

PSAT/NMSQT PRACTICE EXAM (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. Tom Stoppard's *Arcadia* is categorized as which type of literary work?**
 - A. A play
 - B. A novel
 - C. A poem
 - D. An essay

- 2. Which statement best describes a purpose behind studying Tule geese migration?**
 - A. They help explain the behavior of geese in captivity.
 - B. They provide data for climate models only.
 - C. They focus on migration speeds independent of environment.
 - D. To understand how environmental factors influence animal behavior.

- 3. What was the overall finding regarding humility in the three groups?**
 - A. All three groups exhibited less humility on average than the researchers expected.
 - B. All three groups showed higher humility than expected.
 - C. Only one group showed decreased humility.
 - D. Humility levels were unchanged across groups.

- 4. What hypothesis did Garza and Robles propose regarding ochre sea stars after heavy rains?**
 - A. They hypothesized rainfall increases sea star reproduction.
 - B. They hypothesized that a layer of fresh water formed by rainfall was a barrier to the sea stars.
 - C. They hypothesized sea stars moved onto land after rain.
 - D. They hypothesized rainfall had no effect on sea stars.

- 5. What does the study suggest about sunflower sea stars' feeding behavior?**
 - A. They will only eat nutritionally rich prey
 - B. They avoid sea urchins altogether
 - C. They are willing to hunt sea urchins but may prefer more nutritious marine animals
 - D. They feed randomly without preference

- 6. Which statement best describes sunflower sea stars' feeding behavior when offered both nutritionally rich and poor urchins?**
- A. They exclusively choose nutritionally poor urchins
 - B. They show no preference between rich and poor urchins
 - C. They avoid purple sea urchins entirely
 - D. They prefer nutritionally rich urchins but will hunt urchins
- 7. In the text, what does the clock metaphor primarily illuminate about Karenin's perception of time?**
- A. It shows time is irrelevant to the story.
 - B. It illustrates Karenin's cyclical perception of time.
 - C. It emphasizes future planning.
 - D. It represents linear progress of time.
- 8. Which statement best describes Joanna's attitude toward ambition?**
- A. Joanna dislikes ambition.
 - B. Joanna is indifferent to others' goals.
 - C. Joanna admires ambition.
 - D. Joanna values kindness above all else.
- 9. What does the term 'immune' imply in the context of wild rice, and is that implication correct?**
- A. It implies that the plants are not affected by water depth, which is incorrect.
 - B. It suggests the plants are not affected by water depth.
 - C. It means the plants require high salinity to grow.
 - D. It indicates the plants are completely immune to pests.
- 10. Which of the following statements about Gladys West is true?**
- A. She was a mathematician who contributed to GPS calculations.
 - B. She was a biologist who discovered DNA structure.
 - C. She was a novelist known for space fiction.
 - D. She was an architect who designed satellite dishes.

Answers

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

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Explanations

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1. Tom Stoppard's *Arcadia* is categorized as which type of literary work?

- A. A play
- B. A novel
- C. A poem
- D. An essay

Arcadia is a play—a dramatic work written for the stage. It's built around dialogue between characters and includes stage directions, with a structure of acts and scenes that's typical of theater. This form is meant to be performed by actors in front of an audience, rather than read as a prose novel, verse poem, or nonfiction essay. While it blends ideas from history and philosophy, the material is presented as a script designed for performance, not as a narrative readability, verse, or argumentative essay.

2. Which statement best describes a purpose behind studying Tule geese migration?

- A. They help explain the behavior of geese in captivity.
- B. They provide data for climate models only.
- C. They focus on migration speeds independent of environment.
- D. To understand how environmental factors influence animal behavior.

Understanding how environmental factors shape animal behavior is what this topic is about. Studying Tule geese migration shows how cues like season, temperature, precipitation, food availability, and habitat condition influence when they move, where they go, and how much energy they expend. This helps explain the broader pattern of how animals adjust their behavior in response to changing environments, which is the core idea behind observing migration. The option that best matches this is the one that ties migration to environmental influences on behavior, rather than focusing on captivity, treating migration as climate-model data only, or assuming speeds are unaffected by the surroundings. Captivity-related behavior is not the focus of migratory studies, climate models use migratory data as one piece among many, and migration speed is often shaped by wind, weather, and resource availability, not independent of environment.

3. What was the overall finding regarding humility in the three groups?

- A. All three groups exhibited less humility on average than the researchers expected.
- B. All three groups showed higher humility than expected.
- C. Only one group showed decreased humility.
- D. Humility levels were unchanged across groups.

The main idea being tested is how observed humility compared to what researchers predicted for each group. When all three groups show less humility on average than expected, it means every group's average humility score fell below the forecasted value. That pattern indicates a universal shortfall relative to the prediction across the board, rather than a rise or no change. So the statement that best fits is that humility was lower than researchers anticipated across all groups. The other possibilities would require at least one group to show the opposite pattern (more humility than expected) or no change, which isn't what the data show.

4. What hypothesis did Garza and Robles propose regarding ochre sea stars after heavy rains?

- A. They hypothesized rainfall increases sea star reproduction.
- B. They hypothesized that a layer of fresh water formed by rainfall was a barrier to the sea stars.**
- C. They hypothesized sea stars moved onto land after rain.
- D. They hypothesized rainfall had no effect on sea stars.

The question tests how a physical change in the environment can affect where marine animals can go. Garza and Robles proposed that a layer of fresh water formed by rainfall sits on the surface and acts like a barrier to ochre sea stars. Sea stars are adapted to saltwater, and crossing from saline water into a freshwater layer—or staying on the other side of that barrier—creates osmotic stress and movement difficulties for them. So, the freshwater layer would prevent the sea stars from moving across to deeper or differently salinated water, explaining their behavior after heavy rains. This idea hinges on salinity differences shaping where these intertidal organisms can travel and survive.

5. What does the study suggest about sunflower sea stars' feeding behavior?

- A. They will only eat nutritionally rich prey
- B. They avoid sea urchins altogether
- C. They are willing to hunt sea urchins but may prefer more nutritious marine animals**
- D. They feed randomly without preference

Sunflower sea stars are opportunistic predators, but their feeding is guided by prey quality. They will hunt sea urchins when they're available, but they don't treat all prey as equal; they tend to prefer prey that offers more nutrition and energy. This means they show selective feeding rather than eating completely at random, and they don't rely only on nutritionally rich prey nor avoid sea urchins entirely.

6. Which statement best describes sunflower sea stars' feeding behavior when offered both nutritionally rich and poor urchins?

- A. They exclusively choose nutritionally poor urchins
- B. They show no preference between rich and poor urchins
- C. They avoid purple sea urchins entirely
- D. They prefer nutritionally rich urchins but will hunt urchins**

Predators tend to maximize the energy they gain from each feeding, so they'll favor prey that provides more calories for the effort spent hunting. Sunflower sea stars do just that when presented with two types of urchins: nutritionally rich ones offer more energy, so the stars will prefer those. But they're also opportunistic and will feed on poorer urchins if rich ones aren't available or if taking a poorer prey is quick and still worthwhile. That combination of preference for the higher-energy option plus willingness to still hunt less-preferred prey best describes their feeding behavior in this situation. So, they're not limited to only rich prey, and they don't ignore poorer prey entirely; they simply show a bias toward the richer option while remaining flexible.

7. In the text, what does the clock metaphor primarily illuminate about Karenin's perception of time?

- A. It shows time is irrelevant to the story.
- B. It illustrates Karenin's cyclical perception of time.**
- C. It emphasizes future planning.
- D. It represents linear progress of time.

The clock metaphor shows Karenin experiences time in a cyclical way. Its steady, unchanging ticks mirror the repetitive rhythm of his life—formal duties, social appearances, and the routines that keep propriety intact. Time feels like a loop of the same obligations returning again and again, not a line that pushes him toward new possibilities. Because of that framing, events don't seem to move forward into fresh, transformative moments; they recur within the same patterns of duty and expectation. It's not that time is irrelevant, and it's not focused on future planning or constant progress—it's about the recurring cycles that shape his sense of reality.

8. Which statement best describes Joanna's attitude toward ambition?

- A. Joanna dislikes ambition.
- B. Joanna is indifferent to others' goals.
- C. Joanna admires ambition.**
- D. Joanna values kindness above all else.

Understanding Joanna's attitude toward ambition means interpreting what her reactions to goals and drive reveal about how she views ambition. If the description shows her praising people who set high goals, describing ambition as a positive force, or feeling inspired by others' aspirations, that signals admiration for ambition. This fits best because it reflects respect and positive regard for pursuit and achievement. The other stances would require evidence of a negative view, a neutral lack of concern, or a priority on kindness that pushes ambition aside. Since the description centers on valuing ambition and its motivating power, it points to admiration as the most accurate attitude.

9. What does the term 'immune' imply in the context of wild rice, and is that implication correct?

- A. It implies that the plants are not affected by water depth, which is incorrect.**
- B. It suggests the plants are not affected by water depth.
- C. It means the plants require high salinity to grow.
- D. It indicates the plants are completely immune to pests.

The idea here is understanding what immune means in a plant context. Immune describes a plant's defense against disease or pests—the genetic and biochemical mechanisms that reduce or prevent infection or attack. It does not describe how the plant handles environmental conditions like water depth. So interpreting immune as meaning the plant is not affected by how deep water is would be misapplying the term. Water depth tolerance is about environmental adaptation, not immune response. That's why the notion that immune implies insensitivity to water depth isn't accurate. The other options introduce concepts (needing high salinity, or being completely immune to pests) that also misrepresent what immunity conveys in plants.

10. Which of the following statements about Gladys West is true?

A. She was a mathematician who contributed to GPS calculations.

B. She was a biologist who discovered DNA structure.

C. She was a novelist known for space fiction.

D. She was an architect who designed satellite dishes.

GPS navigation depends on precise models of the Earth and accurate calculations of satellite orbits. Gladys West was a mathematician who helped build the mathematical models that describe the Earth's shape (the geoid) and support precise satellite trajectory calculations. Her work in geodesy provided the accurate reference frame and timing corrections that GPS relies on to determine exact positions. That's why the statement about her contributing to GPS calculations is true. The other descriptions don't match her role or contributions.

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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://psatnmsqt.examzify.com>

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

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