How Should I Approach Preparing for the SAT or ACT?

1. Understand the Test Format

- Familiarize yourself with the sections, types of questions, and timing of the SAT or ACT.

2. Assess Your Starting Point

- Take a full-length practice test to identify strengths and weaknesses.

3. Set a Goal Score

- Define a realistic target score based on your college goals.

4. Develop a Study Plan

- Schedule regular study sessions, integrating school and personal commitments.
- Utilize reputable resources like official prep books or online courses.

5. Focus on Weak Areas

- Allocate extra study time to sections where you need the most improvement.

6. Practice Regularly

- Complete practice tests under timed conditions to build test-taking stamina.
- Review mistakes to avoid repeating them.

7. Learn Test-Taking Strategies

- Master time management to ensure completion of all sections.
- Understand intelligent guessing techniques, especially for the ACT.

8. Stay Healthy

- Maintain a regular sleep schedule and eat healthily.
- Manage stress through exercise or relaxation techniques.

9. Simulate Test Day

- Take practice exams at the same time of day as the actual test.
- Mimic test day conditions to build familiarity and confidence.

10. Review and Adjust

- Fine-tune your preparation based on ongoing performance in practice tests.

11. Register and Prepare Logistically

- Register early for the test, know the location, and prepare the necessary materials for test day.