

PROGRESSIVE PRE- EMPLOYMENT ASSESSMENT 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. What is 253 divided by 46?
- A. 5.50
 - B. 4.50
 - C. 5.25
 - D. 5.75
2. A rectangular box has length 9 cm, width 5 cm, and volume 450 cm³. What is the height?
- A. 9 cm
 - B. 10 cm
 - C. 8 cm
 - D. 11 cm
3. Which statement about phytates and soy is true?
- A. Phytates enhance mineral uptake
 - B. Fermentation increases phytate content
 - C. Fermentation reduces phytate content
 - D. Phytates have no effect on minerals
4. LOGIC is to BHFNK as CLERK is to ?
- A. XVRPA
 - B. QBKJA
 - C. JQDKB
 - D. LPRTU
5. What is the next number in the sequence 3, 8, 18, 38,...?
- A. 68
 - B. 88
 - C. 98
 - D. 78

6. Based on soy- and rice-based diets and phytate content, can we conclude that people in Third World countries have low levels of calcium, magnesium, iron, and zinc?
- A. Can't say
 - B. True
 - C. False
 - D. Not specified
7. What is the main objective of business statistics?
- A. To estimate population characteristics from a random sample.
 - B. To predict stock prices.
 - C. To maximize profits.
 - D. To eliminate risk.
8. Which decimal is the approximate value of $18/7$?
- A. 2.5
 - B. 3.0
 - C. 2.4
 - D. 2.5714285714
9. In the sharpeners problem, if the white sharpeners are 10, what is the price of the brown sharpener?
- A. 4
 - B. 5
 - C. 6
 - D. 7
10. The relationship between convert and invert is:
- A. Have similar meanings.
 - B. Have opposite meanings.
 - C. Have neither similar nor opposite meanings.
 - D. They are related by usage.

Answers

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

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Explanations

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1. What is 253 divided by 46?

- A. 5.50**
- B. 4.50
- C. 5.25
- D. 5.75

This question tests finding the quotient including a fractional part when dividing a number by another. You ask how many times 46 fits into 253, plus any remainder as a decimal. 473? No—the correct approach: 46 goes into 253 five times, because $5 \times 46 = 230$. Subtracting gives a remainder of 23. The remainder is exactly half of 46, so the decimal part is 0.5. Put together, the quotient is 5.5, which is the same value as 5.50 when written with two decimal places. You can verify by multiplying back: $46 \times 5.5 = 230 + 23 = 253$. Other options don't fit because they would produce totals other than 253 when multiplied by 46 (for example, $46 \times 4.5 = 207$, $46 \times 5.25 = 241.5$, and $46 \times 5.75 = 264.5$).

2. A rectangular box has length 9 cm, width 5 cm, and volume 450 cm^3 . What is the height?

- A. 9 cm
- B. 10 cm**
- C. 8 cm
- D. 11 cm

A rectangular box's volume comes from multiplying its length, width, and height. To solve for height, use the base area first: $\text{length} \times \text{width} = 9 \text{ cm} \times 5 \text{ cm} = 45 \text{ cm}^2$. The height must satisfy $45 \text{ cm}^2 \times \text{height} = 450 \text{ cm}^3$, so $\text{height} = 450 / 45 = 10 \text{ cm}$. Checking quickly, a height of 9 cm would give $9 \times 5 \times 9 = 405 \text{ cm}^3$; 8 cm would give 360 cm^3 ; 11 cm would give 495 cm^3 . Only 10 cm produces the given volume.

3. Which statement about phytates and soy is true?

- A. Phytates enhance mineral uptake
- B. Fermentation increases phytate content
- C. Fermentation reduces phytate content**
- D. Phytates have no effect on minerals

Phytates act as anti-nutrients by binding minerals in the gut and reducing their absorption. In soy and other plant foods, this means minerals like iron, zinc, and calcium are less available. Fermentation helps because the microbes used in fermentation produce phytase, an enzyme that breaks down phytic acid, lowering the phytate content. With fewer phytates, minerals are less chelated and more can be absorbed. So the true statement is that fermentation reduces phytate content, which can improve mineral uptake from soy products. The idea that phytates enhance mineral uptake is the opposite of how they work; they hinder absorption. It's not accurate that fermentation increases phytates, and phytates do affect minerals, so saying they have no effect isn't correct.

4. LOGIC is to BHFNK as CLERK is to ?

- A. XVRPA
- B. QBKJA
- C. JQDKB**
- D. LPRTU

This type of question is about a position-based letter change: each position in the 5-letter word is transformed in a fixed way, regardless of the specific letter there. By comparing LOGIC to its partner BHFNK, you can read off the replacement for each position: the 1st letter becomes the 1st output letter, the 2nd becomes the 2nd, and so on. To solve CLERK, apply the same per-position replacements to each corresponding letter. Doing so gives JQDKB, matching the pattern observed from LOGIC to BHFNK. In other words, focus on how each position is transformed consistently across the word, not on individual letter-by-letter guesses. The result for CLERK under that pattern is JQDKB.

5. What is the next number in the sequence 3, 8, 18, 38,...?

- A. 68
- B. 88
- C. 98
- D. 78**

Look at how the sequence grows by the amount added each step. The differences between consecutive terms are 5, 10, and 20, which are doubling each time. If that pattern continues, the next difference should be 40. Adding 40 to 38 gives 78, so the next number is 78. The other options would require adding amounts that don't follow the doubling pattern (for example, $38 + 30 = 68$, $38 + 50 = 88$, $38 + 60 = 98$), so they don't fit the established rule.

6. Based on soy- and rice-based diets and phytate content, can we conclude that people in Third World countries have low levels of calcium, magnesium, iron, and zinc?

- A. Can't say
- B. True
- C. False
- D. Not specified

Mineral status cannot be inferred from diet alone; how much you actually absorb matters as much as how much you eat. Plant-based diets rich in phytates can reduce the absorption of minerals such as iron, zinc, calcium, and magnesium, but the extent of that reduction isn't fixed and depends on many factors. Phytates form complexes with minerals in the gut, lowering their bioavailability. Yet absorption can be influenced by the overall diet and food preparation: soaking, fermenting, or sprouting cereals and legumes can reduce phytate levels; consuming vitamin C-rich foods or animal sources can enhance iron absorption; the presence of other nutrients or compounds can modify how much mineral gets taken up. Processing methods and dietary patterns mean two populations with similarly phytate-rich diets can have very different mineral status. Moreover, actual mineral levels in people depend on more than intake and absorption. Infections, inflammation, parasites, and chronic illnesses can skew biomarker readings and iron status, and there are many ways a population can maintain adequate mineral status despite a phytate-rich diet (for example, via fortified foods, diverse sources, or practices that improve bioavailability). Conversely, deficiencies can occur even with somewhat varied diets if intake is consistently low or health issues impair absorption or increase demand. To determine true status, we'd need direct measurements of mineral biomarkers and functional indicators, not just dietary composition. Given the variability and the need for empirical data, you can't conclude that people in Third World countries have universally low levels of these minerals based solely on soy- and rice-based diets and phytate content. That's why the best choice is can't say.

7. What is the main objective of business statistics?

- A. To estimate population characteristics from a random sample.
- B. To predict stock prices.
- C. To maximize profits.
- D. To eliminate risk.

Estimating population characteristics from a random sample is what business statistics aims to do. In practice, you can't measure every unit in a big market, so you collect data from a representative sample and use it to infer things like the average, proportions, or other parameters of the entire population. This approach lets you make informed decisions, forecast outcomes, and assess uncertainty about those estimates. While predicting stock prices, maximizing profits, or eliminating risk are important business goals, they're not the statistical objective itself; statistics provides estimates and measures of uncertainty about population values, not guaranteed results.

8. Which decimal is the approximate value of $18/7$?

- A. 2.5
- B. 3.0
- C. 2.4
- D. 2.5714285714**

When you divide 18 by 7, you get 2 with a remainder of 4, and continuing the division gives the repeating sequence 571428. That makes the decimal expansion 2.5714285714..., repeating. The option 2.5714285714 matches this actual decimal expansion, making it the best approximation among the choices. The other decimals are noticeably smaller or larger: 2.5 and 2.4 underestimate, while 3.0 overestimates.

9. In the sharpeners problem, if the white sharpeners are 10, what is the price of the brown sharpener?

- A. 4
- B. 5**
- C. 6
- D. 7

This question tests translating a simple proportional relationship into a calculation. If the white sharpener costs twice as much as the brown one, and the white sharpener's price is 10, then the brown sharpener's price is half of that. Half of 10 is 5, so the brown sharpener costs 5. Using the idea of proportionality helps: any other value for the brown price would make the white price different from 10 (e.g., if brown were 4, white would be 8; if brown were 6, white would be 12), which doesn't match the given 10 for the white sharpener.

10. The relationship between convert and invert is:

- A. Have similar meanings.**
- B. Have opposite meanings.
- C. Have neither similar nor opposite meanings.
- D. They are related by usage.

Both words describe changing something from one state to another. Convert focuses on transforming into a different form, condition, or use—like changing a substance, a belief, or a function. Invert centers on reversing or turning something around—such as flipping upside down, reversing order, or negating a value. Because each involves altering the current state into another, they sit close in meaning and can be used in overlapping contexts when the emphasis is simply that a change is taking place. The main distinction is that invert often conveys a reversal or opposite orientation, while convert covers a broader range of transformations beyond just reversal. The other options don't fit as well: opposites would imply a direct negation, which isn't the typical relationship here; neither similar nor opposite ignores the shared idea of alteration; and saying they're only related by usage is too weak to describe their actual semantic link.

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://progressivepreemploymentassmt.examzify.com>

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

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