

# PMK-EE E6 Rank Petty Officer 1st Class Practice Exam (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. For which E6 promotional pathway is a special evaluation usually required?**
  - A. Meritorious advancement**
  - B. Regular advancement**
  - C. Reduction in force**
  - D. Direct commissioning**
- 2. What document must a command have a member sign if they submit a voluntary Fleet reserve request and are not at high year tenure (HYT) mandated?**
  - A. NAVPERS 1070/613**
  - B. NAVPERS 1000/1**
  - C. NAVPERS 1700/2**
  - D. NAVPERS 1542/3**
- 3. What document must be activated when heavy weather is expected?**
  - A. Emergency action plan**
  - B. Heavy weather bill**
  - C. Security bill**
  - D. Maintenance schedule**
- 4. For lateral and component conversions, Career Waypoints applies to all designated AC, FTS, and RC personnel at which of the following paygrades?**
  - A. E5 and below only**
  - B. E6 and below only**
  - C. E7 and below only**
  - D. E4 and below only**
- 5. What term refers to the ability to motivate and influence Sailors to complete their tasks?**
  - A. Management**
  - B. Leadership**
  - C. Supervision**
  - D. Direction**

- 6. What is the maximum number of days a letter of extension for a periodic evaluation may cover?**
- A. 30 days**
  - B. 60 days**
  - C. 90 days**
  - D. 120 days**
- 7. What topics should Command Indoctrination include besides the history of command and routine regulations?**
- A. Logistics and supply**
  - B. Safety and ORM**
  - C. Recruitment and retention**
  - D. Leadership training**
- 8. Which of the following is an example of emotional abuse?**
- A. Physical assault**
  - B. Verbal harassment**
  - C. Ignoring someone's needs**
  - D. Manipulative behavior**
- 9. What is the maximum authorized size of a tattoo on a Sailor's forearm?**
- A. No size limit on forearms**
  - B. 2 inches**
  - C. 4 inches**
  - D. 6 inches**
- 10. What is the definition of suicidal ideation?**
- A. A feeling of despair**
  - B. A thought or plan**
  - C. A past attempt**
  - D. A state of depression**



## **Answers**

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

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## **Explanations**

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**1. For which E6 promotional pathway is a special evaluation usually required?**

**A. Meritorious advancement**

**B. Regular advancement**

**C. Reduction in force**

**D. Direct commissioning**

The concept of meritorious advancement is specifically designed to recognize and reward outstanding service, performance, and leadership among enlisted personnel at various ranks. In this pathway, candidates are evaluated not just on their qualifications but significantly on their exceptional achievements and contributions to their unit or command. A special evaluation usually accompanies this process, highlighting the individual's remarkable performance that justifies their promotion ahead of others who may also be qualified but have not demonstrated the same level of excellence. This special evaluation is crucial as it provides documented evidence of the exceptional attributes that support the candidate's case for advancement. It is tailored to showcase the significant impact the individual has made, thus separating them from standard evaluations typically submitted for regular advancement or other pathways. In contrast, regular advancement typically relies on standard evaluations and meeting specific time-in-service or time-in-rate requirements without the additional emphasis on exceptional performance. Reduction in force deals with downsizing and does not pertain to promotional pathways. Direct commissioning is a process for bringing individuals into the Navy at higher ranks based on specialized skills or professional qualifications, rather than traditional evaluation methods used for advancement.

**2. What document must a command have a member sign if they submit a voluntary Fleet reserve request and are not at high year tenure (HYT) mandated?**

**A. NAVPERS 1070/613**

**B. NAVPERS 1000/1**

**C. NAVPERS 1700/2**

**D. NAVPERS 1542/3**

The correct answer is based on the requirement for service members who choose to submit a voluntary Fleet Reserve request. When a member makes this request and is not yet at high year tenure (HYT), the commanding officer must ensure the member acknowledges their understanding of the implications of this decision. This is accomplished through the signing of the NAVPERS 1070/613, also known as the "Administrative Remarks" form. The NAVPERS 1070/613 serves multiple administrative purposes within Navy personnel actions, including documentation of such significant requests. By signing this form, the member not only confirms their voluntary intent to transfer to the Fleet Reserve but also receives acknowledgment of the consequences associated with their choice, which is vital for both the member's personal understanding and the command's accountability. In contrast, the other options provided serve different purposes within Navy administrative procedures. While they may be related to personnel actions, they are not specifically designated for the Fleet Reserve voluntary request acknowledgment. Therefore, the NAVPERS 1070/613 is the required document for this scenario, ensuring that both the member and the command are aligned on the member's decision and its implications.

**3. What document must be activated when heavy weather is expected?**

- A. Emergency action plan**
- B. Heavy weather bill**
- C. Security bill**
- D. Maintenance schedule**

The heavy weather bill is the correct document to activate when heavy weather is expected because it outlines the specific procedures and actions that must be taken to ensure safety and operational readiness during adverse weather conditions. This document provides guidance on securing the ship, preparing equipment, adjusting watch schedules, and ensuring that crew members are aware of their responsibilities in the event of heavy weather. When heavy weather is anticipated, activating the heavy weather bill ensures that all crew members are thoroughly briefed on safety protocols and the measures required to minimize the risks associated with rough seas, such as securing loose items, preparing the vessel for rough conditions, and ensuring lifesaving equipment is ready for use. This proactive approach is critical for maintaining the safety of the crew and the vessel during potentially dangerous weather events. The other documents mentioned, while important for different scenarios, do not specifically address the unique challenges presented by heavy weather conditions. The emergency action plan could cover various emergencies but lacks the specific focus on weather-related protocols. The security bill pertains to security operations rather than weather preparedness, and the maintenance schedule is concerned with routine maintenance tasks rather than immediate actions required for severe weather.

**4. For lateral and component conversions, Career Waypoints applies to all designated AC, FTS, and RC personnel at which of the following paygrades?**

- A. E5 and below only**
- B. E6 and below only**
- C. E7 and below only**
- D. E4 and below only**

The correct answer is E6 and below, as Career Waypoints is a program designed to manage professional development and career progression for enlisted personnel within the Navy. Specifically, the program applies to personnel ranked E6 and below in the Active Component (AC), Full-Time Support (FTS), and Reserve Component (RC). This ensures that individuals at these paygrades have access to the necessary resources and guidance for career transitions, such as lateral and component conversions, which are crucial for advancement and professional growth within the Navy. The focus on E6 and below reflects the Navy's aim to provide support to personnel at critical stages in their careers, allowing for a smoother transition into new roles while fulfilling the needs of the service.

**5. What term refers to the ability to motivate and influence Sailors to complete their tasks?**

- A. Management**
- B. Leadership**
- C. Supervision**
- D. Direction**

The term that best refers to the ability to motivate and influence Sailors to complete their tasks is leadership. Leadership encompasses the skills and qualities necessary to inspire individuals and groups towards achieving common goals. It involves fostering an environment of trust, commitment, and collaboration, which enables personnel to perform at their best. In a military context, effective leadership is crucial for maintaining morale and ensuring that tasks are completed efficiently. Leaders set the vision, communicate expectations, and serve as role models, making it essential for motivating others. This distinction highlights that leadership is more about influence and motivation rather than merely overseeing tasks or managing resources. While management, supervision, and direction are important concepts in their own right, they often do not capture the essential qualities involved in inspiring and motivating personnel, which is the core of leadership. Management often focuses on the organization and administration of tasks, supervision entails overseeing the day-to-day activities, and direction involves providing guidance without necessarily inspiring or motivating.

**6. What is the maximum number of days a letter of extension for a periodic evaluation may cover?**

- A. 30 days**
- B. 60 days**
- C. 90 days**
- D. 120 days**

The maximum number of days a letter of extension for a periodic evaluation may cover is 90 days. This time frame allows for a reasonable period during which an individual can be adequately evaluated without unnecessary delays. It is designed to balance the need for timely assessments while providing sufficient time for thorough evaluations in specific circumstances. By establishing a 90-day limit, the guidelines ensure that performance evaluations remain relevant and timely, ultimately supporting fair assessments and opportunities for feedback and development.

**7. What topics should Command Indoctrination include besides the history of command and routine regulations?**

- A. Logistics and supply**
- B. Safety and ORM**
- C. Recruitment and retention**
- D. Leadership training**

In the context of Command Indoctrination, including safety and Operational Risk Management (ORM) is critical. This training ensures that all personnel are aware of the potential hazards within the operational environment and are equipped with the tools to manage risks effectively. Safety training promotes a culture of awareness, prevention, and response, which is essential for the well-being of all members and the successful achievement of the command's mission. Understanding ORM helps personnel identify, assess, and mitigate risks, allowing them to make informed decisions that enhance safety and efficiency. Prioritizing these aspects during indoctrination fosters a proactive mindset regarding safety, encouraging individuals to continuously assess potential risks and challenges they may face. The inclusion of safety and ORM as fundamental components of Command Indoctrination prepares service members to engage thoughtfully in their duties, aligning with Navy core values and promoting mission success.

**8. Which of the following is an example of emotional abuse?**

- A. Physical assault**
- B. Verbal harassment**
- C. Ignoring someone's needs**
- D. Manipulative behavior**

Emotional abuse encompasses a range of behaviors aimed at undermining an individual's sense of self-worth and emotional well-being. Choosing the option that emphasizes ignoring someone's needs reflects a key characteristic of emotional abuse. This type of behavior can cause significant harm, as it involves neglecting essential emotional responses and support that a person requires, contributing to feelings of isolation and inadequacy. Ignoring someone's needs can manifest in various ways, such as dismissing their feelings, failing to provide emotional support, or showing a general lack of concern for their well-being. This neglect can lead to long-term psychological effects, making it a clear example of emotional abuse. It creates an environment where the victim may feel unvalued and unloved, which can severely impact their mental health. Other behaviors associated with emotional abuse include verbal harassment and manipulative behavior, which involve direct attacks on a person's dignity or attempts to control their actions through deceit. However, ignoring someone's needs is a more subtle but equally damaging form of emotional abuse that often goes unrecognized, making it a poignant example in the context of the question.

**9. What is the maximum authorized size of a tattoo on a Sailor's forearm?**

**A. No size limit on forearms**

**B. 2 inches**

**C. 4 inches**

**D. 6 inches**

The maximum authorized size of a tattoo on a Sailor's forearm is that there is no size limit. This allows for greater personal expression while still adhering to the Navy's grooming and uniform standards. Sailors can have larger tattoos on their forearms, provided they do not interfere with the professional appearance expected in uniform. In contrast, there are regulations that apply to other areas of the body, where size and visibility can lead to potential issues with uniformity or military image. Defining a maximum size for forearm tattoos would impose unnecessary restrictions on Sailors' personal choices in this specific area, thereby supporting individual expression while maintaining a standard of professionalism.

**10. What is the definition of suicidal ideation?**

**A. A feeling of despair**

**B. A thought or plan**

**C. A past attempt**

**D. A state of depression**

Suicidal ideation refers specifically to the thoughts or plans related to contemplating suicide. This definition captures the essence of such ideation as it encompasses not just passive thoughts of death, but also active planning or consideration of methods to carry out self-harm. Understanding this term is crucial in mental health assessments and interventions, as recognizing when someone is thinking about or planning to take their own life is essential for providing timely support and help. The other options, while related to mental health, do not capture the full scope of what suicidal ideation entails. Feelings of despair and states of depression can be components or contributing factors to suicidal thoughts, but they do not specifically define the act of ideation itself. Likewise, a past attempt refers to an action that has already taken place and does not relate to the ongoing consideration or planning that characterizes suicidal ideation.



## 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://pmkeee6rankpettyofficer1stclass.examzify.com>**

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