

# SISTUHS Interview Practice Test (Sample)

## Study Guide



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

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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. How many positions are named on the National Board of Directors?**
  - A. 4**
  - B. 5**
  - C. 6**
  - D. 7**
  
- 2. The emblem's star has how many points?**
  - A. Seven**
  - B. Three**
  - C. Six**
  - D. Five**
  
- 3. Rhonda Harris is best described as what kind of leader and professional?**
  - A. A Christian minister, teacher, author, and gospel recording artist**
  - B. A politician**
  - C. A scientist**
  - D. A chef**
  
- 4. Araminta Ross is the birth name of which historical figure?**
  - A. Harriet Tubman**
  - B. Madam C. J. Walker**
  - C. Deborah**
  - D. Bathsheba**
  
- 5. What is the message of Mary Jane McLeod Bethune's life?**
  - A. Education, leadership, and uplifting the Black community**
  - B. Personal wealth and fame**
  - C. Advancing medical research**
  - D. Cultural entertainment**

- 6. Which combination is listed as the organization's primary colors?**
- A. White and Blue**
  - B. Gold and Black**
  - C. Red and Yellow**
  - D. Green and Purple**
- 7. Which item is NOT associated with the number 5?**
- A. Biological phenomena**
  - B. 5-pointed star**
  - C. Five elected officers**
  - D. Seven continents**
- 8. In SISTUHS, which category is labeled as Spirituality?**
- A. Strength**
  - B. Initiative**
  - C. Spirituality**
  - D. Substance**
- 9. The depiction of enslavement on the plantation serves as a reminder of what ongoing reality?**
- A. Represents financial gain**
  - B. Refers to a time period in Europe**
  - C. Reflects environmental concerns**
  - D. Reflects ongoing struggles with racism, oppression, and stereotypes that Black women still face today**
- 10. What does the acronym ROP stand for?**
- A. Rituals of Practice**
  - B. Rites of Passage**
  - C. Rules of Procedure**
  - D. Rites of Power**

## Answers

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

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## **Explanations**

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**1. How many positions are named on the National Board of Directors?**

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

The idea being tested is how governance is structured in an organization. Boards typically fix a specific number of named officer roles to keep leadership clear and manageable. In SISTUHS, the National Board of Directors is defined by the bylaws to include six named officer positions. This setup ensures essential governance functions—like leadership, oversight, and administration—have dedicated people filling them, while other roles exist as appointed positions or regional representatives rather than being counted among the named officers. So, six is the number of positions named on the National Board.

**2. The emblem's star has how many points?**

- A. Seven
- B. Three
- C. Six
- D. Five**

The emblem uses a classic five-pointed star. Five arms extend outward, evenly spaced around a circle, which is the familiar shape most people recognize as a five-point star. That's why the star on this emblem has five points. A three-pointed, six-pointed, or seven-pointed star would look noticeably different and wouldn't match what's shown.

**3. Rhonda Harris is best described as what kind of leader and professional?**

- A. A Christian minister, teacher, author, and gospel recording artist**
- B. A politician
- C. A scientist
- D. A chef

The main idea here is recognizing a leader who combines religious leadership with education, writing, and music. Rhonda Harris is best described as a Christian minister who also teaches, writes, and records gospel music. This mix shows leadership within faith communities, a role in sharing knowledge, and involvement in creative gospel artistry. The other options point to professions that don't match that combination: a politician focuses on public policy and governance, a scientist on research and experimentation, and a chef on culinary arts. None of these capture the same blend of religious leadership, teaching, authorship, and gospel performance.

**4. Araminta Ross is the birth name of which historical figure?**

- A. Harriet Tubman**
- B. Madam C. J. Walker**
- C. Deborah**
- D. Bathsheba**

Birth names and the names people are known by can differ. Araminta Ross is Harriet Tubman. She escaped slavery around 1849 and became a renowned abolitionist and conductor on the Underground Railroad, helping many enslaved people reach freedom. She earned the nickname "Moses" for leading others to safety, and she later supported women's suffrage. Knowing her birth name ties Araminta Ross to the historical figure Harriet Tubman.

**5. What is the message of Mary Jane McLeod Bethune's life?**

- A. Education, leadership, and uplifting the Black community**
- B. Personal wealth and fame**
- C. Advancing medical research**
- D. Cultural entertainment**

Education as a path to empowerment and leadership to uplift the Black community. Mary McLeod Bethune devoted her life to building schools, training teachers, and creating opportunities for Black students to learn and succeed. By putting education at the center, she opened doors for generations and showed how knowledgeable individuals and organized leadership can transform communities. Her work extended beyond schools to national advocacy and leadership, demonstrating that lifting a community comes from collective action and access to learning, not personal wealth, fame, or other pursuits.

**6. Which combination is listed as the organization's primary colors?**

- A. White and Blue**
- B. Gold and Black**
- C. Red and Yellow**
- D. Green and Purple**

Choosing the primary colors is about establishing the most recognizable and consistent visuals for a brand. The primary colors are the ones used most in logos, headers, and key materials, ensuring strong contrast and instant recognition. In this organization, the official palette centers on gold and black. Gold brings a sense of value, prestige, and warmth, while black adds strength, clarity, and high contrast against lighter surfaces. Together they create a bold, premium look that remains legible across media, which is why this pair is designated as the primary colors. White and blue might appear in materials or serve a clean, trustworthy feel, but they're typically a secondary or supporting palette rather than the core. Red and yellow are energetic and attention-grabbing but can be less versatile for a formal brand, and green and purple convey different moods that don't align as tightly with a single, primary identity.

**7. Which item is NOT associated with the number 5?**

- A. Biological phenomena
- B. 5-pointed star
- C. Five elected officers
- D. Seven continents**

The main idea is recognizing patterns tied to the number five and spotting the one that doesn't fit that pattern. A five-pointed star clearly embodies five points, so it's a direct five-related symbol. A group of five elected officers is also a straightforward five-person count. The phrase "biological phenomena" is broad, but there are common five-associated ideas in biology—think of five senses or pentamerous body plans in some organisms—so it can still align with five in a general sense. The item about seven continents, however, is tied to seven, not five, so it doesn't share the same five-related association. Therefore, the seven continents is the item not associated with the number five.

**8. In SISTUHS, which category is labeled as Spirituality?**

- A. Strength
- B. Initiative
- C. Spirituality**
- D. Substance

Spirituality in SISTUHS refers to beliefs, values, meaning, and a sense of connection to something larger than oneself. The category that carries this label is the one dedicated to that inner life and existential perspective, distinguishing it from Strength (resilience or physical/character strengths), Substance (health-related behaviors around drugs and alcohol), and Initiative (motivation and proactive behavior). Items in this domain explore purpose, hope, and how personal beliefs guide actions. So, the label Spirituality points to the domain focused on inner beliefs and meaning.

**9. The depiction of enslavement on the plantation serves as a reminder of what ongoing reality?**

- A. Represents financial gain
- B. Refers to a time period in Europe
- C. Reflects environmental concerns
- D. Reflects ongoing struggles with racism, oppression, and stereotypes that Black women still face today**

The main idea is that images of enslaved Black women on plantations highlight how the harms of slavery echo into today's society. Even after slavery ends, racism, oppression, and the harmful stereotypes tied to Black women persist and shape their experiences in work, media, housing, health, and everyday life. These depictions draw a line from past violence and subjugation to present-day inequality, reminding us that the struggle against racial and gender-based mistreatment continues. They focus on social injustice and bias rather than financial gain, a European historical period, or environmental issues.

**10. What does the acronym ROP stand for?**

**A. Rituals of Practice**

**B. Rites of Passage**

**C. Rules of Procedure**

**D. Rites of Power**

**ROP stands for Rites of Passage, ceremonies that mark a person moving from one social role to another. In many cultures these rituals signal transitions like puberty, marriage, initiation, or other status changes and often include stages such as separation, a transformative phase, and reintegration. This is why the best choice is Rites of Passage: it directly captures the idea of a ceremonial transition, rather than merely repetitive actions (rituals), administrative rules (rules of procedure), or a focus on power (rites of power).**

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

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

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

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

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