



OFFICIAL SAT PRACTICE

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# A Parent/Guardian's Guide: Getting Your Teen Ready for the SAT



## START



**Download Bluebook™ at [bluebook.app.collegeboard.org](https://bluebook.app.collegeboard.org).** Students can take full-length practice tests and familiarize themselves with the digital testing app's helpful features like formula sheets, digital accommodations, and built-in calculators. After completing a practice test, your child can sign in to **My Practice** to view their results and review practice exam items, answers, and explanations. They can also use the Student Question Bank to tailor their practice to the skills, content areas, and difficulty levels they want to review.

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**Spend time reviewing skills with Official SAT Prep on Khan Academy®.** Once your child has reviewed the knowledge and skills where they need the most support on My Practice, they can start Official SAT Prep on Khan Academy, created by Khan Academy and College Board. It's FREE for all students and offers thousands of practice questions, video lessons, quizzes, tests, and more.

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## 2-3 MONTHS BEFORE TEST DAY



**Create a practice schedule and stick to it.** We recommend that students practice 15–30 minutes per day starting 6–8 weeks before the test. For suggested study activities, tips on making the most of Bluebook practice tests, and strategies to build confidence, visit [sat.org/practice](https://sat.org/practice).

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## 2 WEEKS BEFORE TEST DAY



**Take another full-length practice test.** Two weeks before every SAT® test date is known as **Official SAT Practice Test Day**. On this day, students should take another full-length practice test in Bluebook to check their progress. This helps students build self-assurance and see exactly where to focus over the next 2 weeks to get the best possible score.

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## 1 DAY BEFORE TEST DAY



**Plan ahead.** Ensure your child has completed the required exam setup in Bluebook on the device they plan to use for testing. Completing this step allows them to verify their information and access their admission ticket. Your child must bring their admission ticket with them on test day. Be sure your child gets a good night's sleep.

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## ON TEST DAY



**Relax and be confident.** Triple-check that your child has packed everything they need, such as an acceptable ID, pencils to use with scratch paper, a calculator if they don't plan to use the built-in Desmos calculator, and a fully-charged personal testing device (if applicable). For a full list of what students need to bring on test day, visit [satsuite.collegeboard.org/sat/what-to-bring-do](https://satsuite.collegeboard.org/sat/what-to-bring-do). Encourage your child to eat a good breakfast, take it easy, and stay positive. Practice pays off!

For more information, visit [sat.org/practice](https://sat.org/practice).