



Preparing for the SAT:

Tips and Tricks to improve your SAT score



Success in 7 Easy Steps

1. DO Keep Calm & Carry On

On test day, relaxation is key. Easier said than done, right? There's actually strategy involved here, too. Take it easy and give yourself plenty of time to wake up, get ready, and get to the test center. Breathe.

2. DON'T be a zombie

Have a protein-rich breakfast before you leave. Get good sleep starting two nights before the test. Seriously. Functioning on eight hours of sleep is so much nicer than functioning on any less.

3. DO stay positive

- Tests can be kind of boring. Still, if all you do is think about how horrible this test is going to be and how badly you're going to do on it, chances are your experience will be really horrible and you're going to do badly (self-fulfilling prophecy, anyone?). Belief affects behaviour, simple as that. So, think positively. Give yourself a pep talk as you're driving to the exam, even try smiling while you're taking it. Have a few laughs with your friends. It'll work.
blood flowing



4. DO practice, practice, practice!

How does that saying go? Anything worth doing is worth doing right? If you want to be good at something, you have to practice. Do the on-line practice tests, as well as any needed math tutorials. Take advantage of free ACT prep resources and ACT question of the day.

5. DO guess intelligently and with purpose

You're not penalized for guessing but try to narrow down the possibilities. There are usually at least one or two answers that are definitely wrong. "Duds," if you will. If you can get rid of these dud choices, you'll have a much better chance of guessing correctly.

6. DO mark up the test booklet

Take notes, write little hints to yourself, identify words you don't understand (it'll come in handy later on) ...basically, just be an active reader. Plus, it's a good way to keep you focused.

