



## How to Take a Practice SAT or ACT

*A practice test is an important opportunity to help decide which test is better for you! Your results will help you make informed decisions about your prep schedule and keep your study sessions productive.*

*Once you have decided, a practice test is also a great way to practice the necessary endurance for your actual test day!*

### The basics:

- Use the test booklet for all of your work (extra paper is not available on Test Day)
- Use a No. 2 pencil
- Use a printed bubble sheet
- Use an approved calculator list (if not sure, check!)  
<https://www.act.org/content/dam/act/unsecured/documents/ACT-calculator-policy.pdf>  
<https://www.bfftutoring.com/psat-sat-math>

### Warm Up

- Get a good night's sleep (at least 8 hours)
- Ideally, wake up no later than 7am - that's the way it will be on the Saturday morning of Test Day, so try to do it the same way for the practice test if you can!
- Eat a healthy breakfast (example: juice, fruit, eggs, cereal, toast - nothing too sugary!)

### Be Prepared

- Number 2 Pencils (at least 4)
- Charged calculator with fresh batteries
- Water and healthy snack
- Timer –DO NOT USE YOUR PHONE... or if you do, put on 'DO NOT DISTURB'
  - IDEALLY, try to find someone to help time you
  - There are also "proctor apps!"

### Location and Environment

- Find a QUIET place, free of distractions in your home or even go to a library
- Turn OFF your phone and leave it in your bag
- If you must use your phone as a timer, put it on "do not disturb"

### Devices

- On Test Day, you **will not be permitted to access your phone or any other electronic device at all except a calculator** - not even during breaks - or your scores could be cancelled. You need to know what it feels like to be disconnected for these four hours.

### Take another mock test a few weeks into your studies!

Besides your scores, pay close attention to other critical factors for your success on Test Day:

- Did you run out of time on any sections?
- Did you get nervous?
- Did you get hungry?/ thirsty?
- Did you get tired?/ able to focus

*If you answered "YES" to any of these questions, ensure you take charge to prevent these issues on the real test day!*

## Get Started

- The SAT or ACT will begin around 8:30am, so do your best to start around then.
- **NOTE:** On the real Test Day, you will likely have to sit for a half hour or so before the test actually begins-- filling out forms and listening to instructions for part of that time. You'll also sign a statement swearing that you are who you say you are.

## **PRACTICE TEST TIMING: *just like the real test!***

### **SAT Exam:**

- **Reading Test:** 60 minutes
- **Take Official Break:** Take one 10-minute break
  - *Eat healthy snacks and drink water during your breaks*
  - *Walk stretch*
  - *Not allowed to access your phone*
- **English: 35 minutes**
- **Math No Calculator**—25 minutes
- **Take Official Break:** 5-minute break
- **Math Test Calculator**—55 minutes

### **ACT Exam (standard and with extended timing):**

Section	Standard Time	National Extended Time
English	45 minutes	70 minutes
Math	60 minutes	90 minutes
<b>15 minute break</b>		
Reading	35 minutes	55 minutes
Science	35 minutes	55 minutes
Optional Essay	40 minutes	60 minutes

### **Additional Notes**

- No stray marks on the scantron sheet... bubble in carefully
- Student should do the test in "one sitting"
- Student must work within each section of the test only for the time allotted
- Student may NOT go back to a section once that section has ended or go ahead to a new section if finishes early

