

### Tips for Taking TABE

- Be positive and do your best.
- Relax, it's normal to be somewhat nervous before taking a test. Don't worry!
- Be sure you can hear the instructions and understand them.
- Listen to and read the directions for each test section carefully. Ask for an explanation of the directions if you do not understand them.
- Plan your time well. Each test section is timed. Do not spend too much time on any one test question. If it takes too long to answer a question, skip it and return to it later, if time permits. First respond to all questions of which you are certain of the answer.
- Before answering a question, be sure you know what is being asked. For example, a test question might say, "Which of these is not an even number?" If you read the question too quickly, you may miss the word not and answer incorrectly.
- Do not read into a question something that is not there. There are no trick questions in TABE.
- When marking your answers on a separate answer sheet, make sure you mark the circle that goes with the answer you choose. Be sure to fill in the answer circles neatly and completely; carelessness can cause you to get a low score. If you realize you have been marking your answers in the wrong place, let the proctor or examiner know immediately.
- Trust your instincts. If you know a lot about a subject (reading, mathematics or language), the first answer you select probably will be the best. When rechecking, change an answer only when you are sure that your first answer choice was wrong.
- If you are not sure how to answer a question, rule out answer choices that you know are incorrect. Then mark your best guess.
- Remember that the score you will receive on TABE is only one way to measure your skills. TABE will show you the skills you have now and those you need to learn. You cannot fail TABE.

READING SAMPLE QUESTIONS

I. Study the table and choose the best possible answers

The following table gives the caloric expenditure after 10 minutes of activity for various body weights. This data was obtained from Reebok Instructor News, Volume 4, Number 2, 1991.

Activity & Calories/min	120 lbs	140 lbs	160 lbs	180 lbs
Aerobics (Traditional)	7.4	8.6	9.8	11.1
Basketball	7.5	8.8	10.0	11.3
Bowling	1.2	1.4	1.6	1.9
Cycling (10 mph)	5.5	6.4	7.3	8.2
Golf (pull/carry clubs)	4.6	5.4	6.2	7.0
Golf (power cart)	2.1	2.5	2.8	3.2
Hiking	4.5	5.2	6.0	6.7
Jogging	9.3	10.8	12.4	13.9
Running	11.4	13.2	15.1	17.0
Sitting Quietly	1.2	1.3	1.5	1.7
Skating (ice and roller)	5.9	6.9	7.9	8.8
Skiing (cross country)	7.5	8.8	10.0	11.3
Skiing (downhill and water)	5.7	6.6	7.6	8.5
Swimming (crawl and moderate pace)	7.8	9.0	10.3	11.6
Tennis	6.0	6.9	7.9	8.9
Walking	6.5	7.6	8.7	9.7
Weight Training	6.6	7.6	8.7	9.8

1. Which weight class burns the most calories by running?

- a. 120
- b. 140
- c. 160
- d. 180

2. Which two exercises will burn the most calories in the 140-weight class?

- a. Jogging and aerobics
- b. Running and cycling
- c. Jogging and running
- d. Hiking and skiing

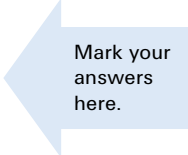
3. Which activity burns a little less than double that of bowling in the 120-weight class?

- a. Golf (power cart)
- b. Golf (pull/carry clubs)
- c. Tennis
- d. Hiking

1. (A) (B) (C) (D)

2. (A) (B) (C) (D)

3. (A) (B) (C) (D)



You can check your answers on page 4

## READ THE FOLLOWING:

### II. Read the paragraphs below and then choose the best answer for question 1.

Nursing is, in general, the process of caring for or nurturing another individual. More specifically, nursing refers to the functions and duties carried out by persons who have had formal education and training in the art and science of nursing. Formal nursing education in the United States had its antecedents in Europe and England.

One of the first formal training programs for nurses was begun in 1836 in Kaiserswerth, Germany, by Pastor Theodor Fliedner for the Order of Deaconesses. Other religious orders were also providing formalized training for nurses in Europe at that time, but Fliedner's school is noteworthy for having given the British nursing reformer Florence Nightingale her formal training. Her experience at Kaiserswerth gave her the impetus to organize nursing care on the battlefields of the Crimean War and, later, to establish a nursing training program at Saint Thomas's Hospital in London.

In the late 1800s training schools patterned after this model were established in the United States. Originally, nurses received little or no classroom preparation. Most of the training was based on apprenticeship, with older students teaching the younger ones how to care for patients. All programs were directed by hospitals, and nursing students provided low-cost service to the institutions; upon graduation, most of them worked as private-duty nurses in patients' homes. (Taken from Encarta Encyclopedia)

1. Identify the main idea of the entire passage:

- A. Nursing is defined as the caring for or nurturing of another individual.
- B. Florence Nightingale was trained in Germany.
- C. Nursing education in Europe and the United States is quite similar.
- D. The religious history of nursing is interesting.

1. (A) (B) (C) (D)

You can check your answers on page 4

Mark your  
answer  
here.

**III. Study these three ads, which might appear in a local college newspaper, then answer the questions below.**

Animal Care Tech looking for hard working person to work w/ reptiles & rodents. Will train, PT to start with more hrs. later. Must be drug free. Start at \$5.50/hr. Flex hrs. Please call 555-555-5555 between 9-4 M-F.

Certified Nursing Assistant needed FT for elderly male in-home care. M-F 8-5 \$200/wk. Drug test required. Must be certified. Call 555-555-5512

**LIKE TO WORK WITH LUXURY CARS?**

Shop helper, M-F 1 pm-6 pm, alt Sat 10-4.

Fall/Spring. Must be at least 21, clean driving record, drug free, pers ref, pre-emp screening. Some exp nec. Live close. Please call 555-555-5551.

1. What similarities do the three advertisements share?
  - A. Applicants can expect to do a drug test.
  - B. Salary is just above minimum wage.
  - C. All must be 21 or older.
  - D. All offer flexible hours.
2. Which position does not require previous training or experience?
  - A. Animal Care Technician
  - B. Certified Nurses Assistant
  - C. Shop Helper
  - D. Both Animal Care Technician and Shop Helper
3. Which two ads might appeal to a full-time college student with morning classes?
  - A. All three positions are possible for consideration.
  - B. Animal Care and Certified Nurses Assistant
  - C. Certified Nurses Assistant and Shop Helper
  - D. Animal Care and Shop Helper

1.	(A)	(B)	(C)	(D)
2.	(A)	(B)	(C)	(D)
3.	(A)	(B)	(C)	(D)

Mark your answers here.

You can check your answers on page 4

## Answer Key

### Reading

I-1	D
I-2	C
I-3	A
II-1	C
III-1	A
III-2	A
III-3	D