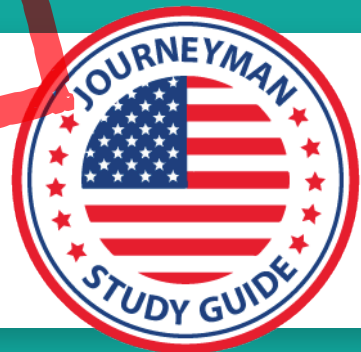


JOURNEYMAN STUDY GUIDE RESIDENTIAL ENERGY AUDITOR YEAR 2

SAMPLE
250 EXAM PREP QUESTIONS,
WITH EXPLAINED ANSWERS



APPRENTICES | INSTRUCTORS | INSTITUTES

JourneymanStudyGuide.com

UNITY CREST SOLUTIONS INC.

Who Is Journeyman Study Guide For?

Welcome to *Journeyman Study Guide*—your key to unlocking success in your trade, earning the recognition you deserve, and building a solid career in America. Whether you're an apprentice just starting out, a seasoned professional, or someone new to the country and adjusting to U.S. trade standards, this guide is designed to complement your learning and support you along the way. While it provides valuable insights and resources, it's not a substitute for official materials required for certification.

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1. *Apprentices*: Looking to kickstart your career? Our study guides and practice tests will help you build the foundational skills you need to succeed.
2. *Tradespeople*: New to the U.S. or advancing in your career? We offer detailed questions, answers, and explanations to help you understand industry standards and excel in your work.
3. *Instructors*: Need reliable teaching tools? Our question banks and online tests are great for guiding your students through trade concepts and preparing them for certification.
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5. *Unions*: Searching for effective ways to train your members? Our easy-to-follow format ensures that each member gains the knowledge they need to thrive in their trade.

What Journeyman Study Guide Offers:

1. *Tailored Study Guides*: Access the core knowledge you need, whether you're preparing for your exam, familiarizing yourself with U.S. trade standards, or simply refining your trade skills.
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5. *Additional Learning Resources*: Dive into supplementary guides on topics like math, safety protocols, and management strategies that are valuable for both certification and long-term career growth.



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We're committed to making trade education *accessible, flexible, and affordable* to anyone in America. You don't need to worry about the high cost of learning—we believe nothing should stop you from earning top wages in your trade.

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"The *online tests* in the Journeyman Study Guide were a game-changer. They gave me a clear sense of what to expect on the exam, and the *questions and answers* helped me focus on exactly what I needed to improve, especially in areas I had struggled with before."

— Jessica Taylor, Apprentice Ironworker

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— Carlos Ramirez, Electrician, originally from Mexico

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— John Davis, Union Welding Instructor

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2. *You will need to put in effort:* Our practice tests, questions, and explanations are incredibly useful, but they can only get you so far without your own effort. You need to engage with the material and be prepared to revisit concepts to fully understand them. This preparation will also help you manage test anxiety and give you the tools to stay focused and confident when exam day comes.
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SNOW STUDS QUEST



Year 2: Intermediate Residential Energy Auditing

Subject 3. Windows, Doors, and Insulation Upgrades

1. What type of window is most energy-efficient?

- a) Triple-pane glass
- b) Single-pane glass
- c) Stained glass
- d) Double-pane glass

Correct Answer: a) Triple-pane glass

Explanation: Triple-pane glass windows have three layers of glass, providing superior insulation compared to single or double-pane options. This design minimizes heat transfer, reducing energy costs and improving home comfort. Additionally, they often incorporate gas fills and low-emissivity (Low-E) coatings, further enhancing their energy efficiency.

2. Which insulation material has the highest R-value?

- a) Cellulose
- b) Fiberglass
- c) Spray foam
- d) Mineral wool

Correct Answer: c) Spray foam

Explanation: Spray foam insulation is known for its high R-value per inches, making it one of the most effective materials for minimizing heat transfer. It expands upon application, filling gaps and creating an airtight seal, which enhances the overall energy efficiency of a home. This characteristic also helps in reducing air leakage, contributing to lower heating and cooling costs.

3. What is a benefit of low-E windows?

- a) Increased weight
- b) Higher durability
- c) Reduced UV exposure
- d) Improved aesthetics

Correct Answer: c) Reduced UV exposure

Explanation: Low-emissivity (Low-E) windows are designed with a special coating that reflects infrared light while allowing visible light to pass through. This feature significantly reduces UV exposure indoors, protecting furnishings and flooring from fading. Additionally, they enhance energy efficiency by keeping indoor temperatures stable, thereby lowering heating and cooling costs.



4. Which insulation is most eco-friendly?

- a) Rigid foam
- b) Cellulose
- c) Fiberglass
- d) Spray foam

Correct Answer: b) Cellulose

Explanation: Cellulose insulation is made from recycled paper products and is considered one of the most environmentally friendly insulation options available. It has a lower embodied energy compared to other materials and can significantly reduce energy consumption in homes. Furthermore, cellulose is treated with fire retardants, ensuring safety while promoting sustainability.

5. What is the primary purpose of weatherstripping?

- a) Noise reduction
- b) Insulation
- c) Decoration
- d) Air sealing

Correct Answer: d) Air sealing

Explanation: Weatherstripping is primarily used for air sealing around doors and windows. It helps to prevent drafts and air leakage, which can significantly affect a home's energy efficiency. By keeping conditioned air inside, weatherstripping reduces the workload on heating and cooling systems, leading to lower energy costs and a more comfortable indoor environment.

6. Which door type offers the best insulation?

- a) Vinyl
- b) Solid wood
- c) Hollow-core
- d) Aluminum

Correct Answer: b) Solid wood

Explanation: Solid wood doors provide excellent insulation due to their dense structure, which minimizes heat transfer. Unlike hollow-core doors or those made from metal, solid wood doors help maintain indoor temperatures and enhance energy efficiency. They can also improve the overall aesthetic and value of a home while providing durability and security.



7. What is a common insulation mistake?

- a) Not sealing gaps
- b) Using too much insulation
- c) Choosing low R-value
- d) Installing in summer

Correct Answer: a) Not sealing gaps

Explanation: One common mistake in insulation installation is failing to seal gaps and cracks before adding insulation. Even the best insulation material will underperform if air leaks are present, allowing conditioned air to escape and outside air to enter. Properly sealing gaps enhances the effectiveness of insulation, leading to improved energy efficiency and comfort.

8. What is the R-value of fiberglass batts?

- a) 2-4 per inches
- b) 5-6 per inches
- c) 10-12 per inches
- d) 7-8 per inches

Correct Answer: a) 2-4 per inches

Explanation: Fiberglass batts typically have an R-value of about 3.0 to 4.3 per inch, depending on the density and type. Standard fiberglass batts fall within the 2-4 per inch range, making option (a) the most accurate choice. Their effectiveness at reducing heat transfer helps maintain comfortable indoor temperatures while minimizing energy costs. It's also important to ensure proper installation to maximize their performance.

9. Why use reflective insulation?

- a) Reduces heat gain
- b) Increases aesthetic appeal
- c) Prevents moisture
- d) Lowers noise

Correct Answer: a) Reduces heat gain

Explanation: Reflective insulation works by reflecting radiant heat away from living spaces, making it particularly effective in hot climates. By reducing heat gain, it helps keep homes cooler and decreases the need for air conditioning, ultimately leading to lower energy consumption and utility bills. This type of insulation is often combined with other materials for enhanced efficiency.



10. What is an advantage of insulated doors?

- a) Reduced energy bills
- b) Limited design options
- c) Higher installation costs
- d) Increased weight

Correct Answer: a) Reduced energy bills

Explanation: Insulated doors are designed to minimize heat transfer, which significantly reduces energy bills. By maintaining interior temperatures, these doors help lower the demand on heating and cooling systems, resulting in cost savings over time. Furthermore, insulated doors often come in various designs and materials, allowing homeowners to choose options that fit their aesthetic preferences without compromising efficiency.

11. What is the role of air barriers?

- a) Moisture control
- b) Air sealing
- c) Decoration
- d) Noise reduction

Correct Answer: b) Air sealing

Explanation: Air barriers are essential in controlling air movement within a building. They prevent drafts and heat loss by sealing gaps and cracks in the building envelope. Properly installed air barriers enhance the effectiveness of insulation and contribute to overall energy efficiency, comfort, and indoor air quality by reducing unwanted air infiltration.

12. Which insulation type is best for basements?

- a) Spray foam
- b) Rigid foam
- c) Cellulose
- d) Fiberglass

Correct Answer: b) Rigid foam

Explanation: Rigid foam insulation is often the best choice for basements due to its moisture resistance and high insulating properties. It can be installed on walls and under floors to prevent heat loss and moisture infiltration. This type of insulation helps maintain a comfortable temperature and protects against mold growth, contributing to a healthier living environment.



13. How do you improve existing insulation?

- a) Use lower R-value materials
- b) Add more layers
- c) Ignore gaps
- d) Choose less expensive options

Correct Answer: b) Add more layers

Explanation: Improving existing insulation can often be achieved by adding more layers, particularly in areas where the current insulation may be insufficient. This method increases the overall R-value and enhances energy efficiency. However, it's essential to also address any gaps or leaks to maximize the effectiveness of the insulation improvements.

14. Which window feature enhances energy efficiency?

- a) Low-E coating
- b) Heavy drapes
- c) Tinting
- d) Decorative frames

Correct Answer: a) Low-E coating

Explanation: Low-E (low emissivity) coatings on windows enhance energy efficiency by reflecting heat back into the home during winter and blocking heat from entering during summer. This feature helps maintain comfortable indoor temperatures, reduces energy consumption, and lowers utility bills. Low-E windows are a valuable investment for improving a home's overall energy performance.

15. What insulation is best for attics?

- a) Spray foam
- b) Fiberglass batts
- c) Rigid foam
- d) Cellulose

Correct Answer: a) Spray foam

Explanation: Spray foam insulation is an excellent choice for attics due to its high R-value and ability to create an airtight seal. It expands to fill gaps and cavities, preventing air leaks and minimizing heat transfer. This characteristic improves energy efficiency and reduces the risk of ice dams and moisture problems in the attic space.



16. What is a drawback of single-pane windows?

- a) High insulation
- b) Durable
- c) Affordable
- d) Low energy efficiency

Correct Answer: d) Low energy efficiency

Explanation: Single-pane windows are less energy-efficient compared to double or triple-pane options due to their minimal insulation properties. They allow significant heat transfer, leading to higher energy costs for heating and cooling. Upgrading to multi-pane windows can provide better thermal performance, reducing energy bills and enhancing comfort in a home.

17. Which insulation material is best for soundproofing?

- a) Fiberglass
- b) Cellulose
- c) Spray foam
- d) Mineral wool

Correct Answer: d) Mineral wool

Explanation: Mineral wool, or rock wool, is highly effective for soundproofing due to its dense structure and sound-absorbing properties. It can be used in walls, ceilings, and floors to reduce noise transmission between rooms. In addition to soundproofing, mineral wool also offers fire resistance and thermal insulation, making it a versatile building material.

18. What is the benefit of using caulk?

- a) Enhances aesthetics
- b) Prevents air leaks
- c) Decorative finish
- d) Increases R-value

Correct Answer: b) Prevents air leaks

Explanation: Caulk is an effective sealing material used to fill gaps and cracks around windows, doors, and other openings in a home. By preventing air leaks, caulk enhances energy efficiency, reduces drafts, and helps maintain stable indoor temperatures. It is an essential component in any energy audit and contributes to overall comfort and cost savings.



19. What material is commonly used for attic insulation?

- a) Fiberglass
- b) Concrete
- c) Steel
- d) Wood

Correct Answer: a) Fiberglass

Explanation: Fiberglass is one of the most commonly used materials for attic insulation due to its effectiveness and affordability. It provides a good balance of thermal resistance and ease of installation. When properly installed, fiberglass insulation helps to minimize heat loss in the winter and heat gain in the summer, contributing to a more energy-efficient home.

20. How does proper insulation affect HVAC efficiency?

- a) Reduces energy consumption
- b) Increases costs
- c) Decreases lifespan
- d) Requires more maintenance

Correct Answer: a) Reduces energy consumption

Explanation: Proper insulation plays a critical role in HVAC efficiency by minimizing heat loss and gain. When a home is well-insulated, the heating and cooling systems do not have to work as hard to maintain desired temperatures, which results in reduced energy consumption. This not only lowers utility bills but also extends the lifespan of HVAC equipment.

21. What is a benefit of vinyl windows?

- a) High maintenance
- b) Energy efficiency
- c) Low durability
- d) Limited color options

Correct Answer: b) Energy efficiency

Explanation: Vinyl windows are known for their energy efficiency due to their insulating properties and ability to reduce air infiltration. They require minimal maintenance, are resistant to moisture, and can be produced in various styles and colors. As a result, vinyl windows are a popular choice among homeowners looking to improve energy performance while enhancing curb appeal.



22. What is the purpose of a vapor barrier?

- a) Prevent moisture infiltration
- b) Increase air flow
- c) Improve insulation
- d) Aesthetic enhancement

Correct Answer: a) Prevent moisture infiltration

Explanation: A vapor barrier is installed to prevent moisture infiltration from the ground or outside air into a building's walls and ceilings. This is crucial in areas like basements and crawl spaces, where moisture can lead to mold growth and structural damage. By effectively managing moisture, vapor barriers contribute to a healthier indoor environment and enhance the effectiveness of insulation.

23. What is an effective way to reduce energy costs?

- a) Reduce ventilation
- b) Increase window size
- c) Use single-pane windows
- d) Upgrade insulation

Correct Answer: d) Upgrade insulation

Explanation: Upgrading insulation is one of the most effective ways to reduce energy costs in a home. Improved insulation minimizes heat transfer and air leakage, ensuring that heating and cooling systems operate more efficiently. This results in substantial cost savings on energy bills and enhances the overall comfort of the living space.

24. Which material is best for exterior insulation?

- a) Fiberglass
- b) Rigid foam
- c) Wood
- d) Cellulose

Correct Answer: b) Rigid foam

Explanation: Rigid foam insulation is ideal for exterior applications due to its high R-value, moisture resistance, and durability. It can be used in various building assemblies, including foundation walls and exterior sheathing, to reduce thermal bridging and improve energy efficiency. This material is particularly effective in creating a continuous insulation layer around a structure.



25. What role does insulation play in air quality?

- a) Reduces drafts
- b) Lowers humidity
- c) Enhances ventilation
- d) Increases pollutants

Correct Answer: a) Reduces drafts

Explanation: Insulation plays a crucial role in maintaining indoor air quality by reducing drafts and preventing the infiltration of outdoor pollutants. By creating a more stable indoor environment, insulation helps to minimize temperature fluctuations and humidity levels, contributing to a healthier living space. Proper insulation also complements ventilation systems, ensuring that fresh air is filtered and conditioned effectively.



Subject - 1

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About the Creators:

Bobby Bedi:

Bobby Bedi, co-creator of the Journeyman Study Guide, calls the Pacific Northwest home, where he has built an extensive career spanning more than two decades. His diverse background, which includes architecture, digital innovation, and industrial marketing, has given him a unique ability to bridge traditional industries with cutting-edge digital solutions. Bobby has worked across a spectrum of industries, from agile startups to publicly traded companies and educational platforms, bringing a depth of experience that has been crucial to the platform's success.

Bobby's precision and problem-solving skills, refined through his years in architecture, have seamlessly transitioned into his work in digital marketing and technology. Since 2006, Bobby has been at the forefront of digital innovation, applying his expertise to transform trade education. He has been instrumental in developing cutting-edge, user-friendly platforms that make learning accessible across the globe, combining technology with education to create impactful online experiences.

As co-creator of the platform, Bobby also plays a key role in the industrial sector, where he helps companies scale by leveraging his expertise in digital marketing and business strategy. His dedication to making education affordable and impactful has driven the growth of the Journeyman Study Guide, ensuring that individuals at every stage of their careers have access to quality learning tools.

Kris McFarlane:

Kris McFarlane, co-creator of the Journeyman Study Guide, has over two decades of experience in business development, education, and the trades. Based in the Pacific Northwest, Kris has worked with a range of organizations—from agile startups to publicly traded companies—driving business growth and developing successful strategies across industries. His expertise in scaling businesses and creating educational platforms has been key to the guide's reach and effectiveness.

Kris's deep roots in the trades and industrial sector, paired with his extensive experience in business development, give him a unique ability to understand both the practical and strategic needs of companies and individuals. His leadership and ability to mentor others have helped shape the platform, making it a go-to resource for tradespeople seeking career advancement and certification.

Having struggled with traditional education early in life, Kris understands the importance of making learning accessible for everyone. His passion for empowering others, especially those who feel underserved by conventional education systems, is reflected in every aspect of the Journeyman Study Guide. Kris's work is driven by a commitment to helping aspiring tradespeople succeed in their careers through affordable, practical, and accessible learning resources.

Work with the Creators

As co-creators of the Journeyman Study Guide, Bobby Bedi and Kris McFarlane draw from extensive experience working with agile startups, publicly traded companies, and education platforms. Their combined expertise has shaped a platform that empowers businesses and individuals alike. To learn more or explore opportunities with the *Unity Crest Solutions team*, visit UnityCrestSolutions.com, where they continue to help organizations and people succeed.



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- **Detailed Overviews** of potential exam formats and key concepts.
- **Practical Tips** for effective study habits and exam strategies.
- **Practice Questions** to test your knowledge and sharpen your skills.

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