AAMC FL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://aamcfl.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What does episodic memory refer to?

A. Memories of general knowledge and facts
B. Memories of learned skills and tasks
C. Memories of past personal experiences
D. Memories of environmental context

2. What is a key characteristic of structural poverty?

A. High levels of education among the population
B. Single-parent family structures
C. Availability of abundant job opportunities
D. Low rates of infant mortality

3. What describes an operon in prokaryotic cells?

A. A single gene transcribed from multiple promoters
B. Two genes transcribed from multiple promoters
C. A cluster of genes transcribed from a single promoter
D. One gene transcribed from a single promoter

4. What distinguishes a false memory from an accurate one?

A. Factual correctness
B. Feeling of authenticity
C. Emotional attachment
D. Duration of recall

5. Which theory states that an emotion-arousing stimulus simultaneously triggers physiological responses and subjective experience of emotion?

A. James-Lange Theory
B. Cannon-Bard Theory
C. Two-factor Theory
D. Drive Reduction Theory

6. What does self-serving bias refer to in psychology?

A. The tendency to blame external factors for one's failures
B. The tendency to perceive oneself favorably
C. The tendency to focus only on negative feedback
D. The tendency to underestimate one's own abilities

SAMPLE

7. In a Linweaver-Burk plot, what does the y-intercept represent?

A. 1/Km of the enzyme
B. Vmax of the enzyme
C. The slope of the line
D. The half-life of the substrate

8. What is the structure of triacylglycerols?

A. Two fatty acids linked to a glycerol
B. Three fatty acids ester-linked to a single glycerol
C. Three glycerol molecules linked together
D. One fatty acid linked to two glycerols

9. What does incentive theory primarily focus on?

A. Unconscious motivations
B. Free will
C. Avoiding unwanted stimuli
D. Symbolic interactions

10. What is the effect of the catalyst on the stereospecificity of a reaction?

A. Catalyst has no effect on stereospecificity
B. Catalyst can only promote achiral reactions
C. A chiral catalyst can lead to chiral products
D. Stereospecificity is determined solely by reactants

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What does episodic memory refer to?

A. Memories of general knowledge and facts

B. Memories of learned skills and tasks

C. Memories of past personal experiences

D. Memories of environmental context

Episodic memory specifically relates to the recollection of past personal experiences, including the context in which those experiences occurred, such as the time and place. This type of memory allows individuals to recall autobiographical events and the emotions associated with those memories. It plays a crucial role in our ability to construct personal narratives and understand our life history. The other types of memory mentioned in the options highlight different aspects of memory function. General knowledge and facts fall under semantic memory, which is distinct from episodic memory as it involves information that is not tied to personal experiences. Memories of learned skills and tasks are categorized as procedural memory, which focuses on the ability to perform specific actions rather than recalling past events. Finally, while memories of environmental context may encompass aspects of episodic memory, they are more about the situational variables surrounding a memory than the memories of personal experiences themselves. Thus, the correct understanding of episodic memory is centered on the recollection of one's own lived experiences.

2. What is a key characteristic of structural poverty?

A. High levels of education among the population

B. Single-parent family structures

C. Availability of abundant job opportunities

D. Low rates of infant mortality

Structural poverty refers to the chronic and systemic nature of poverty, which is often influenced by various societal structures and institutions. A key characteristic of structural poverty is the prevalence of single-parent family structures. This is significant because single-parent households may face increased economic challenges, limited access to resources, and reduced social support systems compared to dual-parent families. These challenges can perpetuate cycles of poverty, as single parents may have less time and financial stability to invest in their children's education, well-being, and opportunities for upward mobility. In contrast, the other options present characteristics that would typically correlate with a more stable economic environment rather than structural poverty. High levels of education typically indicate a population that has access to better job opportunities and economic stability, abundant job opportunities suggest a thriving economy that can mitigate the effects of poverty, and low rates of infant mortality point to good healthcare access which is often associated with higher socioeconomic status and living standards. Thus, these characteristics would not align with the defining nature of structural poverty.

SAMPLE

3. What describes an operon in prokaryotic cells?

A. A single gene transcribed from multiple promoters

B. Two genes transcribed from multiple promoters

C. A cluster of genes transcribed from a single promoter

D. One gene transcribed from a single promoter

An operon in prokaryotic cells refers to a genetic unit consisting of a cluster of genes that are transcribed together from a single promoter. This arrangement allows for the coordinated expression of genes that often participate in the same metabolic pathway or function. By being regulated as a single unit, operons enable cells to efficiently manage the production of proteins required for specific biological processes, responding to environmental changes and conserving resources. For example, the well-studied lac operon in E. coli contains genes necessary for the metabolism of lactose, including genes coding for proteins that transport lactose into the cell and enzymes that break it down. The entire operon is regulated by a single promoter, making it energetically favorable for the bacterial cell to produce all necessary proteins simultaneously when lactose is present. Understanding this concept is crucial in the study of prokaryotic gene expression, highlighting how bacteria can efficiently control the synthesis of multiple proteins that work together in a single functional pathway.

4. What distinguishes a false memory from an accurate one?

A. Factual correctness

B. Feeling of authenticity

C. Emotional attachment

D. Duration of recall

A false memory is primarily characterized by a feeling of authenticity. This means that an individual can vividly recall an event that seems genuine and real, even if it did not actually occur. The brain's ability to create detailed images or narratives about past events can lead individuals to confidently assert that these memories are accurate, despite the fact that they are not based on actual experiences. In contrast to emotionally charged memories that may contribute to how real an event feels, or the factual correctness of the events themselves, false memories can often feel just as vibrant and solid as true memories. The confidence with which a person recalls a false memory can be misleading, leading them to believe in the accuracy of the memory without any factual basis. This highlights the complex nature of human memory and the ways in which it can be influenced by perceptions, context, and suggestion.

SAMPLE

5. Which theory states that an emotion-arousing stimulus simultaneously triggers physiological responses and subjective experience of emotion?

A. James-Lange Theory

B. Cannon-Bard Theory

C. Two-factor Theory

D. Drive Reduction Theory

The Cannon-Bard Theory is a significant psychological theory which posits that when an emotion-arousing stimulus is encountered, it simultaneously triggers both physiological responses and the subjective experience of emotion. This theory was developed as a reaction to the James-Lange Theory, which suggests that physiological arousal precedes the emotional experience. Essentially, the Cannon-Bard Theory emphasizes that the mind and body respond to emotional stimuli independently but simultaneously, indicating that emotional experience and physiological changes occur together, rather than one following the other. In contrast, the other theories mentioned do not align with this simultaneous perspective. The James-Lange Theory suggests that an individual first experiences physiological arousal and then interprets that arousal as a specific emotion. The Two-factor Theory introduces the idea that cognitive appraisal of a situation and physiological arousal combine to create emotional experience, but it still relies on a sequence where cognitive appraisal is based on the physiological state. Drive Reduction Theory relates to motivation and behavior rather than the specific relationship between physiological responses and emotional experiences, thus not applicable in the context of this question.

6. What does self-serving bias refer to in psychology?

A. The tendency to blame external factors for one's failures

B. The tendency to perceive oneself favorably

C. The tendency to focus only on negative feedback

D. The tendency to underestimate one's own abilities

Self-serving bias refers to the cognitive tendency where individuals perceive themselves in an overly favorable manner. This bias often manifests in behaviors such as attributing successes to personal attributes or efforts while blaming external factors for failures. For example, if someone performs well on a test, they might credit their intelligence or hard work. However, if they do poorly, they may attribute that to difficult questions or a lack of preparation time due to external circumstances. This self-enhancing view contributes to an inflated self-esteem and can impact how individuals evaluate their competencies and situations. The other options highlight different psychological phenomena but do not capture the essence of self-serving bias. Focusing only on negative feedback can relate to a tendency towards negativity, while underestimating one's abilities can be more aligned with self-doubt or impostor syndrome. Blaming external factors might reflect a defensive mechanism but is narrower than the broader concept of self-serving bias, which encompasses a favorable self-perception in both success and failure contexts.

SAMPLE

7. In a Linweaver-Burk plot, what does the y-intercept represent?

A. 1/Km of the enzyme

B. Vmax of the enzyme

C. The slope of the line

D. The half-life of the substrate

In a Lineweaver-Burk plot, the y-intercept is actually indicative of the maximum velocity (Vmax) of the enzyme. This graph is a double-reciprocal plot used to determine kinetic parameters of enzymes, where the x-axis represents 1/[S] (the inverse of the substrate concentration) and the y-axis represents 1/V0 (the inverse of the initial velocity). When plotting the data, Vmax appears in the equation of the line as part of the relationship established by the Michaelis-Menten kinetics, allowing for clear determination of the maximum rate of the reaction. Thus, the correct interpretation of the y-intercept directly correlates to the maximum reaction velocity of the enzyme.

8. What is the structure of triacylglycerols?

A. Two fatty acids linked to a glycerol

B. Three fatty acids ester-linked to a single glycerol

C. Three glycerol molecules linked together

D. One fatty acid linked to two glycerols

Triacylglycerols, also known as triglycerides, are composed of a glycerol backbone esterified to three fatty acids. The glycerol molecule, which is a three-carbon alcohol, serves as the structural foundation. Each of the three hydroxyl (-OH) groups of glycerol forms an ester bond with a fatty acid. This esterification process involves the removal of a water molecule as the fatty acid and glycerol react. The structure of triacylglycerols is significant because it determines their role in biological systems, particularly as a major form of energy storage in organisms. When fat is metabolized, it can be broken down into fatty acids and glycerol, which can then be utilized for energy production. This specific arrangement of three fatty acids linked to one glycerol differentiates triacylglycerols from other lipid structures, such as phospholipids and diglycerides, which have varying numbers and types of fatty acid chains and may include additional functional groups.

9. What does incentive theory primarily focus on?

A. Unconscious motivations

B. Free will

C. Avoiding unwanted stimuli

D. Symbolic interactions

Incentive theory primarily focuses on the idea that behavior is motivated by the desire to attain specific rewards or avoid negative outcomes. It explains that individuals are driven to act in ways that maximize positive incentives and minimize negative ones. In this framework, incentives can be external rewards such as money, praise, or other forms of recognition, which encourage actions that are deemed desirable. When examining the options, the focus of incentive theory aligns most closely with the concept of avoiding unwanted stimuli, as people are often motivated to change their behavior in order to avoid negative consequences. This reinforces the idea that motivation arises from the desire to move toward rewards and away from punishments or undesirable situations. The other options do not capture the essence of incentive theory as accurately. Unconscious motivations refer more to psychodynamic theories, free will pertains to philosophical discussions about consciousness and choice, and symbolic interactions emphasize the social context and meanings derived from interactions, which are not central to the primary focus of incentive theory.

SAMPLE

10. What is the effect of the catalyst on the stereospecificity of a reaction?

A. Catalyst has no effect on stereospecificity

B. Catalyst can only promote achiral reactions

C. A chiral catalyst can lead to chiral products

D. Stereospecificity is determined solely by reactants

In chemical reactions, a catalyst primarily serves to lower the activation energy, facilitating the reaction without being consumed in the process. When it comes to stereospecificity, which refers to the specific orientation of reactants leading to a particular stereoisomer as a product, the presence of a chiral catalyst plays a significant role. A chiral catalyst can interact with the reactants in such a way that it promotes the formation of one specific enantiomer over another. This chiral environment alters the transition state of the reaction, favoring pathways that lead to the production of a particular stereoisomer. As a result, this can enhance the stereospecificity of the reaction. In contrast, a non-chiral catalyst would not provide this selective interaction, thereby not influencing the stereoisomeric outcome. Thus, the correct answer indicates that the use of a chiral catalyst can indeed lead to chiral products, underscoring its significant impact on the stereochemical characteristics of the reaction.

SAMPLE

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://aamcfl.examzify.com

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

SAMPLE