

3. Are there exceptions to overnight passes?

- A. No, there are no exceptions.
- B. Exceptions require approval by the unit commander for any reason.
- C. Exceptions are only for medical emergencies confirmed through Red Cross.
- D. Yes—the Battalion Commander may authorize one overnight pass for soldiers with verified family emergencies confirmed via Red Cross.**

The main idea here is how exceptions to overnight passes are authorized and under what conditions. Exceptions exist for genuine family emergencies, and they must be verified through an official channel to prevent abuse. The Battalion Commander is the designated authority who can grant a one-time overnight pass for a soldier with a verified family emergency confirmed through Red Cross documentation. This combination—the specific authorization level, the limited one-time nature, and the Red Cross verification—ensures both fairness and operational readiness while addressing a legitimate personal crisis. Other options don't fit because they either broaden or narrow the criteria incorrectly: there isn't a blanket no-exception rule, and approval by the unit commander for any reason isn't the stated process; and focusing only on medical emergencies verified through Red Cross ignores other types of family emergencies that Red Cross verification can cover. The correct rule explicitly allows one overnight pass for a verified family emergency with authorization at the Battalion Commander level.

4. What does SHARP stand for?

- A. Sexual Harassment/Assault Policy and Response
- B. Sexual Harassment and Assault Prevention
- C. Sexual Harassment/Assault Response and Prevention**
- D. Sexual Harassment/Assault Response and Protection

SHARP stands for Sexual Harassment/Assault Response and Prevention. This shows two essential goals: how to respond when incidents occur and what steps to take to prevent them in the future, through training, reporting, and bystander intervention. The slash signals that both harassment and assault are included. The other options miss one piece or swap a word that changes the meaning (for example, using Policy or Protection instead of Prevention, or omitting the Response component), so they don't reflect the standard program name.

5. CCOE Command Team comprises whom?

- A. General Smith and CSM Brown
- B. Colonel Adams and SGM Lee
- C. Brigadier General Carter and CSM Wilson
- D. Major General Janovic and CSM McGuire**

The main idea here is that a command team is built around the leader who sets the mission and the senior enlisted adviser who keeps the force ready and aligned with those goals. The commander, as a general officer, provides vision, direction, and policy, while the Command Sergeant Major serves as the senior enlisted advisor, focusing on readiness, discipline, and the enlisted perspective. For the CCOE, the expected arrangement is a two-star general as the commander paired with the Command Sergeant Major. This pairing—Major General Janovic with CSM McGuire—fits that structure, making it the correct representation of the CCOE command team. Other options show commanders at ranks that don't align with the standard two-star leadership pattern for a Center of Excellence in this context.

6. Phase VI+ soldiers may stay in hotels or motels only under which condition?

- A. Unsupervised during extended weekends.
- B. If accompanied by an authorized unit sponsor.
- C. If accompanied by an authorized family member.
- D. If they are on leave status.

The condition being tested is the specific lodging rule for Phase VI+ soldiers: off-base hotels or motels are allowed only when accompanied by an authorized family member. The idea behind this requirement is accountability and support—having a spouse or other approved family member present provides a responsible, familiar presence and helps ensure safety and proper conduct while staying away from base. An authorized family member means someone approved by the unit to accompany the soldier for lodging purposes, such as a spouse or other dependent they've designated. Other scenarios—being unsupervised, having a unit sponsor with them, or simply being on leave—do not automatically satisfy this rule, because the policy ties hotel stays to the presence of an approved family member rather than to general leave or sponsorship arrangements.

7. For Phase VI+ soldiers, what is required to obtain an off-post day pass?

- A. An approved family member signs out.
- B. A direct call from the Battalion Commander.
- C. A request filed through the online portal.
- D. A medical clearance.

The key idea is that for Phase VI+ soldiers, an off-post day pass is granted only when an approved family member signs out on their behalf. This signed-out authorization creates a clear, accountable record of who is responsible for the soldier while they're off post, which helps with safety, security, and supervision on base. Why this works best: using an approved family member as the sign-out authority ensures a trusted contact outside the post is formally involved in the leave process. It provides a verifiable link to the soldier's household and responsibilities, making it easier to confirm who is aware of and accountable for the soldier's whereabouts. The other options don't fit because they don't establish this same level of accountability or align with how the process is typically structured for Phase VI+ personnel. Direct calls from a high-ranking commander, online requests, or medical clearances either bypass the established sign-out role, aren't specifically tied to off-post authorization, or relate to health status rather than leave permissions.

8. How must the open edge of the pillow be treated?

- A. Open edge must be face outward.
- B. Open edge must be folded under the pillow.
- C. Open edge should be tucked behind the pillow.
- D. The pillow should be folded in half first.

The open edge should be tucked under the pillow to keep the seam hidden and the pillow neatly aligned. Folding the edge under creates a clean, finished look and helps prevent the opening from peeking out or the pillow from shifting. If the edge were face outward, it would look untidy and reveal the pillow's opening; tucking behind or folding in half can disrupt the pillow's shape and position, making the arrangement look irregular.

9. Which form is used to document counseling interactions?

- A. DD Form 2983
- B. DD Form 200
- C. DA Form 4856**
- D. DA Form 8030

Documenting counseling interactions is done with DA Form 4856, the Developmental Counseling Form. This form is specifically designed to capture the details of a counseling session—who counseled, the purpose of the session, topics discussed, goals set, and the plan for follow-up. It provides a standardized, formal record that can be referenced in future counseling and evaluations, helping both the counselor and the counseled track progress and accountability over time. The other forms are used for different administrative tasks (such as health assessments, property loss reporting, or other records), not for recording counseling conversations, so they don't fit as the proper documentation for counseling interactions.

10. What do you do when you lose your CAC, Student ID Badge, or Phase Badge?

- A. Report it to your drill sergeants immediately.**
- B. Notify the chain of command.
- C. Wait for guidance from a supervisor.
- D. Ignore the loss.

Losing a CAC, Student ID, or Phase Badge creates a security risk because someone could misuse it to gain access or impersonate you. The quickest, most reliable step is to report the loss to your drill sergeants right away. They're the immediate security point of contact in a training environment and will initiate the proper procedures: blocking the lost credential to prevent misuse, coordinating with security or administration to issue a replacement, and guiding you through any temporary access needs. Waiting for a supervisor's guidance can waste precious time, and ignoring the loss only increases risk. Notifying the chain of command is important, but the drill sergeants are the frontline for handling access control and replacements, ensuring you're back in proper security status as soon as possible.

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://phaseup.examzify.com>

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

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