

Soldier of the Year (SOY) / Soldier of the Quarter (SOQ) Board 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. Who is the Commander of the Navy Medical Corps?**
 - A. RADM Smith**
 - B. RADM Valdes**
 - C. RADM Johnson**
 - D. RADM Brown**

- 2. What is a typical role of a Command Master Chief (CMC)?**
 - A. Administrative duties only**
 - B. Manage financial resources**
 - C. Advise the commanding officer on enlisted matters**
 - D. Create training programs**

- 3. What is "Mission Essential Task List" (METL)?**
 - A. A framework for strategic planning**
 - B. A standard for soldier physical fitness**
 - C. A list of tasks that a unit must be trained to accomplish**
 - D. A catalog of available military resources**

- 4. What is the primary document that governs the Army's operational structure?**
 - A. Army Field Manual (FM) 1**
 - B. Army Doctrine Publication (ADP) 1**
 - C. Army Regulation (AR) 1**
 - D. Army Operations Manual (AOM) 1**

- 5. Who is the Commander of Naval Medical Pacific Forces?**
 - A. RADM Hauk**
 - B. RADM Valdes**
 - C. RADM Smith**
 - D. RADM Johnson**

- 6. Which of the following is NOT an Army value?**
 - A. Respect**
 - B. Integrity**
 - C. Humility**
 - D. Loyalty**

7. What is the tenth General Order?

- A. To quit my post only when properly relieved**
- B. To talk to no one except in the line of duty**
- C. To salute all Officers and all colors not cased**
- D. To give the alarm in case of fire**

8. Who is the Command Master Chief of Naval Medical Forces Pacific?

- A. CMDCM Howe**
- B. CMDCM Smith**
- C. CMDCM Brown**
- D. CMDCM Lee**

9. When are E-5 evaluations due?

- A. May 15th**
- B. February 15th**
- C. March 15th**
- D. April 15th**

10. When did the tradition of saluting begin in military history?

- A. Renaissance era**
- B. Medieval times**
- C. Ancient Rome**
- D. World War I**

Answers

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

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Explanations

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1. Who is the Commander of the Navy Medical Corps?

- A. RADM Smith
- B. RADM Valdes**
- C. RADM Johnson
- D. RADM Brown

The Commander of the Navy Medical Corps is RADM Valdes. In this role, RADM Valdes oversees the administration and operational readiness of the medical personnel and facilities within the Navy. The responsibilities include providing healthcare to service members and their families, managing medical resources, and ensuring the Corps meets the health demands of the Navy. Furthermore, RADM Valdes represents the Navy Medical Corps at various levels of command and plays a critical role in shaping medical policies and strategies within the Navy. This position is significant as it directly impacts the well-being of naval personnel and supports the overall mission of the Navy.

2. What is a typical role of a Command Master Chief (CMC)?

- A. Administrative duties only
- B. Manage financial resources
- C. Advise the commanding officer on enlisted matters**
- D. Create training programs

A Command Master Chief (CMC) plays a pivotal role within the command structure, particularly in advising the commanding officer on matters that pertain to enlisted personnel. This includes providing insights on morale, welfare, career progression, and any issues affecting enlisted service members. The CMC utilizes their extensive experience and knowledge to guide leadership on how best to support and develop the enlisted force, ensuring that their needs and perspectives are well represented in decision-making processes. In this context, the role of a CMC goes beyond simplistic administrative tasks or financial management, which are not their primary responsibilities. While they may contribute to various aspects of resource management or training development, the core function lies in their advisory capacity, making them critical to fostering communication between the ranks and the command structure. This unique position is integral to maintaining a cohesive and effective unit, underlining why advising the commanding officer on enlisted matters is the most accurate description of their typical role.

3. What is "Mission Essential Task List" (METL)?

- A. A framework for strategic planning
- B. A standard for soldier physical fitness
- C. A list of tasks that a unit must be trained to accomplish**
- D. A catalog of available military resources

The "Mission Essential Task List" (METL) is fundamentally a list of tasks that a unit must be trained to accomplish in order to successfully execute its assigned missions. This list is tailored to the specific capabilities and roles of the unit, ensuring they are prepared for operational requirements. Each task outlines the essential skills and competencies that members of the unit need to master, which directly contribute to the overall effectiveness of military operations. For example, a METL might include tasks related to combat readiness, logistics, and communication, all of which are crucial for the unit to function efficiently in the field. This training focus allows leaders to assess their unit's readiness and prioritize training resources and efforts accordingly, thereby enhancing mission success. In contrast, while the other options refer to valuable concepts or documents within military operations, they do not accurately define METL. Strategic planning frameworks relate more broadly to organizational goals, soldier physical fitness standards pertain to individual health and readiness rather than unit tasks, and catalogs of military resources involve equipment and assets rather than the specific tasks required for mission accomplishment.

4. What is the primary document that governs the Army's operational structure?

- A. Army Field Manual (FM) 1
- B. Army Doctrine Publication (ADP) 1**
- C. Army Regulation (AR) 1
- D. Army Operations Manual (AOM) 1

The primary document that governs the Army's operational structure is the Army Doctrine Publication (ADP) 1. This publication outlines the fundamental principles and concepts that guide the Army's operations, providing a foundation for understanding how the Army conducts its missions and organizes its forces. ADP 1 serves to communicate the Army's vision, mission, and the professional commitments of its soldiers and leaders. The importance of ADP 1 lies in its role as a cornerstone for all Army doctrine and operational procedures, ensuring that soldiers at all levels understand their responsibilities and the overall strategic objectives of the Army. This document helps in fostering a common understanding of the Army's aims and the methods used to achieve them, which is essential for cohesion and effectiveness in diverse operational contexts. Other options, while related to Army structure and operations, do not serve as the primary governing document. For instance, Army Field Manual (FM) 1 provides detailed tactical guidance but is secondary to the overarching principles established in ADP 1. Army Regulation (AR) 1 and Army Operations Manual (AOM) 1 do not encompass the comprehensive operational framework that ADP 1 provides, making it the correct choice in this context.

5. Who is the Commander of Naval Medical Pacific Forces?

- A. RADM Hauk
- B. RADM Valdes**
- C. RADM Smith
- D. RADM Johnson

The correct answer is RADM Valdes, who serves as the Commander of Naval Medical Pacific Forces. This position is significant as it oversees the medical operational readiness and healthcare services for the Navy across the Pacific region. As Commander, RADM Valdes is responsible for ensuring the highest standards of medical care are met for service members and their families, which is crucial in maintaining a healthy and prepared military force. In the context of military leadership, knowing the current command structures and leadership roles within such organizations is essential for service members, especially those preparing for boards or evaluations. This knowledge reflects familiarity with key leadership figures and their contributions to military medicine and readiness. Understanding who occupies these pivotal roles fosters situational awareness and can aid in building connections and recognition within military networks.

6. Which of the following is NOT an Army value?

- A. Respect
- B. Integrity
- C. Humility**
- D. Loyalty

Integrity, Respect, and Loyalty are all core Army values that guide the behavior and decision-making of soldiers. These values are integral to fostering a positive command climate and ensuring that soldiers act ethically and honorably in all situations. Integrity emphasizes the importance of being honest and upright, consistently adhering to moral and ethical principles. Respect underscores the need for treating others with dignity and consideration, whether they are peers or subordinates. Loyalty reflects the commitment to one's duty, unit, and fellow soldiers, promoting unity and cohesion within the Army. Humility, while a positive trait, is not formally recognized as one of the Army's core values. The Army values serve as the foundation for the Army's professional culture, guiding soldiers in their conduct and interactions within the military environment. Therefore, identifying Humility as not being an Army value is accurate, as it falls outside the established list of core values that define the character and expectations of soldiers.

7. What is the tenth General Order?

- A. To quit my post only when properly relieved
- B. To talk to no one except in the line of duty
- C. To salute all Officers and all colors not cased**
- D. To give the alarm in case of fire

The tenth General Order is "To salute all Officers and all colors not cased." This order emphasizes the importance of showing respect and military courtesy to superior officers and the national colors, which are critical elements in maintaining discipline and decorum within the military. By saluting officers, service members acknowledge the rank and authority of those leading them. Similarly, saluting the colors—particularly when they are displayed uncased—represents respect for the nation and the values it stands for. The other choices focus on different aspects of military duty but do not capture the essence of the tenth General Order. Each has its own importance in military protocol and conduct, but they relate to different situations rather than the specific directive encapsulated in the tenth order. Understanding the tenth General Order helps reinforce proper etiquette and reinforces the traditions of respect within the military structure.

8. Who is the Command Master Chief of Naval Medical Forces Pacific?

- A. CMDCM Howe**
- B. CMDCM Smith
- C. CMDCM Brown
- D. CMDCM Lee

The Command Master Chief of Naval Medical Forces Pacific is CMDCM Howe. This position is crucial as the Command Master Chief serves as the senior enlisted advisor to the commanding officer, providing guidance on matters affecting enlisted personnel across the command. CMDCM Howe's leadership and expertise play a significant role in maintaining the operational readiness and morale of the medical forces. In addition to his responsibilities within the command, the Command Master Chief often participates in strategic planning and decision-making, ensuring that the needs and perspectives of enlisted sailors are effectively communicated. His experience and background are vital for the professional development of personnel under his command, enhancing overall mission success within Naval Medical Forces Pacific.

9. When are E-5 evaluations due?

- A. May 15th
- B. February 15th
- C. March 15th**
- D. April 15th

The due date for E-5 evaluations is established by the Army and is specifically set for March 15th. This date is important because it aligns with the Army's timeline for conducting performance reviews and ensuring that evaluations are submitted in a timely manner. Evaluations play a critical role in providing feedback to soldiers on their performance and potential for future assignments and promotions. Timely submissions are essential for maintaining an efficient personnel management process within the Army, allowing leaders to make informed decisions based on the most current performance data. Understanding this timeline is vital for soldiers and their leaders to ensure they are adhering to policies and maintaining standards for evaluations.

10. When did the tradition of saluting begin in military history?

- A. Renaissance era**
- B. Medieval times**
- C. Ancient Rome**
- D. World War I**

The tradition of saluting is most commonly traced back to ancient customs, but it officially began to take shape during Medieval times. During this period, the act of raising the visor of a helmet with one hand was a gesture of respect, indicating that a knight was unarmed and friendly. As military protocols evolved, this gesture transitioned into the modern salute we recognize today. The context of saluting has deep military significance across various cultures and stands as a symbol of respect and acknowledgment among service members. While elements of saluting existed in Ancient Rome, where soldiers would raise their hands or helmets to signify unity or respect, the more structured and recognized practice we associate with military saluting is rooted in the customs of the Medieval era. Therefore, this historical link highlights why the Medieval times is considered the correct answer in the context of military saluting traditions.

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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://soysoqboard.examzify.com>

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

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