Studying by Learning by Doing

The SAT and the ACT

Well, juniors, I think taking the PSAT has shown you the true power of the SAT its demands that you study all year for this life-defining test. Let me show you how to do so.

# 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.