



# SAT TEST DAY TIPS

**7 Quick Tips  
for  
Top  
Performance!**

## So You're Goin For It?

Maybe you've been prepping for your SAT for months, or maybe you wouldn't know an SAT exam if it hit you between the eyes. Either way, here's my short list of tips to improve your chances for a successful test day.

1

**VISUALIZATION.** Get your hands on a practice SAT exam at [collegeboard.org](http://collegeboard.org) and complete a mental "walk through" of the exam. If you've been preparing with a test prep pro, you should have a detailed plan of attack. What do you need to remember about each section? What will you do if you encounter a tough problem? What about your pace?

2

**PACK YOUR BAG THE NIGHT BEFORE.** Want an SAT horror show? Scrambling around at 7:00 am for calculators or forgetting your ID will stress you out, trust me. Here's what you need:

- CALCULATORS (Two of them!)
- PENCILS (Two of them!)
- ADMISSION TICKET (print from [act.org](http://act.org))
- PHOTO ID
- ANALOG WATCH
- SNACKS (you will be starving)
- DRINKS
- YOUR A GAME!

3

**KNOW WHERE YOU'RE GOING.** Don't stress about directions on the morning of the test. Take a look at the testing center and how to get there!

4

**WAKE UP EARLY.** Are you usually holding your eyelids open during first period? Wake up a half hour before you really need to, take a (quick) walk, and have a good breakfast.

5

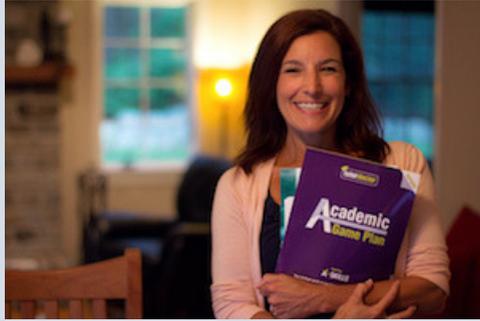
**WEAR A WATCH,** but not an Apple Watch. Standard watches are permitted. Who knows where you'll be seated in the testing classroom and whether the wall clock will be visible?

6

**KEEP IT IN PERSPECTIVE.** Standardized tests are one piece of your college admissions puzzle, and you have lots of chances to take the exam! Just do your best and keep it positive!

7

**CHANNEL YOUR NERVES.** Just like an athlete or actor, you may feel some test day jitters. Expect nervousness, or even embrace it. Try to channel the nervous energy into focus!



International test prep expert, college coach, and owner of Tutor Doctor Boston and PrepU Admissions, Jen Rosier has worked with thousands of students from around the world to improve their SAT/ACT performance and get into the college of their dreams.

Thanks for taking the time to learn about testing and the college admissions process!

I've devoted my career to helping thousands of students envision and achieve their dreams, and I couldn't imagine a more rewarding job!

My team and I are proud to be trusted partners to families throughout their journey—from kindergarten through college, and even beyond.

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781.526.4192 or visit [www.collegeprepsolutions.com](http://www.collegeprepsolutions.com)**

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