

Test of Essential Academic Skills (TEAS) ATI English 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. What is the sugar present in DNA?**
 - A. Ribose**
 - B. Fructose**
 - C. Deoxyribose**
 - D. Glucose**
- 2. What structural element is used to organize ideas in a bullet point format?**
 - A. Sequence**
 - B. Narrative**
 - C. Comparison**
 - D. Claim**
- 3. What role do catalysts play in a chemical reaction?**
 - A. They increase the activation energy required.**
 - B. They slow down the rate of the reaction.**
 - C. They control the rate of the reaction.**
 - D. They are consumed in the reaction.**
- 4. What is differentiation in the context of cellular development?**
 - A. Process of cell division**
 - B. Cells becoming specific types of cells**
 - C. Formation of amino acid chains**
 - D. Development of the embryo into a zygote**
- 5. What structural representation shows valence electrons in an atom?**
 - A. Lewis dot structure**
 - B. Ball and stick model**
 - C. Space-filling model**
 - D. Line angle structure**

6. How many inches are in 1 foot?

- A. 10 inches**
- B. 12 inches**
- C. 14 inches**
- D. 16 inches**

7. When comparing the energy needed for phase changes, which is true about liquid to gas conversion?

- A. It requires less energy than solid to liquid**
- B. It requires more energy compared to solid to liquid**
- C. It requires no energy**
- D. It requires equal energy as solid to liquid**

8. What is the primary function of protease enzymes?

- A. Digestion of carbohydrates**
- B. Digestion of proteins**
- C. Digestion of lipids**
- D. Digestion of nucleic acids**

9. What type of muscle tissue is involuntary and found in the heart?

- A. Skeletal**
- B. Cardiac**
- C. Smooth**
- D. Connective**

10. Which of the following statements accurately describes a compound sentence?

- A. It contains only one clause.**
- B. It contains two or more independent clauses, usually joined by a coordinating conjunction.**
- C. It consists of one independent clause and one dependent clause.**
- D. It contains multiple dependent clauses.**

Answers

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

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Explanations

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1. What is the sugar present in DNA?

- A. Ribose
- B. Fructose
- C. Deoxyribose**
- D. Glucose

The sugar present in DNA is deoxyribose. DNA, or deoxyribonucleic acid, consists of a backbone made up of alternating deoxyribose sugars and phosphate groups. Deoxyribose is a five-carbon sugar that differs from ribose (found in RNA) by lacking one oxygen atom. This difference in sugar structure is a key feature that distinguishes DNA from RNA. The presence of deoxyribose contributes to the stability and structure of DNA, allowing it to form the double helix configuration that is vital for its function in storing and transmitting genetic information. Understanding the role of deoxyribose in DNA is essential for comprehending how genetic material is organized and replicated within living organisms.

2. What structural element is used to organize ideas in a bullet point format?

- A. Sequence**
- B. Narrative
- C. Comparison
- D. Claim

The structural element that is used to organize ideas in a bullet point format is sequence. Bullet points are typically employed to present information in a clear and concise manner, allowing the reader to easily follow the main ideas or points. Sequence involves arranging information in a logical order, which is essential when using bullet points to ensure that each point builds on the previous one or follows a specific flow of thought. In contrast, narrative focuses on storytelling and is less structured than bullet points, as it relates information in a continuous format rather than in list form. Comparison is used to examine the similarities and differences between two or more ideas, which may not necessarily lend itself to a bullet point format unless explicitly structured that way. A claim refers to an assertion or statement made as part of an argument, but it does not pertain directly to the organizational structure implied by bullet points. Thus, sequence is the most fitting choice for organizing ideas in this format.

3. What role do catalysts play in a chemical reaction?

- A. They increase the activation energy required.
- B. They slow down the rate of the reaction.
- C. They control the rate of the reaction.**
- D. They are consumed in the reaction.

Catalysts play a significant role in chemical reactions by increasing the rate of the reaction without being consumed in the process. They achieve this by providing an alternative pathway for the reaction that has a lower activation energy compared to the uncatalyzed reaction. This allows more reactant molecules to have sufficient energy to undergo the reaction at a given temperature, effectively speeding it up. The role of catalysts is crucial in both industrial and biological processes, where they can enhance the efficiency of reactions, allowing for faster production and reduced energy requirements. The fact that they remain unchanged after the reaction means they can be used repeatedly, further adding to their utility in various applications.

4. What is differentiation in the context of cellular development?

- A. Process of cell division**
- B. Cells becoming specific types of cells**
- C. Formation of amino acid chains**
- D. Development of the embryo into a zygote**

Differentiation refers to the process by which unspecialized cells develop into specialized cells with distinct functions. This is crucial in cellular development as it allows for the formation of various cell types, such as muscle cells, nerve cells, and blood cells, each performing specific roles vital for the organism's overall functioning. During differentiation, cells undergo changes in gene expression that lead to their unique structures and functions, enabling them to carry out tailored tasks within tissues and organs. This transformative process is essential for the proper development and functioning of multicellular organisms, which require diverse cell types to perform varied functions efficiently. Understanding differentiation is fundamental in fields such as developmental biology and medicine, where the manipulation of cell specialization can lead to advancements in regenerative therapies and treatments for diseases.

5. What structural representation shows valence electrons in an atom?

- A. Lewis dot structure**
- B. Ball and stick model**
- C. Space-filling model**
- D. Line angle structure**

The Lewis dot structure is the correct choice because it specifically represents the valence electrons of an atom by using dots placed around the chemical symbol of the element. Each dot corresponds to a valence electron, allowing for a visual representation of how these electrons are arranged. This is particularly useful for understanding chemical bonding and the reactivity of different elements, as it highlights how atoms may share or transfer electrons to form bonds. This method is foundational in chemistry as it provides insights into molecular structure and behavior based on electron configuration. The other options, while useful in their own contexts, do not serve the same specific purpose. The ball and stick model illustrates the spatial relationships and angles between atoms in a molecule but does not focus on valence electrons. The space-filling model represents the size and shape of molecules more accurately but similarly lacks focus on individual valence electrons. The line angle structure provides a simplified representation of molecular structures but does not explicitly depict electrons at all.

6. How many inches are in 1 foot?

- A. 10 inches
- B. 12 inches**
- C. 14 inches
- D. 16 inches

In the Imperial system of measurements commonly used in the United States, one foot is defined as being equivalent to 12 inches. This measurement is standardized and widely taught, making it basic knowledge in both daily activities and various academic contexts. When converting feet to inches, remembering that there are 12 inches in a foot helps with understanding length, height, and other dimensions in both practical and theoretical scenarios. Therefore, the choice indicating 12 inches aligns with this established measurement standard.

7. When comparing the energy needed for phase changes, which is true about liquid to gas conversion?

- A. It requires less energy than solid to liquid
- B. It requires more energy compared to solid to liquid**
- C. It requires no energy
- D. It requires equal energy as solid to liquid

The conversion from liquid to gas, known as vaporization or boiling, indeed requires more energy compared to the phase change from solid to liquid (melting). This is because, during the transition from liquid to gas, the molecules must overcome intermolecular forces that hold them closely together in the liquid state. These forces are relatively strong, and breaking them apart to allow the molecules to escape as gas requires a significant amount of energy, referred to as the heat of vaporization. In contrast, during the solid to liquid phase change, the energy required to break some of the intermolecular forces is less than what is needed to completely separate molecules in the liquid phase from each other to form gas. Therefore, the liquid to gas phase change demands a higher energy input because it must account for the complete transition to a less ordered, more energetic state.

8. What is the primary function of protease enzymes?

- A. Digestion of carbohydrates
- B. Digestion of proteins**
- C. Digestion of lipids
- D. Digestion of nucleic acids

Protease enzymes have the primary function of digesting proteins. They accomplish this by breaking down the long chains of amino acids that make up proteins into smaller peptides and ultimately into individual amino acids. This process is vital for many bodily functions, including nutrient absorption, cellular repair, and the synthesis of new proteins. While there are enzymes specifically designed for the digestion of carbohydrates, lipids, and nucleic acids, these functions are not attributable to proteases. Each type of enzyme is tailored to target distinct macromolecules, highlighting the specialization in the digestive system. Proteases are essential in processes such as digestion, where they help ensure that proteins consumed in the diet are effectively broken down for the body to utilize.

9. What type of muscle tissue is involuntary and found in the heart?

- A. Skeletal**
- B. Cardiac**
- C. Smooth**
- D. Connective**

The type of muscle tissue that is involuntary and found in the heart is cardiac muscle. This specialized tissue is unique to the heart and plays a crucial role in pumping blood throughout the circulatory system. Cardiac muscle cells are interconnected in a way that enables them to contract in a coordinated manner, which is vital for efficient heart function. Cardiac muscle is characterized by its striated appearance, similar to skeletal muscle, but unlike skeletal muscle, it operates without conscious control, making it an involuntary muscle. The rhythmic contractions of cardiac muscle are regulated by the heart's electrical conduction system, which allows for a consistent heartbeat. In comparison, skeletal muscle is voluntary and attached to bones, allowing for movement under conscious control. Smooth muscle, also involuntary, is found in various organs and structures, such as the intestines and blood vessels, but is not present in the heart. Connective tissue, on the other hand, supports, binds, and protects other tissues, but it does not have the contractile properties of muscle tissue.

10. Which of the following statements accurately describes a compound sentence?

- A. It contains only one clause.**
- B. It contains two or more independent clauses, usually joined by a coordinating conjunction.**
- C. It consists of one independent clause and one dependent clause.**
- D. It contains multiple dependent clauses.**

A compound sentence is defined as a sentence that includes two or more independent clauses, which are usually connected by a coordinating conjunction such as "and," "but," or "or." Each independent clause within a compound sentence can stand alone as a complete sentence since it contains a subject and a verb and expresses a complete thought. This structure allows for the combination of related ideas and can enhance the complexity and richness of sentence construction. For instance, in the compound sentence "I wanted to go for a walk, but it started to rain," there are two independent clauses: "I wanted to go for a walk" and "it started to rain." Each clause can function independently, but they are linked by the coordinating conjunction "but," illustrating the relationship between the two ideas. This distinction is crucial in understanding sentence structures and improves writing clarity and coherence. The other options do not accurately define a compound sentence; a single clause implies a simple sentence, while having one independent and one dependent clause describes a complex sentence, and multiple dependent clauses do not form a complete thought, which also diverges from the definition of a compound sentence.

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://teasatienglish.examzify.com>

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

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