

STRENGTHS & WEAKNESSES

WHAT ARE YOURS?

SAT/ACT

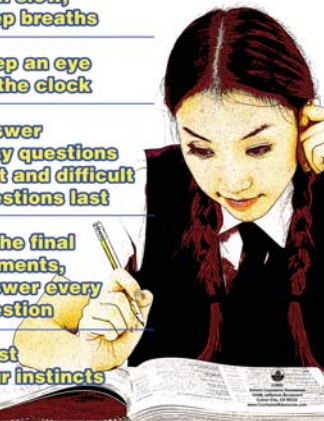


- ✓ ARE YOU FAMILIAR ENOUGH WITH THE TEST?
 - Content
 - Structure
 - Directions
- ✓ CAN YOU PACE YOURSELF?
 - Use your own watch to keep track of time
 - Don't count on the proctor to alert you
- ✓ HOW DO YOU HANDLE STRESS?
 - Use visualization techniques before the test
 - Practice calming breathing exercises

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DURING THE TEST

SAT/ACT



- ✓ Keep calm with slow, deep breaths
- ✓ Keep an eye on the clock
- ✓ Answer easy questions first and difficult questions last
- ✓ In the final moments, answer every question
- ✓ Trust your instincts

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THE NIGHT BEFORE

SAT/ACT



- ✓ Stop studying!
- ✓ Relax
- ✓ Don't party
- ✓ Have a healthy, protein-filled dinner
- ✓ Get a good night's rest

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TEST DAY

SAT/ACT

YOU WILL NEED...

- ✓ A reliable car or ride to the test center
- ✓ Directions to the test site
- ✓ Your admission ticket and identification
- ✓ Pencils, an eraser, and a calculator
- ✓ A silent watch with a timer

Arrive at least 30 minutes early!



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REGISTRATION

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BEFORE YOU REGISTER...

- ✓ Check college application deadlines
- ✓ Are you eligible for a fee waiver or deduction? Ask your counselor
- ✓ Plan on taking the test once, but allow time to take it twice
- ✓ Check online for registration deadlines
- ✓ Allow yourself enough preparation time



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TEST PREPARATION

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- ✓ Prepare a personal study plan
- ✓ Take a test-prep course
- ✓ Form a small study group
- ✓ Use test-prep books on your own



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