

TEAS Quick Reference Cheat Sheet

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MATH ESSENTIALS

Key Formulas

Percent	$\text{Part} \div \text{Whole} \times 100$
Percent Change	$(\text{New} - \text{Old}) \div \text{Old} \times 100$
Mean (Average)	$\text{Sum of values} \div \text{Number of values}$
Median	Middle value when ordered
Mode	Most frequent value
Range	Highest - Lowest

CRITICAL Medical Conversions:

1 kg = 2.2 lbs | 1 tsp = 5 mL | 1 tbsp = 15 mL | 1 oz = 30 mL | 1 cup = 240 mL

Fractions ↔ Decimals ↔ Percents

Fraction	Decimal	Percent
1/4	0.25	25%
1/3	0.33	33%
1/2	0.50	50%
2/3	0.67	67%
3/4	0.75	75%



SCIENCE ESSENTIALS

Normal Vital Signs (Adult)

Temperature	97.8-99.1°F (36.5-37.3°C)
Pulse	60-100 bpm
Respirations	12-20 breaths/min
Blood Pressure	~120/80 mmHg (normal range)

Body Systems Quick Reference

System	Main Function	Key Organs
Cardiovascular	Transport blood	Heart, arteries, veins
Respiratory	Gas exchange	Lungs, bronchi, alveoli
Digestive	Break down food	Stomach, intestines, liver
Nervous	Control & communication	Brain, spinal cord, nerves
Endocrine	Hormone regulation	Thyroid, pancreas, adrenals

Chemistry Basics

pH Scale: 0-14 | <7 = Acid | 7 = Neutral | >7 = Base

Blood pH: 7.35-7.45 (slightly alkaline)

READING STRATEGIES

Finding Main Idea

- Often in **first or last paragraph**
- Look for **repeated concepts**
- Topic sentences usually contain it

Author's Purpose (PIE)

- **Persuade** — Convince reader of something
- **Inform** — Provide facts/information
- **Entertain** — Engage/amuse reader

Text Structure Signal Words

Sequence	First, then, finally, next
Compare/Contrast	However, similarly, unlike
Cause/Effect	Because, therefore, as a result
Problem/Solution	Problem is, solution, resolve

ENGLISH & LANGUAGE

Subject-Verb Agreement

- Singular subject → singular verb (The nurse **gives**)
- Plural subject → plural verb (The nurses **give**)

Common Homophones

their/there/they're	possession / place / they are
your/you're	possession / you are
its/it's	possession / it is
affect/effect	verb / noun
then/than	time / comparison

TEST-TAKING TIPS

1. **Read questions FIRST** — Know what to look for
2. **Eliminate wrong answers** — Increases odds
3. **Watch for absolutes** — "always," "never" often wrong
4. **Don't change answers** — First instinct usually right
5. **Manage time** — Don't spend too long on one question
6. **Answer every question** — No penalty for guessing!

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