SOLDIER OF THE YEAR (SOY) / SOLDIER OF THE QUARTER (SOQ) BOARD PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://soysoqboard.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 15

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 role does emotional resilience play in the Army's training?

A. It primarily helps in physical training

B. It enhances mental combat readiness

C. It allows soldiers to manage personal relationships

D. It supports soldiers in overcoming personal challenges

2. What was the name of the first nuclear-powered aircraft carrier?

A. USS Nimitz

B. USS Enterprise

C. USS Ronald Reagan

D. USS Theodore Roosevelt

3. Which factor is essential for the overall welfare of a Unit Commander's soldiers?

A. Providing advanced training technologies

B. Ensuring readiness and proper physical health

C. Maximizing tactical advantages

D. Establishing a strong online presence

4. What is the primary purpose of the Army's SHARP program?

A. To improve soldier morale

B. To eliminate sexual harassment and assault in the Army

C. To provide mental health support

D. To enhance leadership training

5. What is essential for effective teamwork?

A. Clear communication

B. Secrecy

C. Independence

D. Personal rivalry

6. In your opinion, what should be considered the 4th Navy Core Value?

A. Integrity

B. Respect

C. Honor

D. Courage

SAMPLE

7. Why is learning from experiences emphasized in After Action Reviews?

A. To maintain historical records of warfare

B. To improve personal skills of individual soldiers

C. To enhance teamwork and operational effectiveness

D. To create more complex training scenarios

8. Which characteristic is essential for a strong leader in the military?

A. Eagerness to delegate

B. Ability to adapt under pressure

C. Strict adherence to rules

D. Focus on individual accomplishments

9. Why is the Chain of Command important in the Army?

A. It creates a social hierarchy

B. It establishes clear authority, responsibility, and accountability at all levels

C. It is mainly for ceremonial purposes

D. It is used to distribute best practices among units

10. How do After Action Reviews contribute to Army operations?

A. By assessing only battlefield strategies

B. By focusing on administrative policies

C. By providing insights to enhance future missions

D. By collecting data on soldier demographics

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What role does emotional resilience play in the Army's training?

A. It primarily helps in physical training

B. It enhances mental combat readiness

C. It allows soldiers to manage personal relationships

D. It supports soldiers in overcoming personal challenges

Emotional resilience is critical in the Army's training as it equips soldiers with the ability to overcome personal challenges. This capability is essential for maintaining a soldier's effectiveness in high-pressure situations, as they often face stressors both on and off the battlefield. Developing emotional resilience enables soldiers to deal with the psychological demands of military life, such as separation from family, the rigor of training, and the emotional toll of combat situations. It fosters a mindset that allows soldiers to bounce back from setbacks, adapt to changing environments, and maintain overall mental health, which is crucial for their performance and well-being. This aspect of training is vital not just for overcoming immediate challenges, but also for fostering long-term psychological stability, which is crucial for sustained operational readiness.

2. What was the name of the first nuclear-powered aircraft carrier?

A. USS Nimitz

B. USS Enterprise

C. USS Ronald Reagan

D. USS Theodore Roosevelt

The first nuclear-powered aircraft carrier is indeed the USS Enterprise. Commissioned in 1961, the USS Enterprise was a significant advancement in naval technology, utilizing nuclear propulsion which allowed it to operate for extended periods without the need for refueling. This capability not only enhanced the operational range and endurance of the ship, but also reduced the logistical burden associated with conventional fuel supplies, making it a game-changer for naval aviation and power projection. The other options listed, while also notable ships in the U.S. Navy, do not hold the distinction of being the first nuclear-powered carrier. The USS Nimitz, commissioned in 1975, is part of a class of nuclear-powered ships that followed the Enterprise. The USS Ronald Reagan and USS Theodore Roosevelt are also nuclear-powered carriers, but they were commissioned even later, thus making them ineligible for the title of the first. The legacy of the USS Enterprise set the standard for aircraft carriers, emphasizing the strategic advantages of nuclear power in naval operations.

3. Which factor is essential for the overall welfare of a Unit Commander's soldiers?

A. Providing advanced training technologies

B. Ensuring readiness and proper physical health

C. Maximizing tactical advantages

D. Establishing a strong online presence

Ensuring readiness and proper physical health is vital for the overall welfare of a Unit Commander's soldiers because a soldier's physical and mental preparedness directly impacts their ability to perform duties effectively. Physical health plays a fundamental role in maintaining stamina, resilience, and the ability to face the challenges of military operations. When soldiers are in good physical shape, they are better equipped to handle stress, recover from injuries, and maintain operational effectiveness. Moreover, a focus on readiness encompasses not only physical health but also the mental and emotional well-being of soldiers. It fosters a culture of resilience and camaraderie, essential for team cohesion and support. By prioritizing these aspects, a Unit Commander ensures that soldiers are not just capable of fulfilling their roles but are also empowered to thrive within the unit's environment. While other options may contribute to a unit's performance or image, they do not directly address the welfare and readiness of the soldiers to the same extent as ensuring proper physical health and readiness do.

SAMPLE

4. What is the primary purpose of the Army's SHARP program?

A. To improve soldier morale

B. To eliminate sexual harassment and assault in the Army

C. To provide mental health support

D. To enhance leadership training

The primary purpose of the Army's Sexual Harassment/Assault Response and Prevention (SHARP) program is to eliminate sexual harassment and assault within the Army. This program focuses on creating a safe environment for all soldiers, which involves not only the prevention of these behaviors through education and policy but also a strong response mechanism if incidents occur. The SHARP program emphasizes a culture of respect, accountability, and support, ensuring that all soldiers understand the seriousness of sexual harassment and assault and are aware of the resources available to them. By addressing these issues directly, the program aims to foster a professional and respectful workplace for all Army personnel.

5. What is essential for effective teamwork?

A. Clear communication

B. Secrecy

C. Independence

D. Personal rivalry

Clear communication is essential for effective teamwork because it enables team members to share ideas, expectations, and feedback openly. When communication is clear, everyone on the team understands their roles, responsibilities, and the goals they are working towards. This fosters collaboration and helps to prevent misunderstandings that can lead to conflict or a decrease in productivity. In effective teams, clear communication also encourages an environment where everyone feels comfortable voicing their thoughts and contributions, which can lead to innovative solutions and a more cohesive group dynamic. Team members who communicate effectively can address issues promptly and align their efforts, ultimately enhancing the overall performance of the team.

6. In your opinion, what should be considered the 4th Navy Core Value?

A. Integrity

B. Respect

C. Honor

D. Courage

The concept of Navy Core Values is centered on essential principles that guide the conduct and decision-making of Navy personnel. The established core values are Honor, Courage, and Commitment. While these three are officially recognized, the idea of a "fourth core value" is subjective and can vary based on personal experiences and interpretations within the Navy culture. Choosing integrity as an essential value signifies the importance of honesty and strong moral principles in military service. Integrity underpins all other values, ensuring that actions align with ethical standards and commitments to service members, the Navy, and the nation. It fosters trust, builds unit cohesion, and instills confidence among colleagues and superiors, making it foundational to effective leadership and mission success. All of the options presented—respect, honor, and courage—are also vital but are often integrated within the context of integrity. For instance, honor includes being truthful and upholding one's commitments, while respect encompasses treating others with dignity, which is also an expression of integrity. Courage involves facing challenges and making ethical decisions under pressure, which again ties back to maintaining integrity in difficult situations. Therefore, recognizing integrity as the fourth core value underscores its crucial role in the Navy's ethos and operational effectiveness.

SAMPLE

7. Why is learning from experiences emphasized in After Action Reviews?

A. To maintain historical records of warfare

B. To improve personal skills of individual soldiers

C. To enhance teamwork and operational effectiveness

D. To create more complex training scenarios

Learning from experiences is emphasized in After Action Reviews (AARs) primarily to enhance teamwork and operational effectiveness. AARs provide a structured debriefing process that focuses on discussing what happened during an operation, why it happened, and how it can be improved in the future. This collaborative environment allows teams to reflect on their actions and decisions, fostering a culture of continuous improvement. By engaging in these reviews, soldiers learn not only from their individual experiences but also from the collective experiences of their unit. This shared learning contributes to better coordination, communication, and morale, which are vital for achieving mission success. As soldiers discuss both successes and failures, they can identify best practices and areas for growth that directly impact future teamwork and overall operational performance. This focus on collective improvement aligns with the military's emphasis on effective collaboration in high-pressure situations.

8. Which characteristic is essential for a strong leader in the military?

A. Eagerness to delegate

B. Ability to adapt under pressure

C. Strict adherence to rules

D. Focus on individual accomplishments

The ability to adapt under pressure is a critical characteristic for a strong leader in the military because military operations often unfold in unpredictable and dynamic environments. Leaders face rapidly changing conditions where quick decision-making and flexibility are necessary to respond effectively to challenges. A strong leader must be able to assess the situation, modify plans or approaches as needed, and maintain team cohesion and morale even in stressful circumstances. This adaptability ensures that missions can still be accomplished, even when faced with unforeseen obstacles. While eagerness to delegate can be useful, it does not necessarily indicate strong leadership if not accompanied by proper oversight and situational awareness. Strict adherence to rules, while important for maintaining order and discipline, may not allow for the flexibility needed in unpredictable situations. Focusing on individual accomplishments could undermine team cohesion and the collaborative spirit that is essential for effective military operations. Hence, the ability to adapt under pressure stands out as a defining trait of effective military leadership.

9. Why is the Chain of Command important in the Army?

A. It creates a social hierarchy

B. It establishes clear authority, responsibility, and accountability at all levels

C. It is mainly for ceremonial purposes

D. It is used to distribute best practices among units

The Chain of Command is crucial in the Army because it establishes clear authority, responsibility, and accountability at all levels. This structure ensures that every member of the Army understands their role and the roles of those above and below them in the hierarchy. It allows for effective communication, efficient decision-making, and the proper execution of orders. When the chain is respected and followed, it enhances operational effectiveness and maintains discipline within the ranks, as each soldier knows to whom they report and who is in charge of their actions. This hierarchy also ensures that accountability is clearly delineated, which is vital for mission success and maintaining order within the organization.

SAMPLE

10. How do After Action Reviews contribute to Army operations?

A. By assessing only battlefield strategies

B. By focusing on administrative policies

C. By providing insights to enhance future missions

D. By collecting data on soldier demographics

After Action Reviews (AARs) play a crucial role in Army operations by providing insights that enhance future missions. The primary purpose of an AAR is to review and analyze performance during training exercises or actual operations. This process helps identify what worked well, what didn't, and the reasons behind both outcomes. By facilitating open discussion among participants, AARs allow for the sharing of perspectives and lessons learned, which can be vital for improving tactics, techniques, and procedures in subsequent missions. This continuous feedback loop is essential for the Army to adapt, grow, and ensure that the lessons learned from one operation can be applied to the next, ultimately leading to improved effectiveness and readiness. The other options do not encapsulate the comprehensive purpose of AARs. While they might touch on relevant themes, they do not capture the main function of AARs, which is focused on enhancing operational performance through reflective learning and insights.

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://soysoqboard.examzify.com

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

SAMPLE