

Substation First Year Level 1 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. One who is properly ? demonstrates a real interest in his or her work and study.**
 - A. Interested**
 - B. Motivated**
 - C. Attentive**
 - D. Diligent**

- 2. The program's geographic applicability for graduates is described as being able to work where?**
 - A. Only in their state**
 - B. Anywhere in the country**
 - C. Worldwide**
 - D. In their city**

- 3. When workers are motivated to think and act professionally, they become more valuable as employees, co-workers, and ?**
 - A. Customers**
 - B. Managers**
 - C. Investors**
 - D. Leaders**

- 4. What is the result if an apprentice fails to meet apprenticeship obligations?**
 - A. Dropped from the program**
 - B. Given a promotion**
 - C. Awarded a bonus**
 - D. Transferred to another location**

- 5. The ? is responsible for establishing rules, policies, and standards.**
 - A. The Employer**
 - B. The Instructor**
 - C. The Apprentice**
 - D. AJATC**

- 6. Findings about employee presence indicate absenteeism is associated with which factor?**
- A. Job satisfaction level**
 - B. An employee's perception of physical working conditions**
 - C. Quality of supervision**
 - D. Salary level**
- 7. Indicators show that most Americans are prepared to take a stand against illegal use of which pair?**
- A. Cocaine / Heroin**
 - B. Marijuana / Cannabis**
 - C. Alcohol / Drugs**
 - D. Alcohol / Cocaine**
- 8. Which of the following is a characteristic of overhead costs in contracting?**
- A. Direct wages paid to electricians**
 - B. Materials purchased for a project**
 - C. Obtaining jobs / supervisory and nonproductive help**
 - D. Warranty costs**
- 9. The attendance analysis concluded that absenteeism is related to which factor?**
- A. An employee's perception of physical working conditions**
 - B. Job satisfaction level**
 - C. Quality of supervision**
 - D. Salary level**
- 10. One way to improve one's sense of professionalism is to ask to be given more what within one's skill level?**
- A. Recognition**
 - B. Authority**
 - C. Responsibilities**
 - D. Training**

Answers

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

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Explanations

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1. One who is properly ? demonstrates a real interest in his or her work and study.

- A. Interested
- B. Motivated**
- C. Attentive
- D. Diligent

Motivation is the driving force behind why someone engages with their work and study. When a person is motivated, there's genuine interest and a willingness to put in effort over time, persist through challenges, and seek improvement. This inner push explains not just liking the work, but actively pursuing goals and learning more. While being interested describes curiosity, it can be brief; attentiveness is about focus in the moment; diligence is steady, careful effort, but motivation best captures the real, lasting drive to engage. A motivated person demonstrates that real interest by choosing to invest energy and persist, making it the strongest fit for describing someone who cares about their work and study.

2. The program's geographic applicability for graduates is described as being able to work where?

- A. Only in their state
- B. Anywhere in the country**
- C. Worldwide
- D. In their city

Geographic applicability shows where graduates can work after finishing the program. If the description says graduates can work anywhere in the country, that means the credential aligns with nationwide standards and is recognized across state lines, so graduates aren't limited to a single state or city. This broad scope contrasts with options that confine work to one state or one city, or imply worldwide practice. Keep in mind that some specialized tasks may require state-specific licensure, but the program's stated reach is nationwide employability.

3. When workers are motivated to think and act professionally, they become more valuable as employees, co-workers, and ?

- A. Customers
- B. Managers
- C. Investors
- D. Leaders**

When workers consistently think and act professionally, they build trust, show good judgment, and take initiative. These traits help them influence others, set high standards, and guide their teammates toward better performance. That ability to inspire and organize people around a common goal is what defines leadership, even if they don't have a formal title. So, they become leaders in their workgroups—naturally stepping into roles where they mentor, coordinate efforts, and elevate the team's effectiveness. Customers, managers, and investors are external or formal roles, while leadership here refers to the influence and guidance peers can provide.

4. What is the result if an apprentice fails to meet apprenticeship obligations?

- A. Dropped from the program**
- B. Given a promotion**
- C. Awarded a bonus**
- D. Transferred to another location**

Apprenticeships run on clearly defined obligations—things like attending required training, following safety rules, and making steady progress. When those obligations aren't met, the program typically ends the apprenticeship by removing the individual from the program. This keeps standards high, protects safety, and ensures the investment in training isn't wasted while allowing the program to proceed fairly for others. Promoting, awarding a bonus, or transferring someone are outcomes tied to meeting performance or specific needs, not to failing obligations. Those options don't fit as the consequence of not meeting the required commitments, which is why being dropped from the program is the appropriate result.

5. The ? is responsible for establishing rules, policies, and standards.

- A. The Employer**
- B. The Instructor**
- C. The Apprentice**
- D. AJATC**

Setting the rules, policies, and standards for an apprenticeship program is handled by the Joint Apprenticeship and Training Committee. This body creates the program's curriculum, sets minimum competencies, safety rules, testing methods, and administrative policies, and ensures alignment with industry and regulatory requirements. It's formed by the employers and the sponsoring union to oversee the program as a whole. The employer provides work and resources, but does not establish the formal standards; the instructor delivers training within those standards; the apprentice follows them. Therefore, the entity responsible for establishing rules, policies, and standards is AJATC.

6. Findings about employee presence indicate absenteeism is associated with which factor?

A. Job satisfaction level

B. An employee's perception of physical working conditions

C. Quality of supervision

D. Salary level

Absenteeism often rises when employees perceive their work environment as physically uncomfortable or unsafe. If the workplace feels too hot or cold, poorly lit, noisy, poorly ventilated, cluttered, or full of safety hazards, people experience more stress and physical discomfort. These conditions can lead to health complaints or simply make coming to work unappealing, so employees may choose to stay home to avoid the adverse environment or to recover from related symptoms. Improving how the physical workspace feels to employees tends to reduce these triggers and, as a result, can lower absenteeism. While factors like job satisfaction, supervision quality, or pay can influence attendance, the immediate, daily experience of the physical conditions is the strongest link to whether people show up.

7. Indicators show that most Americans are prepared to take a stand against illegal use of which pair?

A. Cocaine / Heroin

B. Marijuana / Cannabis

C. Alcohol / Drugs

D. Alcohol / Cocaine

Public attitudes toward illegal use of substances tend to frame the issue around broad categories rather than specific drugs. People generally stand against illegal use of both alcohol misuse and illicit drugs, recognizing the harm and legal consequences involved. The option that best reflects this widespread stance is alcohol and drugs, because it captures the common concern about illegal use across a broad range of substances, from underage drinking and drunk driving to the misuse of illegal drugs. The other choices focus on particular drugs or mix a legal substance with illegal ones in ways that don't represent the general stance as clearly.

8. Which of the following is a characteristic of overhead costs in contracting?

- A. Direct wages paid to electricians**
- B. Materials purchased for a project**
- C. Obtaining jobs / supervisory and nonproductive help**
- D. Warranty costs**

Overhead costs in contracting are the indirect expenses that keep the business running but aren't tied to a single project. They include activities that support multiple jobs, such as obtaining new work (bidding and marketing) and the time supervisors spend overseeing crews, along with nonproductive time that isn't directly billable to one job. These costs are allocated to jobs as overhead rather than charged as direct labor or direct materials. Direct wages paid to electricians are direct labor charged to a specific project, and materials purchased for a project are direct materials charged to that project. Warranty costs are typically treated as post-sale or cost of goods sold related, not overhead. Therefore, obtaining jobs and supervisory/nonproductive help best describes overhead in contracting.

9. The attendance analysis concluded that absenteeism is related to which factor?

- A. An employee's perception of physical working conditions**
- B. Job satisfaction level**
- C. Quality of supervision**
- D. Salary level**

Absenteeism is most strongly tied to how employees perceive their physical working conditions. When the work environment feels uncomfortable, unsafe, noisy, poorly lit, hot or cold, or otherwise unhealthy, employees are more likely to miss days to avoid the strain or cope with health issues. This direct link between daily comfort and attendance often shows up more clearly than broader factors like overall job satisfaction, supervision quality, or pay, which can influence morale and long-term retention but don't affect day-to-day attendance as directly. So, the analysis pointing to perception of physical working conditions makes sense because the immediate, tangible experience of the workplace drives decisions to be absent.

10. One way to improve one's sense of professionalism is to ask to be given more what within one's skill level?

- A. Recognition**
- B. Authority**
- C. Responsibilities**
- D. Training**

Gaining professionalism comes from showing you're ready to take on more work within what you can safely and competently handle. Asking to be given more responsibilities demonstrates initiative, reliability, and a willingness to contribute to the team, which are concrete signs of professional growth. In a substation context, this might mean handling additional tasks, coordinating small projects, or taking ownership of a task with proper safety and procedures, all within your current skill set. The other ideas don't directly reflect growing your role: recognition is about praise rather than expanding duties, authority is about formal power you don't yet have, and training is about learning new skills rather than increasing responsibilities within your existing capabilities.

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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://substation1styearlevel1.examzify.com>

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

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