

VIRGINIA NATIONAL DRIVER TRAINING INSTITUTE PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. What is a common definition of jet lag?**
 - A. Getting out of one's normal metabolism rhythm
 - B. Getting out of one's normal digestive rhythm
 - C. Getting out of one's normal circadian rhythm
 - D. Getting out of one's normal jazz rhythm

- 2. All children under the age of ____ should be properly restrained in the backseat.**
 - A. 12
 - B. 5
 - C. 10
 - D. 3

- 3. What occurs during hydroplaning?**
 - A. Your tires ride on the water's surface
 - B. Your vehicle lifts off the road surface
 - C. The steering becomes unresponsive
 - D. Your vehicle begins to spin out

- 4. What does speeding reduce?**
 - A. Gas mileage
 - B. Tire pressure
 - C. Options
 - D. Risks

- 5. According to the National Highway Traffic Safety Board, which age group has the riskiest drivers?**
 - A. 17 year olds
 - B. 16 year olds
 - C. 26 year olds
 - D. 21 year olds

- 6. What happens to the center of mass in the vehicle during sudden, hard steering to the left?**
- A. It shifts to the front of the car.
 - B. It shifts to the back of the car.
 - C. It shifts to the left front tire.
 - D. It shifts to the right front tire.
- 7. What type of maneuver should a driver be prepared to make if necessary while scanning the road?**
- A. Evasive
 - B. Aggressive
 - C. Semi-dangerous
 - D. Unlawful
- 8. Is it true that in the modified hand-to-hand steering method, the right hand never touches the left hand?**
- A. True
 - B. False
 - C. Only during turns
 - D. Only when shifting gears
- 9. Is the likelihood of injury during a crash higher for a belted driver compared to an unbelted driver at low speeds?**
- A. True
 - B. False
- 10. What action should you take if you are unsure if the lane change is safe?**
- A. Immediately change lanes
 - B. Check mirrors and blind spots
 - C. Honk to alert other drivers
 - D. Signal and speed up

Answers

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

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Explanations

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1. What is a common definition of jet lag?

- A. Getting out of one's normal metabolism rhythm
- B. Getting out of one's normal digestive rhythm
- C. Getting out of one's normal circadian rhythm**
- D. Getting out of one's normal jazz rhythm

Jet lag is most commonly defined as a temporary sleep disorder that occurs when a person travels across multiple time zones, disrupting their body's internal clock, known as the circadian rhythm. This rhythm regulates the sleep-wake cycle and is influenced by the natural light and darkness in a person's environment. When you travel to a different time zone, your body may continue to operate on its original schedule, leading to feelings of fatigue, difficulty concentrating, and other symptoms associated with misalignment between your internal clock and the external environment. The other options focus on metabolic and digestive rhythms, which are also important aspects of overall well-being but do not specifically relate to the phenomenon of jet lag. Jet lag primarily involves the disruption of the circadian rhythm, which encompasses not only sleep patterns but also the biological processes tied to the day-night cycle. Thus, understanding jet lag in the context of circadian rhythm is essential for addressing and managing its effects on travelers.

2. All children under the age of ____ should be properly restrained in the backseat.

- A. 12**
- B. 5
- C. 10
- D. 3

The correct answer is that all children under the age of 12 should be properly restrained in the backseat. This guideline is established to enhance the safety of young passengers in the event of a collision. The backseat is generally considered the safest position for children because it reduces their risk of injury from front-end crashes and also minimizes exposure to airbag deployment. Research shows that children are significantly safer when seated in the back, away from the potential dangers posed by the front seat, including airbags which can deploy with considerable force. Proper restraint includes using age-appropriate safety seats, booster seats, or seat belts, ensuring they fit the child correctly for optimal protection. While options like 5, 10, and 3 may reflect some common safety guidelines, they do not align with the broader recommendation to keep children under the age of 12 secured in the backseat, emphasizing the importance of prioritizing the safety of children as they grow.

3. What occurs during hydroplaning?

- A. Your tires ride on the water's surface**
- B. Your vehicle lifts off the road surface
- C. The steering becomes unresponsive
- D. Your vehicle begins to spin out

During hydroplaning, the vehicle experiences a situation where the tires lose contact with the road surface and instead ride on a layer of water. This occurs when there is too much water on the road for the tires to displace, creating a situation where the tire's traction is significantly reduced. When tires are unable to grip the road and instead skim across the surface of the water, control over the vehicle is compromised. This loss of traction can lead to dangerous situations, as the driver may not be able to steer or brake effectively. Understanding that hydroplaning primarily involves tires riding on the water is critical for safe driving, especially in wet conditions. Recognizing this phenomenon is key for drivers to take preventive measures, such as reducing speed during heavy rain or ensuring that tires have adequate tread depth to manage water displacement.

4. What does speeding reduce?

- A. Gas mileage
- B. Tire pressure
- C. Options**
- D. Risks

The correct answer pertains to the concept of "options" in the context of driving, particularly underlining the idea that speeding reduces a driver's range of choices in making safe driving decisions. When a driver speeds, they have less time to react to unexpected events on the road, such as other vehicles merging, pedestrians crossing, or changing road conditions. This decreased reaction time limits the options available to the driver when it comes to making safe maneuvers. Therefore, speeding compromises decision-making flexibility, making it harder to navigate challenging situations effectively. In discussing the other options, gas mileage and tire pressure are related to vehicle performance but not directly linked to the consequences of speeding. Speeding does indeed impact gas mileage negatively since higher speeds generally lead to increased fuel consumption. Tire pressure, while important for safety and performance, is not directly affected by the act of speeding. Thus, recognizing that speeding limits driving options highlights the importance of adhering to speed limits for safety and effective decision-making on the road.

5. According to the National Highway Traffic Safety Board, which age group has the riskiest drivers?

- A. 17 year olds
- B. 16 year olds**
- C. 26 year olds
- D. 21 year olds

The riskiest drivers, according to the National Highway Traffic Safety Board, are predominantly in the 16-year-old age group. This conclusion is based on extensive data and research that reveal a higher incidence of accidents, violations, and unsafe driving behaviors among teenagers, particularly those who are just beginning to drive. At age 16, many new drivers lack experience, which is a critical factor in safe driving. They often overestimate their skills and may engage in risk-taking behaviors, such as distracted driving or speeding, contributing to higher crash rates. The developmental factors at this age, including impulsivity and a strong desire for independence, further exacerbate these risks. As drivers mature, such as those at 17 years old and older, they generally gain more experience and often become more cautious, resulting in lower risk levels compared to younger drivers in their mid to late teens. This developmental trajectory explains why the 16-year-olds stand out as particularly risky behind the wheel.

6. What happens to the center of mass in the vehicle during sudden, hard steering to the left?

- A. It shifts to the front of the car.
- B. It shifts to the back of the car.
- C. It shifts to the left front tire.**
- D. It shifts to the right front tire.

When a driver suddenly steers to the left, the dynamics of the vehicle cause the center of mass to shift toward the left side, specifically towards the left front tire. This occurs due to inertia, which is the tendency of the vehicle to maintain its current state of motion. As the vehicle turns left, the force of the turn pushes the weight of the vehicle to the left, enhancing the load on the left front tire. This shift can potentially affect vehicle handling, traction, and stability. The left front tire becomes more engaged with the road as the weight distribution changes, which is crucial for maintaining control during the maneuver. Understanding this behavior is essential for safe driving practices, particularly in avoiding oversteering or losing control during abrupt steering actions.

7. What type of maneuver should a driver be prepared to make if necessary while scanning the road?

- A. Evasive**
- B. Aggressive
- C. Semi-dangerous
- D. Unlawful

The correct choice, evasive maneuver, is essential for drivers to understand and prepare for while scanning the road. Evasive maneuvers are sudden actions taken to avoid a collision or an unexpected hazard. This type of maneuver is critical in maintaining safety, especially when confronted with unforeseen circumstances such as another vehicle swerving into your lane, a pedestrian crossing unexpectedly, or debris suddenly appearing on the road. During normal driving, scanning the road allows drivers to be aware of their surroundings, which is vital for anticipating potential hazards. When a threat presents itself, the ability to execute an evasive maneuver can make the difference between a safe response and a collision. This might include swerving, braking suddenly, or even accelerating, depending on the situation. By being prepared for such maneuvers, drivers can navigate roads more safely and responsibly. In contrast, aggressive, semi-dangerous, and unlawful maneuvers do not emphasize safety and can actually increase the risks on the road. Aggressive driving often leads to reckless behavior, while semi-dangerous actions might not adequately address impending dangers. Unlawful actions, as the name suggests, can result in legal consequences and further jeopardize safety. Thus, being prepared for evasive maneuvers is the appropriate course of

8. Is it true that in the modified hand-to-hand steering method, the right hand never touches the left hand?

A. True

B. False

C. Only during turns

D. Only when shifting gears

In the modified hand-to-hand steering method, the technique emphasizes maintaining control while minimizing hand movements. This method allows drivers to steer effectively without the right hand crossing over the left. Instead, the driver's right hand operates within the steering wheel's right side while the left hand stays on the left, ensuring that both hands can maintain their respective positions without interruption. This practice enhances stability and control of the vehicle, especially during turns and maneuvers. The idea is to keep each hand in its designated area on the wheel, which helps maintain a stable grip and better control of the steering. This method can be particularly beneficial in preventing oversteering or losing balance while turning. By avoiding the crossing of hands, drivers can react quickly to any changes in driving conditions.

9. Is the likelihood of injury during a crash higher for a belted driver compared to an unbelted driver at low speeds?

A. True

B. False

The correct answer is that the likelihood of injury during a crash is lower for a belted driver compared to an unbelted driver, even at low speeds. Seat belts significantly enhance safety by securing occupants within the vehicle, preventing them from being thrown forward or ejected in the event of a collision. This restraint system helps maintain control of the body in a crash and reduces the risk of severe injury or death. When a driver is belted, their chances of sustaining critical injuries are significantly reduced due to the support provided by the seat belt. In contrast, unbelted drivers are at a much higher risk because, without the protective restraints, they can collide with the steering wheel, dashboard, or windshield, or even be ejected from the vehicle entirely. This is true regardless of the speed of the crash, although the severity of injuries may increase with higher speeds. Overall, wearing a seat belt is essential for improving safety in any driving situation.

10. What action should you take if you are unsure if the lane change is safe?

A. Immediately change lanes

B. Check mirrors and blind spots

C. Honk to alert other drivers

D. Signal and speed up

When you are unsure if a lane change is safe, the best course of action is to check your mirrors and blind spots. This step is crucial because it allows you to gather the necessary information about your surroundings before making a maneuver. Checking mirrors provides a view of vehicles approaching from behind or alongside you, while looking into blind spots ensures you are aware of any vehicles that may be in a position where they could not be seen in your mirrors. Being thorough in your checks helps prevent accidents and ensures you make informed decisions. If you do not take the time to assess your environment, you increase the risk of colliding with another vehicle or causing confusion on the road. Safety should always be the priority when driving, and thorough checking before changing lanes is a fundamental practice for all drivers.

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://vanatldrivertraininginst.examzify.com>

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

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