Studying by Learning by Doing

The SAT and the ACT

Well, juniors, I think the PSAT has shown you the true power of the SAT and its demands that you study all year for this life-defining test. Let me show you how to learn the material on this test—by actually taking the test **a lot**.

# Make your place and time to study

**Keep everything important in reach.** Especially food. **This includes scrap paper, pencils, and calculator. Keep yourself in the study** zone by staying focused in your place, not needing to leave.

**Keep everything distracting far away**. Isolate yourself from your phone, friends, and family.

**Listen to consistent noise.** First, isolate yourself from outside sounds with static white noise (with a website like myNoise) wearing headphones. At the same time, play instrumental music with a consistent beat (you can find a station on *Pandora* or *Google Play Music*) to keep track of time. However, if you don't enjoy it, switch to something you love—being happy is more important here.

**Work in 25-minute blocks; then take a 5–10 minute break.** You can only stay focused on one thing for that long, so switch subjects (reading, writing, mathematics) at this time. Just have a fun break: break all of these rules here. Play a game. Eat candy. Talk to friends. Then jump back in to studying.

# Use your resources: Khan Academy

khanacademy.com has it all: SAT interactive practice, SAT practice tests, and general study tips.

**Create an account.** On the website, click Start Learning Now, then choose Sign in with Gmail if you have one (otherwise Sign up with email and follow that).

**Find the SAT dashboard.** In the top left of the screen, click Subjects ▼, then underTest Prep choose SAT. Now, at the top of the screen you have the navigation bar for Practice,

# Your test timeline

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| November 16 | ☑ You took the PSAT. Good job. |
| Thanksgiving break | Here's an excuse to get away from your family: ☐ Take practice exam 1. |
| Christmas break | ☐ Take practice exam 2.  ☐ Retake practice exam 1 to see how you've improved. |
| Winter break | ☐ Take practice exam 3.  ☐ Retake practice exam 2. |
| Spring break | ☐ Take practice exam 4. Expect this score on test day. |
| April 8, 2017 (Saturday) | ☐ Take the ACT. |
| April 11, 2017 (Tuesday) | ☐ Take the SAT. Recycle this paper if you plan not to retake either test. |
| Any time | ☐ For extra practice, or if you plan to retake, take exam 5. |