

WASHINGTON ARMY NATIONAL GUARD PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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 are the three approaches to counseling?**
 - A. Directive, Cooperative, and Feedback
 - B. Directive, Non-directive, and Combined
 - C. Formal, Informal, and Mixed
 - D. Single, Dual, and Triad
- 2. Which of the following is a component of the Army Sexual Assault Prevention and Response Program?**
 - A. Awareness
 - B. Risk assessment
 - C. Vehicle maintenance
 - D. Food service sanitation
- 3. What is the role of the recorder on a promotion board?**
 - A. Recorder without a vote.
 - B. Recorder votes on promotion decisions.
 - C. Administrator who schedules the board.
 - D. Secretary to the board.
- 4. How many circumference sites are used for tape testing in soldiers?**
 - A. One
 - B. Two
 - C. Three
 - D. Four
- 5. The AFT's relationship to Warrior Tasks and Battle Drills (WTBD) and Common Soldier Task (CST) is best described as?**
 - A. It is designed to reflect combat performance capability linked to WTBD and CST
 - B. It has no relation to WTBD and CST
 - C. It measures only flexibility
 - D. It replaces all other Army physical fitness tests

- 6. During the playing of the Army Song, how will individuals stand?**
- A. They will stand at attention and sing the lyrics of the Army Song when played
 - B. They will sit and listen
 - C. They will stand at parade rest
 - D. They will march in place
- 7. What should you look for when recommending an individual for promotion?**
- A. Attitude, appearance, and time in service
 - B. Overall performance, attitude, leadership ability, and development potential
 - C. Rank and unit size
 - D. MOS qualification only
- 8. Who are the only Soldiers authorized to wear the IPFU shirt outside of the trunks?**
- A. Pregnant Soldiers
 - B. Female Soldiers
 - C. Soldiers with tattoos
 - D. All Soldiers
- 9. Which color indicates relief features on a map?**
- A. Brown
 - B. Blue
 - C. Red-Brown
 - D. Green
- 10. The WAARNG Commanding General holds which rank?**
- A. Brigadier General
 - B. Major General
 - C. Lieutenant Colonel
 - D. Colonel

Answers

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

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Explanations

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1. What are the three approaches to counseling?

- A. Directive, Cooperative, and Feedback
- B. Directive, Non-directive, and Combined**
- C. Formal, Informal, and Mixed
- D. Single, Dual, and Triad

Three main approaches to counseling are directive, non-directive, and combined. The directive approach has the counselor take an active, guiding role—giving clear instructions, sharing specific recommendations, establishing goals, and sometimes assigning tasks. This is especially helpful when the client needs concrete direction, skill-building, or timely decisions, such as planning a career transition or addressing an urgent issue. The non-directive approach centers on the client's autonomy. The counselor uses active listening, open-ended questions, and reflective responses to help the client explore thoughts and feelings and discover their own solutions. This works well when the goal is self-discovery, motivation, and empowering the client to own the change process. The combined approach blends both styles and adapts to the client's needs in the moment. It may involve providing guidance or structure when useful, while also allowing space for client input and self-directed problem-solving. This flexibility is particularly valuable in varied counseling situations where readiness and preferences differ. In some answer sets, other terms refer to group formats or generic concepts rather than distinct interaction styles, which is why directive/non-directive/combined is the standard way these approaches are described.

2. Which of the following is a component of the Army Sexual Assault Prevention and Response Program?

- A. Awareness**
- B. Risk assessment
- C. Vehicle maintenance
- D. Food service sanitation

Awareness is a central part of the Army Sexual Assault Prevention and Response Program because it builds the knowledge and attitudes that prevent harm. Through awareness, soldiers learn what constitutes sexual assault, the importance of consent, and how to intervene as bystanders. It also covers the reporting options available and the resources and support available to victims. This education creates a culture where unsafe behavior is less likely and help is more accessible when incidents occur. The other topics listed don't relate to SAPR—vehicle maintenance and food service sanitation address unrelated duties—so they aren't components of the program.

3. What is the role of the recorder on a promotion board?

- A. Recorder without a vote.
- B. Recorder votes on promotion decisions.
- C. Administrator who schedules the board.**
- D. Secretary to the board.

The recorder is the administrator who handles the scheduling and coordination of the board. Their job is to set up the board—arranging the date, time, location, and attendees, ensuring all necessary paperwork and security requirements are in place, and coordinating logistics so the board can meet and proceed smoothly. They do not participate in the promotion decisions or vote on outcomes. The secretary to the board handles official minutes and records, while voting is done by the board members themselves.

4. How many circumference sites are used for tape testing in soldiers?

- A. One
- B. Two
- C. Three
- D. Four

Tape testing estimates body fat by using measurements from multiple body circumferences, not a single measurement. This approach accounts for how fat is distributed differently across the body. In practice, men are measured at two sites—the neck and the waist—while women are measured at three sites—the neck, the waist, and the hips. Those measurements are plugged into a formula to estimate body fat percentage. Because the distribution of fat varies by gender, using more than one circumference site yields a more accurate assessment than relying on just one measurement. If a study or test seems to use only one circumference site, it would be a simplified or variant approach, but standard practice involves two or three sites depending on gender.

5. The AFT's relationship to Warrior Tasks and Battle Drills (WTBD) and Common Soldier Task (CST) is best described as?

- A. It is designed to reflect combat performance capability linked to WTBD and CST
- B. It has no relation to WTBD and CST
- C. It measures only flexibility
- D. It replaces all other Army physical fitness tests

The test is built to mirror what soldiers actually have to do in the field. It links physical capability directly to battlefield tasks by aligning with Warrior Tasks and Battle Drills and Common Soldier Tasks. That means the items and scoring on this assessment are chosen to reflect the physical demands of those essential duties, so someone who does well is demonstrating readiness to perform real combat tasks under load and fatigue. This is why it's the best description: it shows combat performance capability by tying the test to the tasks soldiers are expected to execute, not just measuring generic fitness in isolation. It isn't unrelated to WTBD and CST, it doesn't measure only flexibility, and it doesn't replace all other physical fitness tests. Instead, it provides a practical gauge of whether a soldier can carry out critical tasks, supporting training and readiness focused on those battlefield requirements.

6. During the playing of the Army Song, how will individuals stand?

- A. They will stand at attention and sing the lyrics of the Army Song when played
- B. They will sit and listen
- C. They will stand at parade rest
- D. They will march in place

When a ceremonial song is played, service members should come to attention and participate by singing. This posture and active singing show respect for the tradition and unity of the unit. Sitting would signal disengagement, standing at parade rest is too relaxed for a song, and marching in place would be disruptive. So the proper action is to stand at attention and sing the lyrics as the Army Song is played.

7. What should you look for when recommending an individual for promotion?

- A. Attitude, appearance, and time in service
- B. Overall performance, attitude, leadership ability, and development potential**
- C. Rank and unit size
- D. MOS qualification only

Promotion decisions focus on the whole person: how they perform in their duties, their overall attitude and behavior, their ability to lead others, and their potential to grow into greater responsibilities. Overall performance shows they consistently meet or exceed requirements. Attitude reflects reliability, teamwork, adaptability, and how they handle challenges. Leadership ability demonstrates the capacity to guide, motivate, and take responsibility for others. Development potential indicates they have room and drive to take on more complex tasks and higher roles in the future. Together, these factors predict how well someone will succeed in greater responsibilities. Attitude combined with time in service or appearance alone doesn't guarantee future success, and rank or unit size isn't a measure of readiness for promotion. MOS qualification indicates technical skill but not leadership or future potential. So the emphasis is on performance, attitude, leadership, and development potential as the best basis for recommending promotion.

8. Who are the only Soldiers authorized to wear the IPFU shirt outside of the trunks?

- A. Pregnant Soldiers**
- B. Female Soldiers
- C. Soldiers with tattoos
- D. All Soldiers

The IPFU is the standard PT uniform, and its shirt is normally worn tucked into the trunks to keep a neat, uniform appearance. An exception is made for pregnant Soldiers: they are authorized to wear the IPFU shirt outside the trunks. This accommodation fits the needs of a growing body, helping with comfort and modesty during workouts while still maintaining the recognizable PT look. The policy does not extend this option to Soldiers who are not pregnant, so the ability to wear the shirt outside the trunks is specific to pregnancy.

9. Which color indicates relief features on a map?

- A. Brown**
- B. Blue
- C. Red-Brown
- D. Green

Relief features, which show elevation and terrain shape through contour lines and shading, are traditionally depicted in brown. This color stands out against blue water features and green vegetation, making elevation changes easy to read at a glance. Blue represents water, green represents vegetation, and while red-brown can appear in some map styles for other purposes, brown is the standard color used to indicate relief features. That's why brown is the best choice.

10. The WAARNG Commanding General holds which rank?

A. Brigadier General

B. Major General

C. Lieutenant Colonel

D. Colonel

The rank used for the WAARNG Commanding General reflects the level of leadership needed to oversee all Army National Guard units within the state. A Brigadier General, a one-star general, is typically sufficient to command the state's Army National Guard and manage readiness, training, and mobilization across its units. This level fits the size and scope of a state Guard compared with larger, two-star commands that lead divisions or multi-state or national-level organizations. The other ranks listed are below general officer level or represent a higher, two-star rank not typically associated with a single-state Army National Guard command, which is why the one-star general is the appropriate choice.

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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://washingtonarmynatguard.examzify.com>

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

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