COGNITIVE REFLECTION TEST (CRT) PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 15

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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.

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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!

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Questions

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1. **Which behavior might indicate a need for increased supervision in a client with Alzheimer disease?**

   A. Consistently completing meals

   B. Frequent sleeping during the day

   C. Wandering around at night

   D. Participating in group activities

2. **What should a nurse do for an older resident with Alzheimer disease who hoards food in their pockets?**

   A. Confront the resident about their behavior

   B. Provide a small bag for the resident to place selected personal articles and food

   C. Remove the food items without explanation

   D. Ignore the behavior as it is typical for dementia

3. **Who developed the Cognitive Reflection Test?**

   A. Daniel Kahneman

   B. Shane Frederick

   C. Richard Thaler

   D. Amos Tversky

4. **What environmental factor can lead to cognitive impairment?**

   A. Access to quality education

   B. Exposure to pollutants or toxins

   C. Strong family support systems

   D. Adequate nutrition

5. **What strategy can improve reflection before answering CRT questions?**

   A. Relying on gut feelings without thought

   B. Rushing to answer to avoid overthinking

   C. Taking time to consider the question carefully before responding

   D. Ignoring the context of the question

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6. What is heavier: a pound of feathers or a pound of stone?

A. A pound of feathers

B. A pound of stone

C. They weigh the same

D. It depends on their volume

7. If you have 10 coins and all of them are nickels except for 2, how many are not nickels?

A. 1 coin

B. 2 coins

C. 8 coins

D. 10 coins

8. If you mix red and white, what color do you get?

A. Blue

B. Green

C. Yellow

D. Pink

9. How many sides does a hexagon have?

A. 4 sides

B. 5 sides

C. 6 sides

D. 7 sides

10. How do different thinking processes relate to the CRT?

A. They are independent and do not affect CRT results

B. Intuitive thinking often leads to more correct answers

C. Analytical thinking generally improves cognitive reflection

D. Both processes are equally important

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Answers

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

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Explanations

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1. Which behavior might indicate a need for increased supervision in a client with Alzheimer disease?

A. Consistently completing meals

B. Frequent sleeping during the day

C. Wandering around at night

D. Participating in group activities

The behavior of wandering around at night in a client with Alzheimer's disease may indicate a need for increased supervision. This behavior can suggest confusion and disorientation, which are common characteristics of Alzheimer's. Clients with this condition may become more agitated or anxious in the evening, leading to a phenomenon known as "sundowning." As a result, their wandering can put them at risk for falls, getting lost, or encountering unsafe situations in their environment. Increased supervision can help ensure the safety of the individual and help manage their nighttime confusion. In contrast, consistently completing meals, frequent sleeping during the day, and participating in group activities generally do not indicate the same level of risk and may even suggest a degree of stability or engagement in daily routines. These behaviors are less likely to necessitate increased supervision compared to wandering, which directly correlates with safety concerns.

2. What should a nurse do for an older resident with Alzheimer disease who hoards food in their pockets?

A. Confront the resident about their behavior

B. Provide a small bag for the resident to place selected personal articles and food

C. Remove the food items without explanation

D. Ignore the behavior as it is typical for dementia

Providing a small bag for the resident to place selected personal articles and food is an appropriate response to the behavior of hoarding food in their pockets. This approach acknowledges the resident's actions and needs without creating confrontation or stigmatization. It offers a practical and respectful solution that allows the individual to have some control over their environment while satisfying their instinct to collect items. In the context of dementia, individuals may hoard food due to various reasons, including anxiety, a sense of loss of control, or a need for reassurance. By giving them a designated space (like a small bag) for their items, the nurse can help the resident feel more secure and supported, rather than shaming them for their behavior. This strategy also opens up avenues for further communication and engagement, allowing the nurse to understand the resident's needs better. In contrast, confronting the resident could lead to distress or increased agitation, as individuals with Alzheimer's may not fully understand the situation or the implications of their behavior. Similarly, simply removing items without explanation could trigger feelings of confusion or frustration. Ignoring the behavior does not address the underlying issues that may be contributing to the hoarding, thereby missing an important opportunity to offer support and reassurance to the resident.

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3. Who developed the Cognitive Reflection Test?

A. Daniel Kahneman

B. Shane Frederick

C. Richard Thaler

D. Amos Tversky

The Cognitive Reflection Test was developed by Shane Frederick, who aimed to measure an individual's ability to suppress an intuitive response in favor of a more reflective thought process. This test has gained prominence in psychology as a tool for assessing cognitive reflection and decision-making, highlighting how easily intuitive thinking can lead to mistakes. Frederick's work emphasizes the distinction between two types of thinking: the reflexive, automatic thinking that people often rely on, and the more deliberate, analytical thinking that can lead to improved decision-making. This critical insight into cognitive processes has paved the way for further research in behavioral economics and psychology.

4. What environmental factor can lead to cognitive impairment?

A. Access to quality education

B. Exposure to pollutants or toxins

C. Strong family support systems

D. Adequate nutrition

Exposure to pollutants or toxins is a significant environmental factor that can lead to cognitive impairment. This occurs because certain pollutants, such as heavy metals, pesticides, and industrial chemicals, can have detrimental effects on brain development and function. Studies have shown that exposure to these harmful substances may interfere with neurodevelopment in children, potentially leading to long-term cognitive deficits. In adults, continuous exposure may exacerbate cognitive decline and contribute to disorders such as dementia or other neurodegenerative diseases. In contrast, factors like access to quality education, strong family support systems, and adequate nutrition generally promote cognitive health and can mitigate the effects of stressors that could impair cognitive functioning. These protective factors encourage learning, resilience, and overall well-being, highlighting the crucial role that environmental contexts play in cognitive performance.

5. What strategy can improve reflection before answering CRT questions?

A. Relying on gut feelings without thought

B. Rushing to answer to avoid overthinking

C. Taking time to consider the question carefully before responding

D. Ignoring the context of the question

The strategy that improves reflection before answering CRT questions is taking time to consider the question carefully before responding. This approach allows individuals to move beyond initial intuitive responses, which can often be misleading or incorrect. By reflecting on the question more thoroughly, one can analyze the details, evaluate potential logical implications, and arrive at a more reasoned and accurate answer. This method aligns with the cognitive process necessary for handling the kinds of questions presented in the CRT, which frequently require deeper thinking and the ability to recognize the flaws in gut reactions. In contrast, relying solely on gut feelings can lead to errors, as these instinctive responses often miss subtleties in the question. Rushing to answer may generate a false sense of efficiency but often results in overlooking critical elements necessary for accurate reasoning. Ignoring the context of the question further detaches the respondent from the essential details that could guide them to the correct answer. Therefore, taking time to reflect effectively enhances cognitive processes crucial for tackling CRT questions.

EXAMPLE

6. What is heavier: a pound of feathers or a pound of stone?

A. A pound of feathers

B. A pound of stone

C. They weigh the same

D. It depends on their volume

A pound of feathers and a pound of stone both weigh the same because they are equal quantities of mass, each measuring one pound. The question plays on common assumptions and intuitive reasoning about materials. People may think of stones as being much heavier due to their density and size, but when weight is being measured, the distinction between types of materials does not change the fact that a pound is a pound regardless of whether it is feathers, stones, or any other substance. The confusion often arises from visualizing the volume that each material occupies. While a pound of feathers will take up much more space due to their lower density, it does not affect the weight measurement. Both materials, when measured in pounds, are equivalent in weight.

7. If you have 10 coins and all of them are nickels except for 2, how many are not nickels?

A. 1 coin

B. 2 coins

C. 8 coins

D. 10 coins

In this scenario, you have a total of 10 coins, and the problem specifies that all of them are nickels except for 2. This means that out of the 10 coins, 2 of them are not nickels. Therefore, the correct answer is that there are 2 coins that are not nickels. To visualize this: if you have 10 coins in total and all but 2 are nickels, it directly indicates that those 2 coins must be of a different type. The phrasing of the question guides us to focus on the specifics regarding the other types of coins included in the total. Thus, identifying that 2 coins are not nickels aligns perfectly with the provided information.

8. If you mix red and white, what color do you get?

A. Blue

B. Green

C. Yellow

D. Pink

Mixing red and white results in pink because red is a dominant color that, when lightened by white, creates a lighter shade. The addition of white to red dilutes its intensity and creates a softer, pastel-like hue. This is a common practice in color mixing, especially in art and design, where understanding how primary colors and white interact is crucial. The colors blue, green, and yellow do not result from mixing red and white; they represent different mixtures or colors on the color wheel but do not pertain to the combination of these two specific colors. Hence, pink is the logical answer, as it directly reflects the mixing of red's vibrancy with white's lightness.

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9. How many sides does a hexagon have?

A. 4 sides

B. 5 sides

C. 6 sides

D. 7 sides

A hexagon is defined as a polygon with six sides. The roots of the term "hexagon" can be traced back to the Greek words "hex," meaning six, and "gonia," meaning angle. Thus, when considering the properties and definitions of polygons, it's clear that a hexagon must contain exactly six line segments, each connected at their endpoints to form the shape. This fundamental characteristic is what identifies a hexagon among other polygons. The other options do not align with the definition of a hexagon. A polygon with four sides is a quadrilateral, five sides correspond to a pentagon, and seven sides refer to a heptagon. Each of these shapes has distinct properties and classifications based on the number of sides, but only the definition of a hexagon pertains to having exactly six sides, reaffirming that the choice of six sides is indeed the correct answer.

10. How do different thinking processes relate to the CRT?

A. They are independent and do not affect CRT results

B. Intuitive thinking often leads to more correct answers

C. Analytical thinking generally improves cognitive reflection

D. Both processes are equally important

The relationship between different thinking processes and the Cognitive Reflection Test (CRT) is primarily illustrated through the benefits of analytical thinking. Analytical thinking refers to a deliberate, systematic approach to problem-solving that involves careful evaluation and consideration of information. In the context of the CRT, analytical thinking encourages individuals to reflect on their initial, intuitive responses—often immediate and based on gut feelings—before arriving at a conclusion. The CRT is designed to highlight the tendency for people to choose intuitive answers that may seem intuitive but are often incorrect. By engaging in analytical thinking, individuals are more likely to reconsider their initial responses, reevaluate the problem, and work through the logical reasoning required to arrive at the correct answer. This ability to engage in deeper cognitive processes is associated with higher performance on the CRT, as it enables participants to overcome biases and surface-level thinking that could lead to errors. Other perspectives, such as the independence of different thinking processes or the idea that intuitive thinking could lead to correct answers, do not emphasize the vital role of analytical reasoning in cognitive reflection. While both thinking processes can contribute to decision-making, the nuances of the CRT demonstrate that prioritizing analytical thought generally yields better outcomes in relation to correctly answering questions intended to assess cognitive reflection.

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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://crt.examzify.com

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

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