

# Stryker Gallup Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. How does the speaker rate their aggression level on a scale of 1 to 10?**
  - A. A 4**
  - B. A 6**
  - C. An 8**
  - D. A 10**
- 2. What does the speaker imply about their own self-awareness?**
  - A. It is crucial for success**
  - B. It is something they lack**
  - C. It is irrelevant in group settings**
  - D. It is secondary to others' needs**
- 3. What is an appropriate answer when asked why you are interested in a specific position?**
  - A. Because it pays well**
  - B. Because it aligns with my career goals and interests**
  - C. Because my friend works there**
  - D. Because it's better than my last job**
- 4. What skills are deemed critical for role-specific positions at Stryker?**
  - A. Leadership skills unrelated to job functions.**
  - B. Technical skills relevant to the position, such as engineering knowledge for product design roles.**
  - C. General customer service skills.**
  - D. Only soft skills and teamwork abilities.**
- 5. What attitude should you reflect when discussing your resume in a professional setting?**
  - A. Confidence in your skills and experiences**
  - B. Exaggeration of your achievements**
  - C. Overemphasis on the challenges you faced**
  - D. Indifference to job responsibilities**

**6. Which core competencies are typically evaluated in the Stryker Gallup Practice Test?**

- A. Creativity, technical skills, and adaptability**
- B. Leadership, communication, problem-solving, teamwork, and adaptability**
- C. Time management, sales techniques, and negotiation**
- D. Research abilities, customer service, and product knowledge**

**7. Why is accountability considered a critical trait for Stryker employees?**

- A. It shifts responsibility away from employees to management.**
- B. It promotes ownership of responsibilities and drives results.**
- C. It ensures that only managers are accountable for outcomes.**
- D. It allows employees to blame others for failures.**

**8. What impact can work-life balance have on overall job performance?**

- A. It can lead to lower productivity**
- B. It typically has no significant impact**
- C. It enhances mental health and productivity**
- D. It creates an environment of complacency**

**9. What is a key expectation of candidates regarding integrity at Stryker?**

- A. To always agree with management**
- B. To demonstrate a genuine commitment to ethical behavior**
- C. To follow all company policies without question**
- D. To only act ethically under supervision**

**10. What kind of feedback does the individual in question value?**

- A. Superficial and friendly feedback**
- B. Critical but constructive feedback**
- C. Only positive remarks**
- D. Negative criticism without context**

## **Answers**

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

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## **Explanations**

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**1. How does the speaker rate their aggression level on a scale of 1 to 10?**

- A. A 4**
- B. A 6**
- C. An 8**
- D. A 10**

The speaker rates their aggression level as a 6 on a scale of 1 to 10, which suggests a moderate level of aggression. This rating indicates that the speaker perceives themselves to have some assertive or bold traits but does not consider themselves overly aggressive. A 6 balances a recognition of some aggression with an awareness that it is not at its peak intensity. This self-assessment reflects a nuanced understanding of one's behavior and emotional responses, indicating that while the speaker might occasionally express aggression, they likely also recognize the importance of managing it in various situations. The other ratings, while they represent different levels of aggression, do not align with the speaker's self-perception as conveyed in the question. A 4 would indicate a low level of aggression, an 8 would convey a high level of aggression, and a 10 would imply extreme aggression—none of which match the speaker's identification of their aggressiveness at a moderate level.

**2. What does the speaker imply about their own self-awareness?**

- A. It is crucial for success**
- B. It is something they lack**
- C. It is irrelevant in group settings**
- D. It is secondary to others' needs**

The speaker implies that self-awareness is crucial for success by conveying the importance of understanding oneself in relation to achieving goals and navigating various situations. This perspective emphasizes that recognizing one's strengths, weaknesses, values, and emotions can significantly influence decision-making, performance, and interpersonal interactions. Self-awareness allows individuals to adapt their behavior, leverage their strengths effectively, and address areas for improvement, all of which contribute to success in personal and professional contexts. By highlighting its importance, the speaker suggests that cultivating self-awareness is a foundational element for achieving desired outcomes and thriving in various circumstances.

**3. What is an appropriate answer when asked why you are interested in a specific position?**

- A. Because it pays well**
- B. Because it aligns with my career goals and interests**
- C. Because my friend works there**
- D. Because it's better than my last job**

Expressing your interest in a position because it aligns with your career goals and interests demonstrates a level of thoughtfulness and ambition that many employers value. This response indicates that you have a clear understanding of your professional trajectory and how the specific role fits into it. It shows that you are not only seeking a job for financial reasons but are also motivated by the opportunity to develop skills, contribute to a team, and work in a field or industry that excites you. Furthermore, when you articulate your alignment with the position, it reflects that you have researched the role and the company, understanding how you can be a beneficial addition to the organization. This perspective can inspire confidence in your commitment and potential for long-term success in the role.

**4. What skills are deemed critical for role-specific positions at Stryker?**

- A. Leadership skills unrelated to job functions.**
- B. Technical skills relevant to the position, such as engineering knowledge for product design roles.**
- C. General customer service skills.**
- D. Only soft skills and teamwork abilities.**

B is the correct answer because technical skills relevant to the position are essential for successfully performing specific job functions at Stryker. Each role often requires specialized knowledge and expertise—such as engineering principles for product design, understanding biomechanics for a clinical representative, or proficiency in manufacturing processes for production roles. These skills ensure that employees can contribute effectively to their teams and the company's objectives, leading to innovative products and solutions that align with Stryker's high standards. The other options do not accurately capture the importance of job-specific technical skills. Leadership skills that are not related to job functions may be valuable in broader company contexts but are not as critical for the execution of role-specific tasks. General customer service skills play a role in some positions, but they do not encompass the specialized knowledge required for technical roles. Lastly, while soft skills and teamwork abilities are important, they are not sufficient on their own to fulfill the demands of technical roles without the accompanying technical expertise.

**5. What attitude should you reflect when discussing your resume in a professional setting?**

- A. Confidence in your skills and experiences**
- B. Exaggeration of your achievements**
- C. Overemphasis on the challenges you faced**
- D. Indifference to job responsibilities**

Demonstrating confidence in your skills and experiences is crucial when discussing your resume in a professional setting. This attitude reflects not only belief in your own qualifications but also helps to instill confidence in potential employers regarding your abilities. When you approach such discussions with confidence, you are more likely to engage positively with your audience, effectively communicate your value, and make a strong impression. Confidence allows you to present your achievements and experiences clearly and assertively, making it easier for others to see how you can contribute to the team or organization. It shows that you have a strong understanding of your strengths and how they align with the job at hand, creating a compelling narrative about your career journey. In contrast, exaggerating achievements can lead to credibility issues, overemphasizing challenges may shift focus away from your successes, and showing indifference can convey a lack of commitment or interest in the role. Therefore, confidence is the key attitude to embody during these discussions, enhancing the effectiveness of your presentation of your professional background.

**6. Which core competencies are typically evaluated in the Stryker Gallup Practice Test?**

- A. Creativity, technical skills, and adaptability**
- B. Leadership, communication, problem-solving, teamwork, and adaptability**
- C. Time management, sales techniques, and negotiation**
- D. Research abilities, customer service, and product knowledge**

The correct answer focuses on key competencies that are essential for success in many organizational roles, particularly within Stryker, which is known for its emphasis on teamwork and effective communication in the healthcare field. Leadership refers to the ability to guide and inspire a team towards achieving common goals, which is critical in a dynamic work environment. Communication skills are vital for clearly conveying information, fostering collaboration, and ensuring that team members are aligned in their efforts. Problem-solving is another crucial competency, as it involves the ability to assess situations, identify challenges, and develop effective solutions, particularly important in medical environments where quick and accurate decision-making can have significant impacts. Teamwork reflects the necessity of working collaboratively with diverse groups to harness various skills and expertise, ultimately leading to better outcomes. Adaptability is vital in a fast-paced industry like healthcare, where changes can occur rapidly, and the ability to pivot in response to new information or challenges is essential for maintaining effectiveness. Collectively, these competencies form a robust foundation that aligns with Stryker's operational needs and values, making them highly relevant for evaluation in the Stryker Gallup Practice Test.

## 7. Why is accountability considered a critical trait for Stryker employees?

- A. It shifts responsibility away from employees to management.
- B. It promotes ownership of responsibilities and drives results.**
- C. It ensures that only managers are accountable for outcomes.
- D. It allows employees to blame others for failures.

Accountability is viewed as a critical trait for Stryker employees because it fosters a culture of ownership and responsibility. When employees hold themselves accountable for their tasks and duties, they are more likely to take initiative and commit to achieving the goals set before them. This sense of ownership leads to higher motivation and engagement, which ultimately drives better results for the organization. In an environment where accountability is prioritized, employees are encouraged to take pride in their work, make decisions, and face challenges head-on. They understand that their contributions directly impact the company's performance and success, which can lead to a more proactive workforce that is dedicated to continuous improvement and achieving excellence. This trait enhances teamwork and collaboration as well, as individuals recognize their role within the larger organizational context and work together towards shared objectives. By emphasizing accountability, Stryker fosters a culture where every employee feels responsible for the outcomes of their work, leading to improved performance and a stronger overall organization.

## 8. What impact can work-life balance have on overall job performance?

- A. It can lead to lower productivity
- B. It typically has no significant impact
- C. It enhances mental health and productivity**
- D. It creates an environment of complacency

Work-life balance is a crucial factor that significantly enhances both mental health and productivity, making it the correct choice in this context. When employees maintain a healthy balance between their work responsibilities and personal life, they often experience reduced stress levels and improved overall well-being. This positive state of mental health fosters greater focus, motivation, and energy during work hours, leading to higher productivity levels on the job. Moreover, when employees feel supported in their efforts to balance work and personal commitments, they are more likely to be engaged and satisfied with their jobs. This engagement not only contributes to the quality of their work but also promotes a more positive workplace culture. Employees who are mentally and emotionally balanced are often more creative and innovative, further enhancing their job performance. In contrast, a lack of work-life balance can lead to burnout, decreased job satisfaction, and ultimately lower productivity. Therefore, the relationship between work-life balance and job performance is significantly positive, demonstrating how crucial it is for organizations to foster an environment that supports their employees' well-being.

## 9. What is a key expectation of candidates regarding integrity at Stryker?

- A. To always agree with management**
- B. To demonstrate a genuine commitment to ethical behavior**
- C. To follow all company policies without question**
- D. To only act ethically under supervision**

A key expectation of candidates regarding integrity at Stryker is to demonstrate a genuine commitment to ethical behavior. This reflects the company's core values, which emphasize the importance of maintaining high ethical standards in all business dealings. Integrity at Stryker entails more than merely adhering to rules; it involves a proactive approach to doing what is right, fostering trust among colleagues, customers, and stakeholders. Candidates are expected to embody honesty, transparency, and ethical decision-making, which helps to create a positive organizational culture and drives sustainable success. By valuing integrity, Stryker aims to ensure that its team members act in the best interests of the company and its mission, reinforcing the idea that ethical behavior is a personal responsibility that should be consistently upheld.

## 10. What kind of feedback does the individual in question value?

- A. Superficial and friendly feedback**
- B. Critical but constructive feedback**
- C. Only positive remarks**
- D. Negative criticism without context**

The individual values critical but constructive feedback because such feedback fosters growth and improvement. Critical feedback highlights areas that need attention or enhancement, while the constructive aspect ensures that the feedback is delivered in a supportive manner. This blend allows the person to understand not just what needs to change, but also how to implement those changes effectively. Constructive feedback often includes specific examples and actionable recommendations, making it a valuable tool for personal and professional development. This approach encourages a growth mindset, which is crucial for long-term success and resilience in various tasks and roles.

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

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

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