

SAT/ACT Prep tips

Here are some tips for students for the 24 hours before you take a standardized test:

FRIDAY

8am You will probably be in school. You should try to complete any major project a day or two in advance.

4pm If you can, try to avoid after school activities or work. Avoid caffeine this afternoon.

6pm Do something relaxing. Have dinner with family or friends; go for a run or watch a funny movie.

8pm Do a pre-test inventory:

- find your ID
- find your admission ticket
- find your calculator and make sure it has new batteries
- find your watch and make sure it's working
- pack these things in a backpack and put them somewhere you won't forget them
- review the directions to the test center or confirm your transportation

9pm

- Get your breakfast items together
- Put out your clothes. It's a good idea to dress in layers in case it is cold in the room
- Tell a parent to make sure to get you up at 6:30am
- Go to bed!

SATURDAY

6:30am Get up and eat breakfast

7am gather your backpack with the test items and hit the road

7:30am Arrive at the test center. Stretch a little and check in for the test.

8am Showtime!!

Source: *Score Higher on the SAT* by Teresa Stephens