

PSAT vs SAT Planning Worksheet

National Merit check + constraint diagnosis + calendar + stop rule.

Quick reality check

- ☐ PSAT scores are NOT submitted to colleges (SAT/ACT scores are).
- ☐ PSAT matters most for National Merit in 11th grade (PSAT/NMSQT).
- ☐ If National Merit is not a goal, I will treat PSAT as a diagnostic and keep prep bounded.

National Merit check (11th grade PSAT/NMSQT)

Item	Notes
Grade level	<hr/>
State cutoff (if known)	<hr/>
Why it matters (if it does)	<hr/> <hr/>

After I get my PSAT score

- ☐ Label every miss: content vs timing vs careless.
- ☐ Pick 2–3 highest-ROI skills to fix (not 20).
- ☐ Choose next diagnostic: full SAT and/or full ACT (timed).
- ☐ Build a calendar: first test date + retake window + stop rule.

My constraint

Content gaps / Timing / Careless errors (circle one)

Top 2–3 skills to fix

Next diagnostic date (SAT/ACT)

My testing calendar

Item	Fill-in
Choose SAT or ACT	<hr/>
First official test date	<hr/>
Retake window	<hr/>
Stop rule	

	<hr/> <hr/>
Weekly cadence	<hr/> <hr/>