

THE FLORIDA DEPARTMENT OF EDUCATION

PREPARING FOR THE TABE

Division of Workforce Education

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PREPARING FOR THE TABE

A document provided by the Florida Department of Education to help prepare Adult and Career and Technical Students to take the TABE test.

STANDARD RULES for test sites:

- No cell phones allowed in testing area
- No backpacks or personal belongings allowed in test area
- Students may not leave the test room during the actual test administration; breaks should be scheduled between sections.
- If a student is caught cheating, the test cannot be used for placement or promotion purposes. Local assessment policy should dictate what is done with the student and their test results, and how soon they should be able to be retested.
- Please be sure to check with the testing department to learn what materials you may have to bring on your own for the test.

Dear Adult Student,

Welcome to Florida's Adult and Career and Technical Education Program and congratulations on your decision to further your education. You are joining thousands of other Floridians who are learning new skills and upgrading existing skills. As an initial part of your enrollment in Workforce Education, you will be given the Tests of Adult Basic Education (TABE). These tests will be used to determine your strengths that will assist you in successfully completing your program. The TABE has three major areas: Reading, Language, and Mathematics (applied and computation). These tests are set up in a multiple-choice format. There are no short answers or writing assignments. Remember, you cannot fail the TABE.

The information collected from your testing session will be used to set up a program of study that will help you progress at the fastest rate possible. The information will also be used for state and national reporting issues. Your specific information is kept confidential and will never be used without your permission.

The following pages provide you with tips for test taking and sample questions that are similar to the questions found on the TABE test. This document will help you prepare to take the TABE and help you be more successful. Remember, this is just practice. You cannot fail the TABE. An answer key is provided in the back of this book.

Good luck!

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

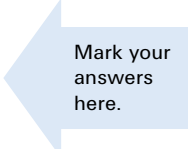
3. Which activity burns a little less than double that of bowling in the 120-weight class?

- 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 12

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 12

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 12

LANGUAGE SAMPLE QUESTIONS

I. For numbers 1-3, choose the group of words that makes a complete sentence.

- As she parked in my driveway.
 - Beeping the horn.
 - Before I could greet her.
 - She backed the car into the street.
- When I stepped on the stage.
 - Standing before the audience.
 - I became nervous.
 - Trying to be calm.
- The girl who enrolled in school.
 - Studying to be a nurse.
 - She followed a heavy schedule.
 - Completing the program.

- | | | | | |
|----|-----|-----|-----|-----|
| 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 12

II. For numbers 1 –3, decide which punctuation, if any, is needed in the sentence.

- "Are the combs and brushes sanitized yet " asked the salon manager.
 - .
 - ,
 - ?
 - "
 - None
- The date of her ASE exam is June 14 2003.
 - ,
 - "
 - .
 - !
 - None

- | | | | | | |
|----|-----|-----|-----|-----|-----|
| 1. | (A) | (B) | (C) | (D) | (E) |
| 2. | (A) | (B) | (C) | (D) | (E) |
| 3. | (A) | (B) | (C) | (D) | |

Mark your answers here.

You can check your answers on page 12

- Your resume John was the best one we received.
 - :
 - ,
 - "
 - '

III. Choose the answer that best develops the topic sentence.

1. Fire safety techniques should be taught to children.
 - A. Hundreds of children are killed each year, and hundreds more are injured because of firework displays.
 - B. If a child's clothes are on fire, the child should stop where he is, drop to the ground, and roll over and over to smother the fire.
 - C. Since child seat-belt laws have been in effect, thousands of lives have been saved.
 - D. Schools are the best place for children to learn these things.

2. A cosmetologist must discover a customer's vision of herself in order to create a look that will please the customer.
 - A. Beauty salons are wonderful places to gossip and leaf through magazines to discover what the newest styles are.
 - B. That is why it is so important to have mirrors and a wide array of products for sale in a salon.
 - C. An elegant up-sweep might please a society matron, while a spiked rainbow would probably please a person with punk rock leanings. Neither of those customers would be happy with the other's style.
 - D. Women get tired of looking the same way all of the time, so a cosmetologist must constantly try out new looks on her customers. That way the customer will be happy.

3. Effective study habits include regular review.
 - A. Good note taking includes the use of outlines and colored highlighters to mark important points.
 - B. One should study at the same time and in the same place every day. One should also take good notes.
 - C. The reason cumulative exams are difficult is because it is easy to forget those things which we do not use. To stay sharp in those areas will only require about half an hour of review each week for each subject of study.
 - D. A quiet room and good lighting is also essential to effective study.

- | | | | | |
|----|-----|-----|-----|-----|
| 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 12

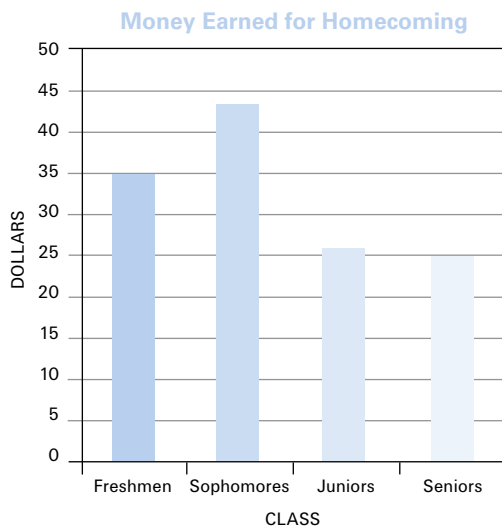
MATHEMATICS SAMPLE QUESTIONS

I. Read each question and choose the best answer.

- An airplane flying at an altitude of 32,000 feet descends at a rate of 1,300 feet per minute. If the plane descends for 15 minutes, what would its altitude be in feet?
 - 10,000 ft.
 - 12,500 ft.
 - 19,000 ft.
 - 19,500 ft.

- The angle of the roof on Wendy's dollhouse is 56° . She built a scale model of the dollhouse with a scale ratio of 1:4. What is the measure of the angle of the roof of the model she built?
 - 14°
 - 34°
 - 56°
 - 224°

- The students at Miami Senior High School are raising money for homecoming. The graph below shows the amount of money each class has raised so far. About what percentage of the money raised did the sophomore class earn?



- 25%
- 33%
- 43%
- 50%

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 12

II. Solve the following problems and write your answers on the answer sheet.

1. 612
 $\times 4$
- A. 2848
B. 2408
C. 2448
D. 1658
E. None of the above

2. 301
 $\times 9$
- A. 2709
B. 2799
C. 2409
D. 2499
E. None of the above

3. $44 \times 12 =$
- A. 132
B. 4488
C. 428
D. 528
E. None of the above

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

Mark your answers here.

You can check your answers on page 12

III. Choose the best answer to each question.

1. Find 20% of 65.
- A. 130 B. 1.3
C. 13 D. 0.13

2. ____% of 80 is 20.
- A. 4% B. 25%
C. 40% D. 2.5%

3. What is 15% of \$30?
- A. \$45 B. \$4.50
C. \$.45 D. \$.04

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 12

Answer Key

Reading

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

Language

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

Mathematics

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



Established 1915

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Florida Department of Education

Division of Workforce Education

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