

ATI TEAS 7 Study Guide

A PDF guide to the ATI TEAS 7 test with
free questions and TEAS tips

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APPLYING TO NURSING SCHOOL

According to the AACN's (American Association of Colleges of Nursing) survey conducted in fall 2021, there was a 3.3% enrollment increase to baccalaureate nursing programs. Despite the high interest, 76,140 qualified applications were not accepted.

The reasons for this high number of unsuccessful applications are mainly two-fold. First, there weren't enough spaces, or funding, available for so many applicants, and second, despite meeting admission criteria, many applicants were beaten by others with better scores.

The good news is that the nursing sector is growing at a rate of 16%, which is quite fast, meaning that nearly half a million new jobs will exist by 2024. The other good news is that you can do a lot of preparation to boost your scores and increase your chances of being accepted into your preferred program.

How do I beat the competition?

Based on the data above, it is safe to assume that from the outset, your application has a 50% chance of being successful. To increase your chances, prepare for the challenges you need to overcome. One of the challenges you have more control over is the TEAS test.

If ATI Testing's TEAS test is a part of your application, the following ten steps can help you better prepare and increase your chances of not only getting the grades required, but exceeding them. Beat the competition, boost your confidence, and ace the TEAS.

Data on this page collected from the American Association of Colleges of Nursing
(<https://www.aacnnursing.org/News-Information/Press-Releases/View/ArticleId/25183/Nursing-Schools-See-Enrollment-Increases-in-Entry-Level-Programs>)

TEN STEPS TO PASS THE TEAS

1. Familiarize yourself with formalities.

- Where can you take the test?
- When must you register?
- Can you retake the test if you don't get a good result?
- How much time do you need between retakes?

Find out this information and plan accordingly. Check out our website to get started: <https://www.testprep-online.com/teas-7>

2. Take a practice test.

Just how good are you at the TEAS? Use one of our ATI TEAS 7 practice tests to see how much you know. Taking a full-length TEAS test can help you establish what you need to focus on as well as benchmark your starting score.

We advise that you take the test unprepared. Attempt all the questions. Make a note of your score, particularly what percentage of questions you got right for each section.

3. Create a study plan.

Start by dividing up the different topics. You can use our TEAS subject webpages for topic guidance. Break the topics down as small as possible. Plan 20-minute to one-hour study sessions for yourself. **Remember:**

- Tailor your study plan to the time you have before test day. Make sure you aren't learning things up to the last minute. Give yourself a few weeks to review the material.
- How much time do you need to learn the material? Be realistic; remember DNA wasn't discovered in a day.
- How much time do you need to test your knowledge? Learning the material is only half the battle.
- How well do you perform on tests? Do you feel like you do well on tests, or are your palms sweaty at the thought of test day? Be sure to take extra timed practice tests to calm your nerves and to teach yourself to perform better under stressful circumstances.

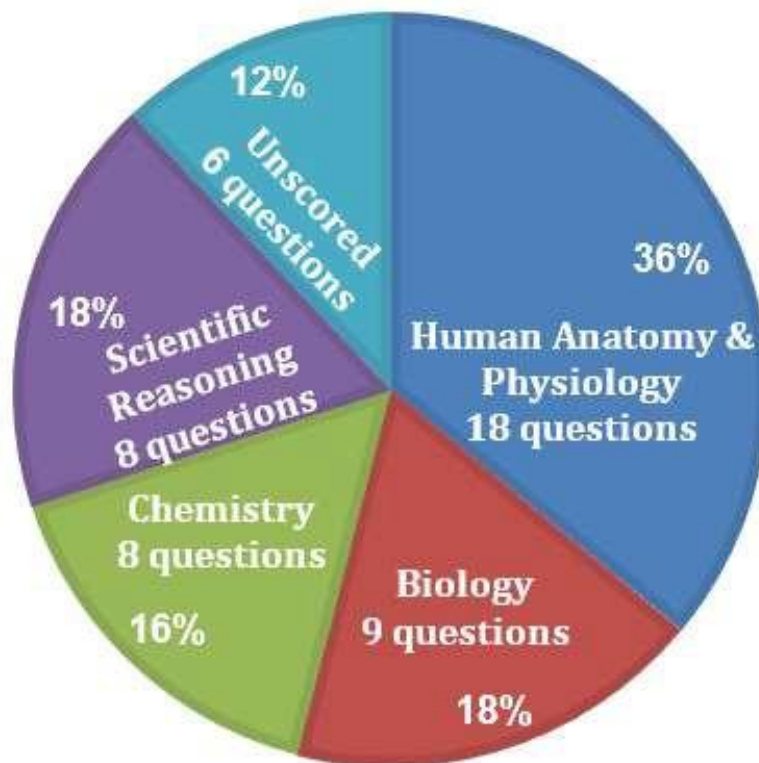
4. Identify the important topics.

Each topic is important, but focus on the topics that feature more questions compared to others.



SCIENCE

This section contains 50 questions and is worth 29% of the TEAS 7 test. The following pie chart shows how much each topic is worth for this section:

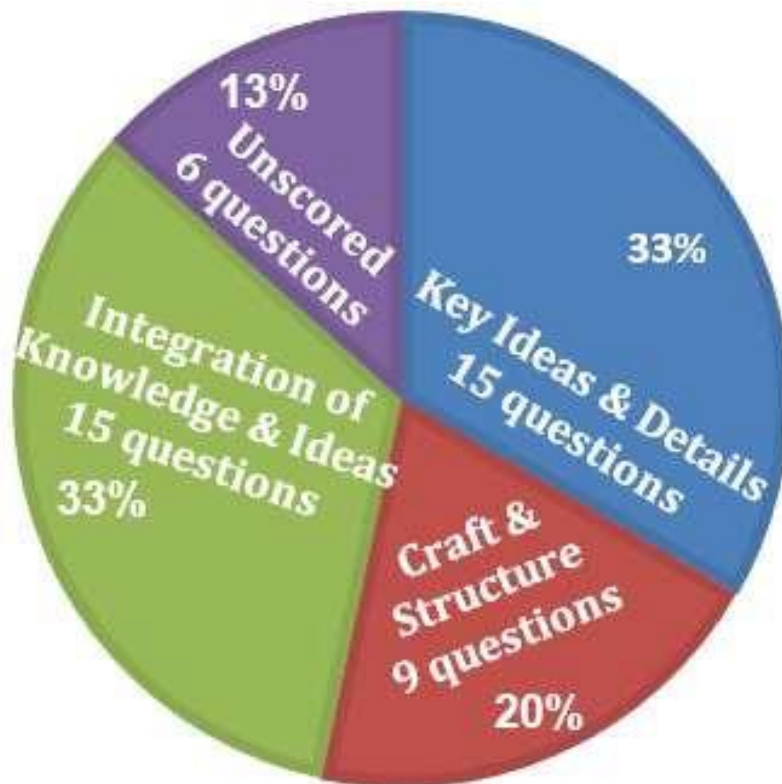


[Get ATI TEAS Science Practice Here!](#)



READING

This section contains 45 questions and is worth 26% of the TEAS 7 test. The following pie chart shows how much each topic is worth for this section:

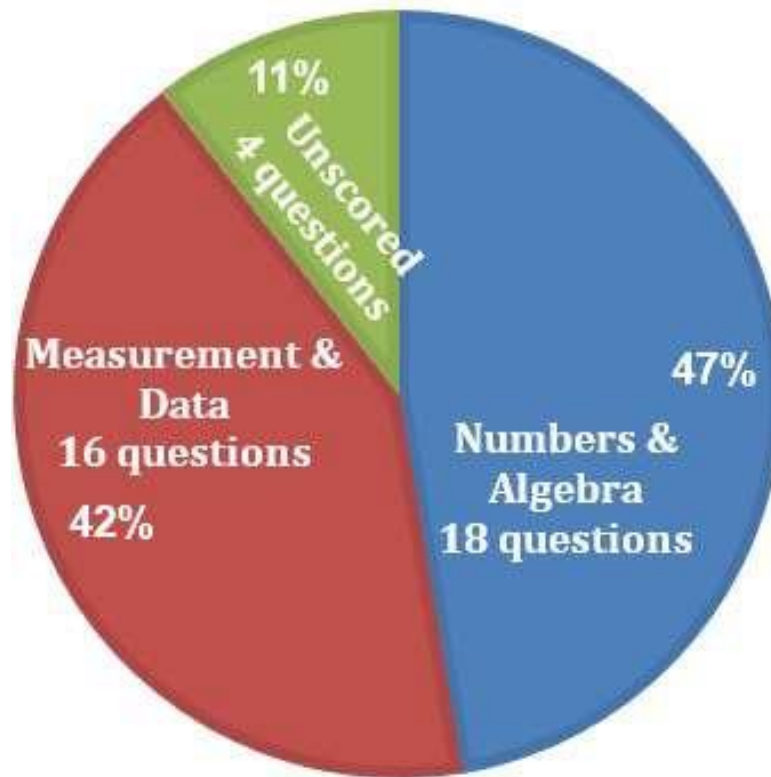


[Get ATI TEAS Reading Practice Here!](http://www.testprep-online.com/teas-7)



MATH

This section contains 38 questions and is worth 23% of the TEAS 7 test. The following pie chart shows how much each topic is worth for this section:

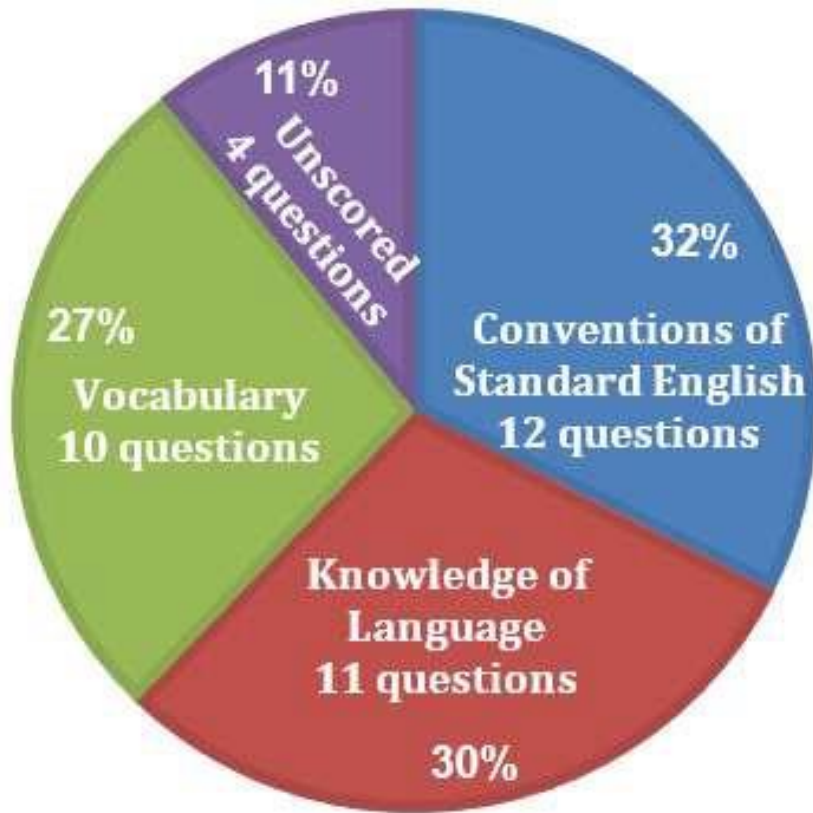


[Get ATI TEAS Math Practice Here!](#)



ENGLISH

This section contains 37 questions and is worth 22% of the TEAS 7 test. The following pie chart shows how much each topic is worth for this section:



[Get ATI TEAS English & Language Usage Practice Here!](#)

5. Know the difference between the TEAS 6 and ATI TEAS 7 test.

As of June 3rd, 2022, ATI has released version 7 of the TEAS test, called the ATI TEAS 7.

The new version keeps the general format of the old one, meaning that the four sections stay the same, as well as the total number of questions and time limit. What did change is the ratio of how many questions there are for each section and sub-section. This table shows the precise changes:

ATI TEAS 7		ATI TEAS 6	
Reading	45 questions	Reading	53 questions
Key Ideas & Details	15	Key Ideas & Details	22
Craft & Structure	9	Craft & Structure	14
Integration of Knowledge & Ideas	15	Integration of Knowledge & Ideas	11
Unscored Items	6	Unscored Items	6
Math	38 questions	Math	36 questions
Numbers & Algebra	18	Numbers & Algebra	23
Measurement & Data	16	Measurement & Data	9
Unscored Items	4	Unscored Items	4
Science	50 questions	Science	53 questions
Human Anatomy & Physiology	18	Human Anatomy & Physiology	32
Biology	9	Life and Physical Science	8
Chemistry	8	Scientific Reasoning	7
Scientific Reasoning	9		
Unscored Items	6	Unscored Items	6
English and Language Usage	37 questions	English and Language Usage	28 questions
Conventions of Standard English	12	Conventions of Standard English	9
Knowledge of Language	11	Knowledge of Language	9
Using Language and Vocabulary to Express Ideas in Writing	10	Vocabulary Acquisition	6
Unscored Items	4	Unscored Items	4

In addition, unlike the TEAS 6 that had only multiple choice questions, the TEAS 7 has 5 question types. The new question types (besides multiple choice):

- Multiple select-these questions will provide you four or more answer choices, and more than one answer can be correct.
- Supply Answer-in these types of questions you have to "fill in the blank" and you don't have any answer choices provided to you.

- Hot Spot- in these questions you are given an image with clickable areas, and you must choose which is the correct one.
- Ordered Response- in these questions you are provided with four to six responses, and you need to order them in a logical and correct manner.

6. Study in segments.

Does your list of subjects to learn look ridiculously long? No fear; keep it in segments and tackle one at a time. Dipping in and out of nursing forums is not studying. Avoid procrastination by taking timed study sessions, and choose sleep over long, late hours of staring blankly at the screen.

7. Test your progress.

After you have studied a cluster of topics, test your knowledge. You can use our supplementary practice questions in the ATI TEAS Premium Pack to see how you are doing.

Remember, no matter how many questions you attempt, keep a record of what your success percentage is. Be serious about taking the test in an environment like the real test—no music, only silence, no distractions, and with a timer.

8. Understand the test format.

The time frames for each of the sections are as follows:

Reading	45 questions (39 scored)	55 minutes
Mathematics	38 questions (34 scored)	57 minutes
Science	50 questions (44 scored)	60 minutes
English & Language Usage	37 questions (33 scored)	37 minutes
Total:	170 questions	209 minutes

There is not much time for each question, so there are techniques to be learned when approaching the different sections. Be sure to read the answer explanations that accompany our free practice questions. These explanations offer tips and techniques for better methods of taking the test.

9. Focus on your weakest areas.

Use your results from the practice test to identify your weakest areas. Refocus your attention on these topics. Re-learn the material, using the detailed explanations to help understand where you are going wrong.

10. When test day is a week away...

- Double-check the schedule for test day, including:
 - What time it is held;
 - What you can and cannot take into the test center; and
 - How to get there.
- Revisit notes with confidence and take a final practice test at least two days before the real test.
- Don't worry if you do badly on some questions. The scores will help you to focus your attention on your most important notes.
- On test day, head to the test center with a positive outlook. Do a power pose for two minutes before you start the test. **Good luck!**

Get our [detailed TEAS 7 PrepPack](#) for more tips, full-length simulations, hundreds of practice questions, and subject-specific study guides

ATI TEAS 7 PRACTICE TEST

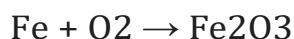
- Allow yourself 10 minutes to answer the following 10 practice questions.
- You are permitted to use a calculator for the math questions if you wish.
- Record your score and check your answers at the end of the test.

Question 1

Which organelle performs autophagy?

- A. Proteasome
- B. Cytoskeleton
- C. Ribosome
- D. Lysosome

Question 2



Which of the following choices shows the correct molarity of the reaction above?

- A. $\text{Fe} + \text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$
- B. $\text{Fe} + 3\text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$
- C. $\text{Fe} + 3\text{O}_2 \rightarrow \text{Fe}_2\text{O}_3$
- D. $4\text{Fe} + 3\text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$

Question 3

Which of the following is carried out by the Luteinizing hormone (LH)?

- A. Protection of pregnancy
- B. Ovulation
- C. Menstruation
- D. Labor

Question 4

Which of the following is spelled correctly?

- A. neumonia
- B. pnumonia
- C. numonia
- D. pneumonia

[Click here for more TEAS Practice!](#)

Read the following passage before answering Questions 5 and 6.

India's economy grew faster than estimated last quarter, maintaining pressure on the central bank to extend its record interest rate increases even as the global recovery weakens. Stocks, bond yields, and the rupee, India's currency, advanced. Gross domestic product rose 7.7 percent in the three months ending June 30, the Central Statistical Office said in New Delhi today. That compares to a 7.8 percent climb in the previous three months. The median of 26 predictions in a Bloomberg News survey was for a 7.6 percent gain. India's consumption has "remained strong" because of higher salaries, while inflation may remain "stubborn" in the near term, the Reserve Bank of India said last week.

Question 5

Which of the following inferences can be drawn from the passage?

- A. India's economy is weakening.
- B. India's economy grew more slowly this quarter than the previous quarter.
- C. The Bloomberg News survey overestimated the growth of India's economy.
- D. The Reserve Bank of India is undisturbed by inflation in the near term.

Question 6

Which of the following beliefs is not supported by this passage?

- A. Inflation and consumption are not affected by the same factors.
- B. The global recovery is weakening.
- C. India's currency is gaining value.
- D. High interest rates are generally necessary for economic growth.

Question 7

She has very set ideas about how parents should behave.

Which of the following dictionary definitions is most appropriate for "set" as used in the sentence above?

- A. A growing number or a collection of
- B. Fixed or firmly settled
- C. The act or action of setting
- D. Being in readiness, prepared

Question 8

After years of serving the community, due to lack of funds the local library will be shut down.

Which of the following phrases is misplaced in the sentence above?

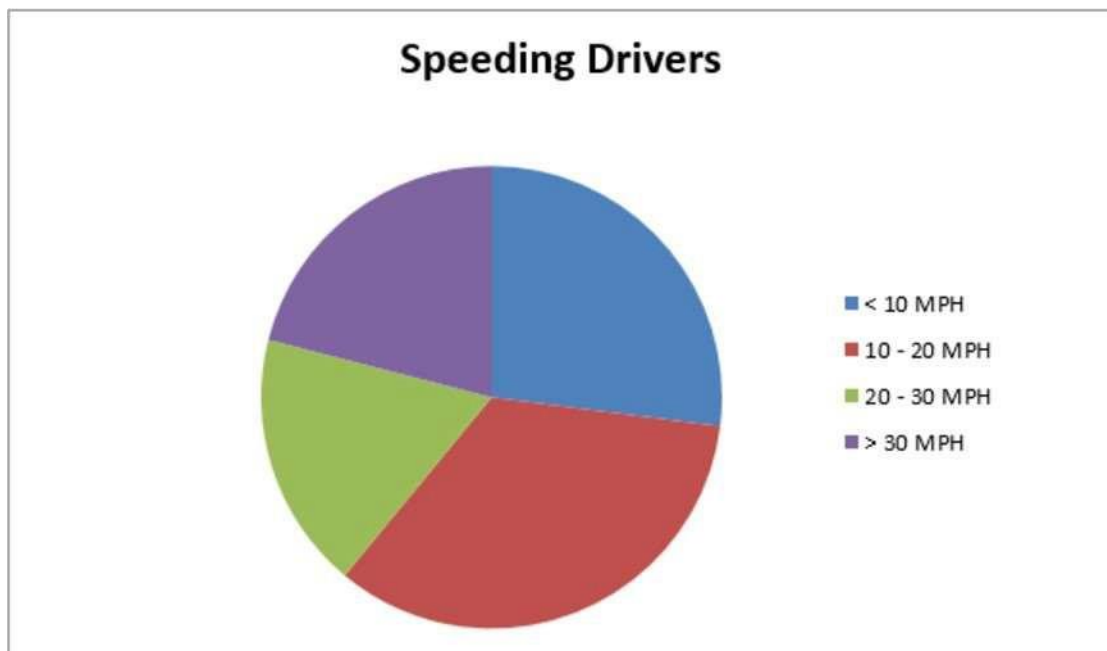
- A. After years of
- B. the community
- C. due to lack of funds
- D. will be shut down

Question 9

Yesterday, Bob earned \$50 mowing lawns. Today, Bob earned 60% of what he earned yesterday. How much money did Bob earn today?

- A. \$3
- B. \$25
- C. \$30
- D. \$40

Question 10



The pie chart above shows how fast drivers pulled over for speeding were driving above the speed limit. According to the chart, which of the following is NOT true?

- A. More drivers were pulled over for speeding 10–20 MPH above the speed limit than for speeding 20–30 MPH above the speed limit.
- B. Fewer than 50% of all drivers pulled over for speeding were speeding either < 10 MPH or > 30 MPH above the speed limit.
- C. More drivers were pulled over for speeding 10–20 MPH above the speed limit than for speeding > 30 MPH above the speed limit.
- D. More than half of all drivers pulled over for speeding were speeding at least 20 MPH above the speed limit.

[Get More Practice Questions here!](#)

TEAS 7 PRACTICE TEST - ANSWERS & EXPLANATIONS

Question 1

Which organelle performs autophagy?

- A. Proteasome
- B. Cytoskeleton
- C. Ribosome
- D. Lysosome

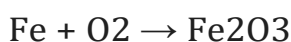
Answer & Explanation

The correct answer is (D).

The lysosome is an acidic organelle that contains degrading enzymes. Lysosomes can digest worn-out organelles and release their components to be re-used in the cytoplasm. This process is called autophagy (“self-digestion”).

The proteasome is a complex that degrades malfunctioning/misfolded proteins to peptides, the cytoskeleton maintains the shape and general organization of cellular contents, and the ribosome is a large cellular complex that translates messenger RNA (mRNA) molecules to protein.

Question 2



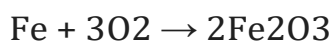
Which of the following choices shows the correct molarity of the reaction above?

- A. $\text{Fe} + \text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$
- B. $\text{Fe} + 3\text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$
- C. $\text{Fe} + 3\text{O}_2 \rightarrow \text{Fe}_2\text{O}_3$
- D. $4\text{Fe} + 3\text{O}_2 \rightarrow 2\text{Fe}_2\text{O}_3$

Answer & Explanation

The correct answer is (D).

The reaction above is the oxidation of iron. First, look at the number of oxygen moles of the products. Three oxygen moles mean that the oxygen moles on the left (reactants) must be multiplied by 3 and the oxygen moles on the right (product) must be multiplied by 2. This is done to achieve an identical number of oxygen moles on both sides.



After balancing the oxygen moles, the number of ferritin moles becomes unbalanced—one on the left, four on the right. To fix this, simply multiply the number of ferritin moles on the left by four:



Question 3

Which of the following is carried out by the Luteinizing hormone (LH)?

- A. Protection of pregnancy
- B. Ovulation
- C. Menstruation
- D. Labor

Answer & Explanation

The correct answer is (B).

The Luteinizing Hormone (LH) is produced in the gonadotropic cells of the anterior pituitary gland. In females, an acute rise of the hormone levels triggers ovulation.

Progesterone is secreted from the Corpus Luteum, and during pregnancy, from the placenta. A decrease in progesterone leads to menstruation, and during pregnancy the levels of progesterone greatly increase. A drop in progesterone in late pregnancy leads to labor.

Oxytocin is produced by the hypothalamus and is secreted in large amounts during labor.

Question 4

Which of the following is spelled correctly?

- A. neumonia
- B. pnumonia
- C. numonia
- D. pneumonia

Answer & Explanation

The correct answer is (D).

Pneumonia is a lung inflammation caused by a bacterial or viral infection.

Question 5

Which of the following inferences can be drawn from the passage?

- A. India's economy is weakening.
- B. India's economy grew more slowly this quarter than the previous quarter.
- C. The Bloomberg News survey overestimated the growth of India's economy.
- D. The Reserve Bank of India is undisturbed by inflation in the near term.

Answer & Explanation

The correct answer is (B).

The third sentence states that the economy grew 7.7% during the three months ending June 30, while the fourth sentence states that the economy grew 7.8% during the previous three months.

Answer (A) is incorrect because the passage only mentions India's economy growing.

Answer (C) is incorrect because the fifth sentence states that Bloomberg News predicted a 7.6% increase and the third sentence states that the actual increase was 7.7%. Bloomberg underestimated the growth.

Answer (D) is incorrect because the word "stubborn" indicates that the inflation is behaving in a way the Reserve Bank does not view favorably.

Question 6

Which of the following beliefs is not supported by this passage?

- A. Inflation and consumption are not affected by the same factors.
- B. The global recovery is weakening.
- C. India's currency is gaining value.
- D. High interest rates are generally necessary for economic growth.

Answer & Explanation

The correct answer is (D).

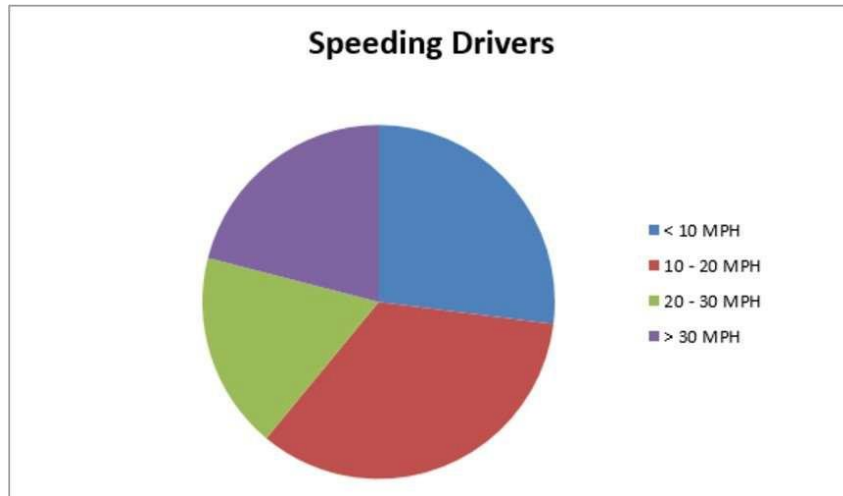
The first sentence states that India's economy's fast growth is maintaining pressure on the central bank to extend its interest rate increases, **even as** the global recovery weakens. This means that global economic growth is suffering due to the high interest rates and that there is a need to lower them to allow for economic growth.

Answer (A) is incorrect because the last sentence states that India's consumption has "remained strong" because of higher salaries, while inflation may remain "stubborn." The bank attributes the strong consumption to the high salaries, but it does not mention what is causing the inflation to remain stubborn. It can be inferred that this is caused by a different factor.

Answer (B) is incorrect because the first sentence states, "... even as the global recovery weakens."

Answer (C) is incorrect because the second sentence states, "Stocks, bond yields, and the rupee, India's currency, advanced."

Question 7



The pie chart above shows how fast drivers pulled over for speeding were driving above the speed limit. According to the chart, which of the following is NOT true?

- A. More drivers were pulled over for speeding 10–20 MPH above the speed limit than for speeding 20–30 MPH above the speed limit.
- B. Fewer than 50% of all drivers pulled over for speeding were speeding either < 10 MPH or > 30 MPH above the speed limit.
- C. More drivers were pulled over for speeding 10–20 MPH above the speed limit than for speeding > 30 MPH above the speed limit.
- D. More than half of all drivers pulled over for speeding were speeding at least 20 MPH above the speed limit.

Answer & Explanation

The correct answer is (D).

The pie slices representing drivers pulled over for speeding at least 20 MPH above the speed limit (20–30 MPH and >30 MPH) is less than half the entire pie as these are represented by the green and purple sections of the pie.

Answer (A) is incorrect as the red section of the pie (10-20 MPH) is clearly larger than the green section (20-30 MPH). Therefore, this statement is true, not false.

Answer (B) is talking about the combined areas of the blue section (<10 MPH) and the purple section (>30 MPH), and together they make up less than half the circle. Therefore, this statement is also true.

Answer (C) is also true as the red section (10-20 MPH) is larger than the purple section (>30 MPH).

Therefore, the only false statement is (D).

Question 8

Yesterday, Bob earned \$50 mowing lawns. Today, Bob earned 60% of what he earned yesterday. How much money did Bob earn today?

- A. \$3
- B. \$25
- C. \$30
- D. \$40

Answer & Explanation

The correct answer is (C).

60% of \$50 is the same as $\$50 \times 0.6$, which is equivalent to $50 \times \frac{6}{10}$ and $50 \times \frac{6}{10} = \frac{300}{10} = \30 .

Question 9

After years of serving the community, due to lack of funds the local library will be shut down.

Which of the following phrases is misplaced in the sentence above?

- A. After years of
- B. the community
- C. due to lack of funds
- D. will be shut down

Answer & Explanation

The correct answer is (C).

The descriptive phrase "After years of serving the community" refers to the local library. Consequently, the correct phrasing of the sentence is, "After years of serving the community, the local library will be shut down due to lack of funds."

Question 10

She has very set ideas about how parents should behave.

Which of the following dictionary definitions is most appropriate for "set" as used in the sentence above?

- A. A growing number or a collection of
- B. Fixed or firmly settled
- C. The act or action of setting
- D. Being in readiness, prepared

Answer & Explanation

The correct answer is (B), "fixed or firmly settled."

The word "set" has several meanings. However, in the context provided in the sentence, you can infer which meaning is the relevant one.

You must check which option both fits the general notion conveyed in the sentence and corresponds well with the structure of the sentence.

Option (A): In addition, saying that the woman has a VERY collection (or growing number) of ideas doesn't sit well with the sentence.

Option (C): Suggesting that the woman is performing an action about how parents should behave doesn't stand to logic either.

Option (D): Saying the woman is VERY prepared (or full or readiness) ideas also does not comprise a proper sentence.

Option (B): According to this option, the woman has firm (or fixed) ideas as to how parents should behave. This sentence makes sense and therefore is the correct answer.

Solving tip: There are two ways to tackle these sorts of questions:

1) Method One:

- Read the sentence.
- Figure out the appropriate definition.
- Look for an answer choice that states your anticipated answer.
- If such an answer exists, choose it. If not, check the answer choices one by one and choose the one that fits best.

2) Method Two:

Read the sentence.

Go over the answer choices one by one.

Choose the answer that fits best.

Even though the first method might seem longer (especially if your anticipated answer does not appear among the answer choices), we recommended using it over the second method. The reason is that some of the answer choices are designed to distract you from the correct answer. Anticipating the correct answer may help you avoid these traps and enhance your ability to manage the test, instead of it managing you.

A FINAL WORD

Our newly updated ATI TEAS 7 practice tests have been launched!

Compare our practice packs here:

<https://www.testprep-online.com/teas-7>

Get Our ATI TEAS 7 Premium Practice Pack!

What's included in the pack:

- Two full-length ATI TEAS practice tests (340 questions)
- 8 additional ATI TEAS Reading exercises (191 questions)
- 5 additional ATI TEAS Math exercises (94 questions)
- 2 additional ATI TEAS Science exercises (32 questions)
- 6 additional ATI TEAS English & Language Usage exercises (120 questions)
- Answers with detailed explanations
- 3 comprehensive study guides
- Personalized score reports
- Secured payment & immediate online access