

College Advising Essentials

SAT SUITE EDITION



Handouts



Resources



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Introduction to the SAT Suite of Assessments

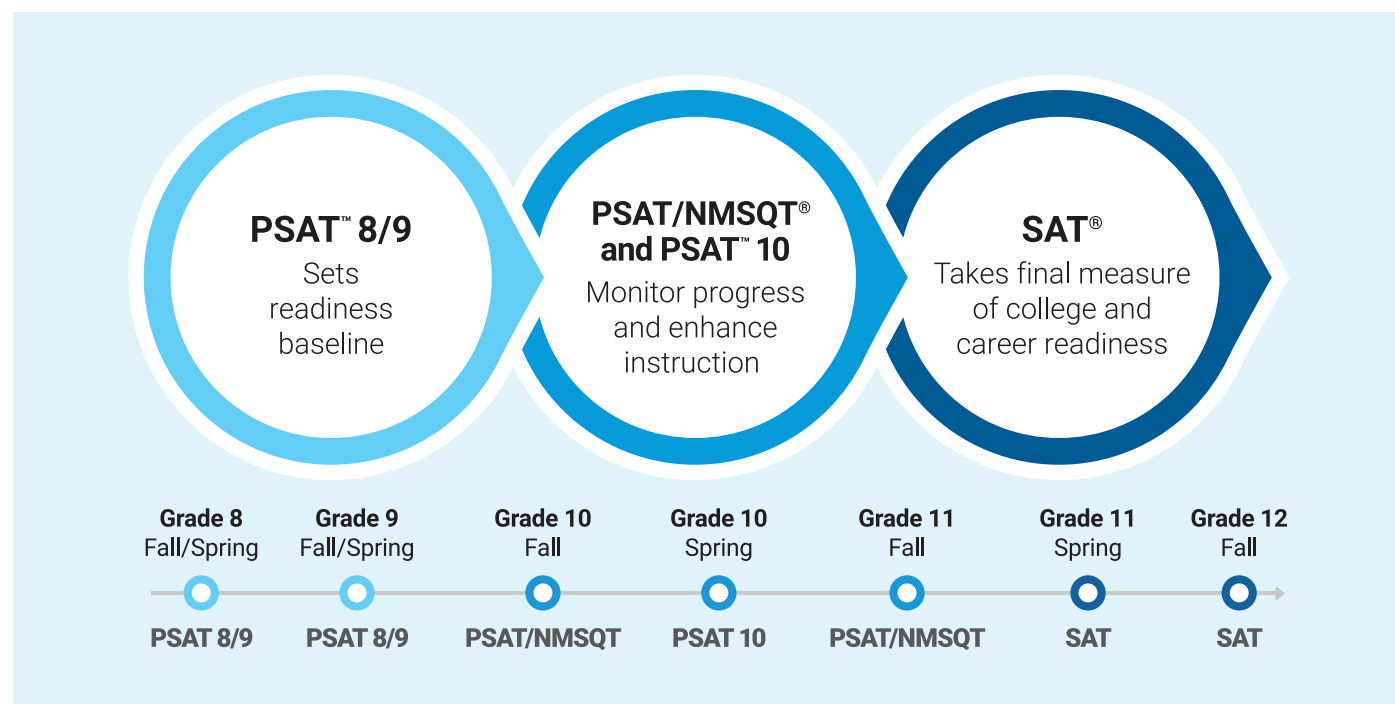


The fully digital SAT[®] Suite of Assessments covers the foundational concepts used in high school, college, and career. The SAT Suite includes the SAT, PSAT/NMSQT[®], PSAT[™] 10, and PSAT[™] 8/9.

Each test is tailored to different grade levels, providing a progressive measure of skills and knowledge in reading, writing, and math. The assessments help students identify areas for improvement, prepare for college admissions, and qualify for scholarships. By offering a consistent and comprehensive evaluation, the suite supports students in their academic journey from middle school through high school.

The assessments in the SAT Suite are scored on a common score scale to provide educators and students with actionable feedback about college and career readiness from eighth grade through graduation. Working together, the assessments provide benchmarks (minimum scores indicating whether students are on target for college and career readiness) that measure student progress over time—allowing teachers to accelerate students according to their level of achievement.

Learn more at: satsuite.collegeboard.org



SAT

The SAT assesses a student's readiness for college by evaluating their skills in reading, writing, and math. The test is designed to provide colleges with a common data point among applicants, and it helps colleges to know the likelihood that a student will be successful in their first year. The SAT is typically taken by high school juniors and seniors on a school day and/or on the weekend and is an important component of the college application process. It helps students showcase their academic strengths and can also qualify them for scholarships and other opportunities.

Get more information at: satsuite.collegeboard.org/sat

PSAT/NMSQT

The PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test) serves as both a practice test for the SAT and a qualifying test for the National Merit® Scholarship Program (11th grade only). Typically taken by high school sophomores and juniors, the PSAT/NMSQT assesses skills in reading, writing, and math. The test helps students identify areas for improvement, prepare for the SAT, and potentially earn scholarships based on their performance. By providing valuable feedback and opportunities, the PSAT/NMSQT plays a crucial role in a student's academic journey.

Get more information at:
satsuite.collegeboard.org/psat-nmsqt

PSAT 10

The PSAT 10 is designed specifically for high school sophomores to take in the spring. It assesses students' skills in reading, writing, and math, providing valuable practice for the SAT. The PSAT 10 helps students identify their academic strengths and areas for improvement, so they know where they are on their path to college. Additionally, it offers insights into potential career paths, which makes it a valuable step in a student's educational journey. By taking the PSAT 10, students can gain a better understanding of their academic progress and set goals for their future. Scholarship programs use PSAT 10 scores to identify eligible students.

Get more information at: satsuite.collegeboard.org/psat-10

PSAT 8/9

The PSAT 8/9 is designed for eighth- and ninth-grade students. It assesses skills in reading, writing, and math, providing an early indication of college readiness. The PSAT 8/9 helps students identify their academic strengths and areas for improvement. It sets a foundation for future success in high school and beyond. By taking this test, students can gain valuable practice for the SAT, while also exploring potential career paths and academic interests. The PSAT 8/9 is an important step in a student's educational journey, and it offers insights and guidance for their future academic endeavors.

Get more information at: satsuite.collegeboard.org/psat-8-9

What's on the SAT Suite of Assessments?



Students

All of the assessments in the SAT[®] Suite test the same content and skills, adjusted for complexity appropriate for the grade levels being tested.

Reading and Writing

- Information and Ideas
- Craft and Structure
- Explanation of Ideas
- Standard English Conventions

Math

- Algebra
- Advanced Math
- Problem Solving and Data Analysis
- Geometry and Trigonometry

All of the tests, no matter the grade level, offer the same number of questions with the same timing. Each test question is discrete, which means that each question is associated with one short passage or problem.

DIGITAL SAT SPECIFICATIONS AT-A-GLANCE

Reading and Writing



54 total questions

1 section



64 total minutes

1.19 min/question



Discrete questions

Math



44 total questions

1 section – with calculator



70 total minutes

1.59 min/question



Discrete questions

75%: Four-option multiple-choice
25%: Student-produced responses (SPR)

The Value of the SAT: Creating a Path for the Future



The SAT® assesses the core reading, writing, and math skills essential for success in any postsecondary pathway.

SAT and College Success

Backed by research and evidence, the SAT is a valid predictor of colleges success. Many colleges—including privates, publics, and state higher ed systems—are reinstating test score requirements. Even [test optional](#) colleges rely on SAT scores for multiple scenarios and are increasingly asking students to submit test scores at the point of enrollment. Scores can be used for:

- Placing students in appropriate courses, especially in math and English where a strong foundation is essential for success in college-level coursework.
- Identifying students for advanced programs, honors colleges, and competitive majors.
- Early identification of students who may need additional academic support once enrolled to increase student persistence and graduation.

The SAT also serves as a unique opportunity for students to showcase their skills, and it can help them stand out among applicants with similar GPAs and extracurricular activities.

SAT Scores Secure Scholarships

The bulk of scholarship money comes from colleges. SAT scores can support students financially in college and may qualify them for certain institutional scholarships at colleges and universities. Other organizations and private companies

that award scholarships may also require students' test scores as part of their application.

Students Can Strengthen Their SAT Scores with Score Choice

One of the benefits of taking the SAT is [Score Choice™](#). This is a free program that gives students the choice of selecting which scores they send to colleges. Even if they take the test multiple times, they can shape their college journey by presenting their best academic abilities.

Connecting Students to Careers

SAT score reports include Career Insights, a list of growing careers tied to a students' scores and skills. By providing career information on their score report, students can start planning for the future the moment they get their scores.

Benefits Flyers

(visit cb.org/SATCAE to access these flyers)

- SAT
- PSAT/NMSQT® and PSAT™ 10
- PSAT™ 8/9



Benefits of the SAT

With the SAT®, you can:

- ☐ Strengthen your college application by using the college admission test that's used by many colleges—including those that have test-optional policies.
- ☐ Explore personalized career insights aligned to your score.
- ☐ Receive guidance about planning and paying for college.
- ☐ Get AP® course recommendations.
- ☐ Access over \$300 million in scholarship opportunities.
- ☐ Get free world-class practice.
- ☐ Experience a digital test that's shorter and easier to take.

Testing details:

Date/Time: _____

Cost: _____

Location: _____

Additional Information: _____

Learn more about the digital SAT
sat.org/whytake





Preparing for the Future: The Role of PSAT/NMSQT and PSAT 10 in Student Achievement

The PSAT/NMSQT® (Preliminary SAT/National Merit Scholarship Qualifying Test) and PSAT™ 10 are the same test given at different times in the school year. PSAT/NMSQT is given in the fall and PSAT 10 is given in the spring. Both assessments provide valuable opportunities for high school students. Encouraging students to take the tests helps them prepare for their academic future.

Benefits of Taking the PSAT/NMSQT and PSAT 10

■ Preparation for the SAT®

The PSAT/NMSQT and PSAT 10 mirror the format and content of the SAT, and they provide students with realistic practice experience. This helps them become familiar with the types of questions and the test structure, reducing anxiety and improving performance on the SAT.

■ Scholarship Opportunities

The PSAT/NMSQT is the qualifying test for the National Merit Scholarship Program (11th-grade students only). High-scoring students can earn recognition and scholarships, which can significantly reduce college expenses. Additionally, other scholarship programs use PSAT/NMSQT and PSAT 10 scores to identify eligible students.

■ Skill Assessment

The test provides detailed feedback on students' strengths and weaknesses in critical areas such as reading, writing, and math. This information is invaluable for guiding their study plans and improving their academic skills.

■ College and Career Readiness

Taking the PSAT/NMSQT and PSAT 10 helps students understand what's expected at the college level. Taking the test and reviewing their scores encourages them to start thinking about their future academic and career goals.

Encouraging students to take the PSAT/NMSQT and/or PSAT 10 is a proactive step in students' educational journey. As school counselors, your support can make a significant difference in their success.

How Students Can Prepare for the PSAT/NMSQT and PSAT 10

- 1 Use College Board's free resources, such as practice tests in Bluebook™ and the Student Question Bank.
- 2 Focus on strengthening skills in reading, writing, and math through regular coursework and targeted practice.
- 3 Join study groups, and seek help from teachers.
- 4 Start practicing early for the SAT on Official SAT Prep on Khan Academy®.

Consistent practice and familiarization with the test format will help students feel more confident and perform better on test day.

Host a Back-to-School Family Night



Counselors



Help Students and Families Prepare for the SAT Suite of Assessments

A great time to acquaint students and parents with the testing plan for the year is early in the school year. It's an opportunity to provide resources to help them get comfortable with the structure and content of the SAT Suite of Assessments.

If you already offer grade-level information nights each fall, add the information and resources below to supplement to your welcome-back content.

Plan your event. Spread the word.

Use your school newsletter, your counseling website, and social media to promote the back-to-school family night. Be sure to include the testing information in the promotion. Parents and students want to know what to expect and have a way to get their questions answered.

Offer an online option.

Families have multiple time commitments that may prevent them from attending an evening presentation in person. You may find it helpful to offer an online version.

1. Livestream the event on YouTube so that families can join remotely.
2. Ask students to record the event then post the recording on your counseling website, and promote it on social media.
3. Record a webinar specifically for families who can't attend so they can access the information when it's most convenient.
4. Regardless of the format, give families and students a way to submit questions and keep the conversation going.

Have materials on hand.

Student and family flyers give people something to reference when they leave, and to refresh their memories after the event.

College Board has developed many of these resources for you, and you can access them in the [SAT Suite of Assessments Toolkit for Counselors](https://collegeboard.org/counselors) (collegeboard.org/counselors). You'll find parent guides, student guides, printable student posters, and customizable flyers. You may want to select just one or two to print, and you can then link to the rest on your website. Use a QR code so families and students can easily access additional resources.



Suggested Handouts:

- **The Value of the SAT: Creating a Path for the Future/ Benefits of the SAT.** Create a double-sided handout for students and their families to help them understand the importance of taking the SAT or PSAT-related assessments. Fill in the pertinent testing dates so everyone can mark their calendars.
- **Why Should I Practice for the SAT?** Give students the information they need to start to prepare for testing by sharing this handout (Pg 17).
- **A Guide to SAT Fee Waivers.** Some students who take the SAT on the weekend may be eligible for a fee waiver. Share the guide to ensure those students who are eligible take advantage of this benefit (Pg 13).

PowerPoint: Share the [What's on the SAT Suite of Assessments PowerPoint](#), which gives students and families tools to begin getting ready for testing right away.

Involve Students.

Ask students to talk about their testing experience and what helped them prepare for testing. Share any hints or tips for a successful testing experience. Students want to know what other students think.

Use this page to make notes and brainstorm your strategies for a successful back-to-school night.

Notes

[illegible]

SAT Weekend Registration Checklist



Every year, many thousands of students take the SAT[®] on a weekend at a test center. If you're planning to take the SAT Weekend, review the information below to get yourself ready for a successful test day.

1. Go to [MYSAT.org](https://mysat.org): Register, request fee waivers, request loaned devices, and choose score sends online.
2. Download Bluebook on the device you'll use for testing. You can run Bluebook™ on a Windows laptop or tablet, a Mac laptop, an iPad, or a school-managed Chromebook. You can't run it on a personal Chromebook or a mobile phone.
3. 1–5 days before test day: Complete test setup on your device. At end of test setup, print or email your Admission Ticket to yourself.
4. Follow ID policies; Bring your [allowed calculator](#), or plan to use the Desmos calculator in Bluebook.
5. Bring fully charged supported devices. Have Bluebook installed and test setup complete. More info: [What to Bring and Do on Test Day](#).

Admission Ticket Photo Requirements

You'll upload a photo as part of the SAT registration process. On test day, test center staff will compare the photo to your photo ID to ensure security.

Keep in mind:

- If the photo you upload doesn't meet the listed requirements, you won't be allowed to test.
- Getting a message that your upload was successful doesn't mean that your photo meets all requirements. The message means only that your photo is the correct file type and size.

File Requirements

You can take a photo with a digital camera or smart phone, upload

a photo from a device or from Facebook, or scan a paper photo.

Photos must be in one of these file formats: .jpg, .gif, or .png. You'll be able to crop and reposition your photo after you upload it.

What Makes a Good Photo

Good photos have these qualities:

- You're easy to recognize.
- You're the only one in the picture.
- It's a head-and-shoulders view, and the entire face, both eyes, and hair must be clearly visible. (Head coverings worn for religious purposes are okay.)
- You're in focus.
- There are no dark spots or shadows.

Black-and-white photos are acceptable.

What Won't Work

You won't be allowed to take the test if your photo has any of these issues:

1. One or both of your eyes aren't visible or are blocked. (For example, you're wearing sunglasses.)
2. The photo includes more than 1 person.
3. Poor quality makes you unrecognizable.
4. Excessive lighting or shadows make you unrecognizable.
5. You're wearing a hat or head covering that isn't worn for religious purposes.
6. Your photo has been digitally altered to change your appearance (including filters) or tampered with in any way.

SAT Device Lending

College Board is committed to helping students take the SAT, regardless of access to a device. If you don't have a device, we recommend you borrow one from your school, a family member, or a friend so you can download the testing application and get familiar with the device. If you don't have access to a device and can't borrow one from your school or a family member, College Board may be able to lend you a device to use on test day.

To request a device, you must first register for the SAT.

During the SAT registration process:

1. Select a test date that's at least 30 days before test day.
This will allow enough time for the device to be shipped by test day.
2. Select **I don't know if I have access to the necessary device** when asked to choose the device you intend to use on test day. If you complete the registration without selecting this option, you'll need to [contact us](#) for assistance.

After you register for the SAT, the option to select **Request a device** will appear as part of your registration information on My SAT, which will link to a brief questionnaire that asks for an adult reference (like a teacher, counselor, or adviser). Remember to complete your request at least 30 days before your test day. Submitting a request doesn't guarantee that College Board will provide you with a loaned testing device.



Important: If you don't see the option to **Request a device** on your registration card, [send us a message](#). You can also call us at 866-756-7346 (U.S.) or +1-212-713-7789 (international).

If you're approved to borrow a device, we'll make it available to you at your test center on test day. You'll need to arrive 30 minutes early on test day to sign in and complete exam setup. You'll get your Admission Ticket once this exam setup is complete.

Using Accommodations on the SAT Suite



Students who need accommodations for a test in the digital SAT Suite of Assessments must get College Board approval. College Board's SSD (Services for Students with Disabilities) will review and determine whether students are eligible to test with accommodations. Your school likely has an SSD coordinator who will manage requests for accommodations.

Here's the process for requesting accommodations for a student:

1. Contact the school's SSD coordinator.
2. As soon as a student knows that they'll need accommodations for a College Board exam, they should contact the school's SSD coordinator.
3. Ask the student's parent/guardian to sign the [Parent Consent Form](#).
4. Before the rest of the application can be processed, the student's parent or guardian must sign the Parent Consent Form. (If the student is over age 18, then the student signs the form.)
5. The SSD coordinator opens a request in SSD Online.
6. The SSD coordinator enters contact information, requested accommodations, information about the student's disability, and information about any formal accommodations plan. In most cases, if the request is for the same accommodations used in an IEP, 504, or other formal, school-based plan, then no additional information is needed.
7. SSD Online indicates whether documentation is needed. If it is, the SSD coordinator assembles and checks the documentation against SSD guidelines and then submits it through SSD Online.
8. College Board's SSD sends notice of the decision. The SSD coordinator can read the decision in SSD Online.

If accommodations are approved, the decision letter also has an eligibility letter with test-by-test details. The decision and eligibility letters include the student's eligibility code, which is needed for SAT registration to ensure the student gets the approved accommodations.

Because the approval process can take up to seven weeks, it's best to start well before the test date. Review dates and deadlines [here](#).

Common Accommodations Requests

1. Extended time: Approval to test for longer than standard testing time, such as time and one-half or double time.
2. Breaks: the SAT Suite of Assessments offers a standard break, but some students may require additional or longer breaks.
3. Reading and Seeing Accommodations: Examples include text-to-speech, screen reader, human reader, braille, and large-print test book.
4. Recording Responses: Examples include speech-to-text or a writer/scribe.
5. Assistive Technology: Examples include medical devices and augmentative and alternative communication (AAC).
6. [Other accommodations](#) are considered when requested.

SAT Fee Waivers: Promoting Access and Opportunity



SAT fee waivers allow eligible students to take the SAT on a weekend for free and get other benefits to apply to college.

Who's Eligible for SAT Fee Waivers?

SAT fee waivers are available to low-income 11th- and 12th-grade students in the U.S. or U.S. territories. Students attending school outside the country must also be U.S. citizens to be eligible for fee waivers.

Eligibility Requirements

Students are eligible to receive a fee waiver if they meet one or more of the following qualifications:

- They're enrolled in or eligible to participate in the National School Lunch Program (NSLP).
- They have annual family income that falls within the Income Eligibility Guidelines set by the U.S. Department of Agriculture (USDA) Food and Nutrition Service.
- They're enrolled in a federal, state, or local program that aids students from low-income families (e.g., TRIO programs like Upward Bound).
- They're part of a family that receives public assistance.
- They're unhoused or reside in federally subsidized public housing or a foster home.
- They're a ward of the state or an orphan.

How Can Students Get a Fee Waiver?

There are two pathways for students to get a fee waiver and access their fee waiver benefits:

1. **Get a fee waiver code from their counselor.** Counselors can access the K-12 Reporting Portal, click **Downloadable Reports**, and find their fee waiver code report. Each student will need a different fee waiver code.

There are resources available in the [SAT Suite of Assessments Toolkit](#) to help counselors track fee waiver code distribution.

2. Request a fee waiver directly from College Board.

Students can go to sat.org/feewaivers, log in to their College Board account, complete the SAT Fee Waiver Request form, confirm that they meet the criteria, and provide contact information for an adult who can verify eligibility. In some cases, students will be approved without adult verification; in other cases, the adult will be contacted via email.

How Can You Help Fee Waiver Eligible Students?

1. Encourage students to request a fee waiver from College Board at least 2 weeks prior to the registration deadline to ensure approval prior to the deadline.
2. Use [BigFuture® college search](#) to help students determine which schools to send scores to. If they've used a fee waiver, they can send their scores for free to as many schools as they like.
3. Remind students to take the SAT twice to see if they can improve their score. Students who use a fee waiver are able to take 2 free weekend SAT tests.
4. Help students use their college application fee waivers at participating schools. Students will find their college application fee waiver forms by signing in to their College Board account, clicking **Free College Benefits**, and printing their college application fee waivers. Remember, college application fee waivers only work at participating institutions.

A Guide to SAT Fee Waivers



SAT® fee waivers are available to low-income 11th- and 12th-grade students in the U.S. or U.S. territories. U.S. citizens living outside the country may be able to have test fees waived.

How to Get a Fee Waiver

If you think you're eligible, you can ask your counselor for a fee waiver code **OR** you can also apply directly for fee waiver benefits using the **SAT Fee Waiver Request Form**, which you'll find at sat.org/fee-waivers.

Are You Eligible?

You're eligible for fee waivers if you say "yes" to any of the following:

- You're enrolled in or eligible to participate in the National School Lunch Program (NSLP).
- Your annual family income falls within the Income Eligibility Guidelines set by the USDA Food and Nutrition Service.
- You're enrolled in a federal, state, or local program that aids students from low-income families (e.g., Federal TRIO programs such as Upward Bound).
- Your family receives public assistance.
- You live in federally subsidized public housing or a foster home or are homeless.
- You're a ward of the state or an orphan.

How to Register Using a Fee Waiver

When you register, enter the following information:

- If your school counselor provided the fee waiver, enter the fee waiver code under "Got a fee waiver code" when you sign in to your College Board account and click on **My SAT**.

- If you were approved for fee waiver benefits through the **SAT Fee Waiver Request Form**, you'll already have access to your benefits and won't need to enter a code.

What Fee Waivers Cover

- 2 free SAT Weekend exams, with or without the essay
- Unlimited score reports to send to colleges
- Waived application fees at participating colleges
- Free CSS Profile® applications to apply for financial aid from participating schools

Other Benefits

- No non-U.S. regional fees for free tests (if you're a U.S. student testing abroad)
- No late registration fees for free tests (if you're in the U.S. or U.S. territories)
- Waived cancellation fee (If you cancel your registration, your unused fee waiver benefits will be restored.)

How to Access Your Fee Waiver Benefits

Once you've registered for an SAT Weekend exam using a fee waiver code, you can expect benefits to be available in your College Board account after test day.



SAT Fee Waiver Benefits



SAT fee waivers do more than just waive test fees. Make sure your students know about all the ways fee waivers can make the college application process more affordable.

WAIVED

SAT Registration Fees

- Eligible students in grades 11–12 can register for **2 free SAT Weekends**.
- If a fee-waiver-eligible student takes the SAT as part of SAT School Day, they can still register for **2 free SAT Weekends**.

WAIVED

Non-U.S. Regional Fees

- U.S. students who test abroad won't pay any regional fees for tests they register for with a fee waiver.

WAIVED

Late Registration Fees

- If a student uses a fee waiver for an SAT and misses the regular registration deadline, they **won't have to pay a late fee**.

Once a student uses a test fee waiver, they automatically get these additional benefits:

Free Unlimited Score Sends

Eligible students never pay a fee to send scores to colleges—from any SAT administration.

Free College Applications

Eligible students can apply to over 2,000 participating colleges with the college application fee waivers they'll see in their College Board online account.

Free CSS Profile Applications

Eligible students can apply for financial aid online for free from hundreds of participating colleges.

Fee Waivers in Action

☒ This step unlocks all fee waiver benefits.

☒ Winter Student receives first SAT fee waiver to register for an SAT Weekend. ▪ Counselor provides fee waiver code to eligible student. ▪ Student signs in to their College Board account and requests a fee waiver.	☒ Spring Student takes first SAT with fee waiver .	Fall ▪ Student uses second SAT fee waiver to register for another SAT. ▪ Student uses unlimited free score sends to send test scores to colleges. ▪ Student submits free CSS Profile application for financial aid at participating schools. ▪ Student uses college application fee waivers to apply to participating schools.

Build Skills with SAT Practice



Bluebook Practice Tests

There's no better way to study than to take an official practice test in Bluebook, our digital testing app.

- Using Bluebook helps students figure out which test-taking strategies work best. Encourage students to try different options for reading questions and answers or coming back to hard questions and decide which strategies work for them.
- Full-length practice tests help students practice with the pacing. Students can prepare the timing of each module and learn to pace themselves.
- Encourage students to try duplicating testing conditions as closely as possible. Have them minimize distractions and sit at a table or desk.
- Practice will help students get to know Bluebook, the digital testing application. They can practice using the line reader, highlighter, question flag, and built-in calculator.
- Students can study with practice scores. They can log in to My Practice and see score details and begin practicing with Practice Specific Questions.

Student Question Bank

Students can log in to My Practice and design their own practice using the Student Question Bank.

The Student Question Bank has thousands of official practice questions created by the same people who developed the SAT Suite of Assessments.

Students can filter the question bank by assessment, test (Reading and Writing or Math), domain, skill, and difficulty level, so they're maximizing their study time by focusing on the questions targeted to where they need the most practice.

Share the [SAT Suite Practice Quick Start Guide](#) to help students learn what to expect ahead of test day.



Help Students Take Advantage of Free Practice for SAT

- 1 Share practice resources with staff members in a staff meeting. Ask them to brainstorm ways they can incorporate SAT Practice in their classes and lessons.
- 2 Link to SAT Practice resources in your school newsletter and on your website.
- 3 Send an email to parents explaining how students can practice for the SAT for free using Bluebook, Official SAT Prep on Khan Academy, and the Student Question Bank.
- 4 When distributing score reports to students, include the SAT Practice handout for students.
- 5 Host an after-school practice session. Help students get started with free SAT Practice so they can build their skills and be ready for college.

Official SAT Prep on Khan Academy

- **Official SAT Prep offers practice test breakdowns:** After taking an SAT practice test in Bluebook, students can log in to My Practice to view their scores. From their scorecard or the Score Details page, they'll click the **Practice on Khan Academy** button to access a special walk-through course that provides a detailed explanation of every question on that practice test. At the end of each explanation, there's a link to a lesson that covers the skills they need to answer questions correctly.
- **Khan Academy's Official SAT Prep course covers every skill on the test at three levels:** Foundations, Medium, and Advanced. Students can start by working through the related lessons and videos for that skill in their Foundations unit. Once they feel confident with that content, they can move to the Medium unit and then the Advanced unit. By gradually increasing the difficulty, they're training their brain to master the skill and reinforcing the knowledge.
- **Video examples:** Each skill in the course features short video walk-throughs of example questions at different difficulty levels. Most videos are around 5 minutes long.
- **Diagnostics, quizzes, and tests:** If students aren't sure where to start with Khan Academy, they can click into the SAT Reading and Writing course or the SAT Math course and take a Course Challenge, a short test covering all the skills on that test to help identify which areas to focus on. Once they've started the course, they can also take short skill-specific quizzes and unit tests to check their progress toward mastery.

Why Should I Practice for the SAT?



We know your schedules are already busy, but making time to practice for the SAT® is one of the best ways to prepare for test day and beyond—here's why.

Boost your score.

Practicing for the digital test will help you identify the areas where you need the most support so you can sharpen your focus while studying. Plus, because the content on the SAT is tied to what you're learning in school, practicing for the SAT will set you up for success in your classes too.

Historically, students who used Official SAT Prep on the paper and pencil version of the test for 6+ hours raised their scores from the PSAT/NMSQT® to their first SAT by 39 points more than students who didn't use Official SAT Prep.

Get comfortable with Bluebook.

Downloading Bluebook™ ahead of time and taking a practice test will help you get to know all the app's helpful features. Can you imagine taking the entire exam without realizing you could cross out incorrect choices or highlight information to help you answer questions?

It's also wise to take a practice test in Bluebook before test day to prepare for the adaptive testing format. Both sections on the SAT (Reading and Writing, Math) have two modules. Depending on how you answer the questions in the first module, you'll be routed to a second module, which has a different mix of difficulty levels. The mix of questions in the second module is either at a higher difficulty level or a lower difficulty level than the first module. Taking a practice test in Bluebook lets you experience the transition between modules so you know what to expect on test day.

Research in psychology supports the idea that being familiar with the test format helps students feel more prepared.

When we learn, our brains remember information about the place we're in. You may not be able to take the SAT from the comfort of your favorite study space, but if you've already taken a practice test or 2 in Bluebook, we hope you'll feel right at home.

It's free!

Studying for the SAT doesn't need to break the bank. Not only does College Board offer a variety of free practice resources, but those resources are also designed by the people who actually created the test. When you take a practice test in Bluebook or use Official SAT Prep on Khan Academy®, you'll feel confident you're getting the most comprehensive SAT study resources available.

Free practice resources

Whether you're testing next week or next semester, making time to practice for the SAT is the best way to ensure you'll be ready on test day. If you don't have time to take a full practice test or just want a way to stay sharp until test day, you can also check out the **SAT Suite Student Question Bank** for thousands of questions you can select according to the specific skills you want to practice.

For easy access to all our free practice resources, visit satsuite.collegeboard.org/practice.

Official study guide: For more advice and study tips for the SAT, you can also purchase [The Official Digital SAT Study Guide](#).

Pave the Way to Success with SAT Scores



Counselors



Students who take the SAT Weekend can access their scores on the [score release date](#) by accessing studentscores.collegeboard.org and signing in to their College Board account. Scores are typically available 2–4 weeks after the test administration. The most recent score should be shown at the top of the page. They'll also see an option to **See Additional Scores**, where they can view all previous SAT and PSAT-related assessment scores.

Students can then view their score summary and select **See Score Details** to view additional score insights. This includes information about their performance against college and career readiness benchmarks, score comparisons and percentile ranks among testing populations at the school, district, state, country, and/or all testers worldwide, and their knowledge and skills in four content domains in the Reading and Writing section and four content domains in the Math section.

Sending Scores – Steps for Students

When students register for the SAT, they may select colleges or scholarship programs to send their scores to. When scores are available, they can select additional institutions to send scores to. To do so, they take the following steps:

1. Sign in to their College Board Account and select Send SAT Scores.
2. Select institutions to send scores and information to.
3. Choose to send all scores (if they've taken the SAT more than once), or chose scores from one SAT. Some institutions have policies requiring all scores are sent. Students can see these policies when they select the institutions.
4. Review the order and check out.

Scores are sent electronically through standard delivery and are typically sent within 5–10 business days of the order being placed or a couple of weeks after test day if students designated score recipients as a part of their exam setup/registration.

Rush shipping is only available for scores that have already been released. Scores are sent within 1–4 business days (not counting holidays and weekends).

Score Choice

With Score Choice, students can put their best foot forward by choosing which scores to send to colleges. Students choose by test date. (They can't choose math from one test and reading and writing from another.) Some colleges and scholarship programs require students to send all scores. Share [this video](#) with students to help them send scores to colleges of their choice.

Open Doors with SAT Suite of Assessments Score Reports: In-School Testing

When scores for the SAT Suite are released, schools will need to let their students know there are multiple ways to view their scores. As part of school day testing, students won't be contacted by College Board directly unless they're using the BigFuture School mobile app to receive their scores. Scores are released in bands according to the date students submitted their tests. Score Release Dates are available [here](#).

There are multiple ways for students to see their scores.

1. **BigFuture School Mobile App:** Students who take SAT School Day, PSAT/NMSQT, or PSAT 10 who provided their mobile number during exam setup will receive a text notifying them that scores are available in the app.
2. **PDF/paper copy:** Students who take any assessment in the SAT Suite can ask the school/counselor for a copy of the score report. Score Reports can be printed in the K–12 Reporting portal, either through batch printing a scheduled report, or singularly printed from the Student Roster Report.
3. **Studentscores.collegeboard.org:** Students aged 13 and older may use a [personal College Board student account](#) to view scores and additional insights online, including AP Potential™ and links to SAT Practice.



Lesson Plan: Guiding Students Through the SAT Suite of Assessments Score Reports

Students will take more time to understand their score reports, their scores, and other insights about college and career if you take time to explain what the score report means. Sharing score report information is a great way to get into classrooms and help students understand what their scores tell them about their current skills and where those skills can take them after high school.

Objectives

- Students will be familiar with their scores on an SAT Suite assessment.
- Students will understand their percentiles, benchmark performance, and other information provided in the score report.
- Students will commit to a personal plan for using their scores to improve their college and career readiness.

Materials

- Student Score Reports
- Score Video
- PowerPoint Presentation
- Reflecting on Your Score Report (Handout)
- Why Should I Practice for the SAT? (Handout)

Time

One classroom period

Steps

1. Ask students to reflect on their testing experience using the Student Handout.
2. Make sure all students have access to their score report, either via BigFuture School mobile app, a printed or online pdf of the score report, or through their College Board account.
 - a. Counselors can print score reports through the K-12 Reporting portal, under the Individual Students tab, using the Student Roster Report (up to 50 at a time) or by scheduling a batch print report (often delivered within 24 hours of the request).
3. Share the score release video relevant to the test students have taken. Visit cb.org/SATCAE to access these videos.
[SAT School Day](#)
[PSAT/NMSQT](#)
[PSAT 10](#)
[PSAT 8/9](#)
4. Project the PowerPoint for the test you're discussing. Use the notes in the PPT—as well as the notes here—to guide students through the score report. All PPTs can be found in the SAT Suite of Assessments Toolkit at: cb.org/ScoresForCounselors
5. Use the handout for students to help them think about their scores and their goals and to encourage them to write a plan for achieving their goals. Ask students to share goals with you and/or other students.



Reflecting on Your Score Report

- What did you find easy on your PSAT-related assessment or SAT?

- What did you find challenging on your PSAT-related assessment or SAT?

- Review your Total Score, Reading and Writing Score, and your Math Score.

Do your scores align with your experience with the test? Explain.

- What do your percentile ranks tell you about your performance?

- According to the Knowledge and Skills portion of the score report, which Reading and Writing areas were your strongest? Which Math areas?

- Which knowledge and skills do you need to strengthen?

- What's your plan for strengthening these skills? Use the handout *Why Should I Practice for the SAT?* to identify ways to improve your skills.

- Which career snapshots interest you from the score report?

- What other careers are you interested in?

Score Report Information for Counselors

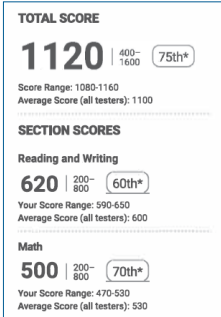
On each of the assessments, the total score is the sum of the Reading and Writing score and the Math score. Ranges vary on different assessments due to the complexity of the questions on each of the assessments.

Assessment	Total Score	Reading and Writing	Math
SAT School Day SAT Weekend	400–1600	200–800	200–800
PSAT 10	320–1520	160–760	160–760
PSAT 8/9	240–1440	120–720	120–720

Score Range

Score range is the range of scores students could possibly get if they took the test on multiple days. Some colleges consider score ranges when reviewing applications.

When students take tests more than once, scores may differ on each testing occasion. Scores should be interpreted as ranges rather than singular points because a student’s score might vary slightly if they had taken different versions of the test under identical conditions.



Benchmarks

The SAT offers a College and Career Readiness benchmark for both Math and Reading and Writing.

The **SAT Math** benchmark is set to be the minimum score a student can earn on the Math section of the SAT to have a 75% chance of earning at least a C in first-semester, credit-bearing, college-level courses in algebra, statistics, precalculus, and/or calculus.

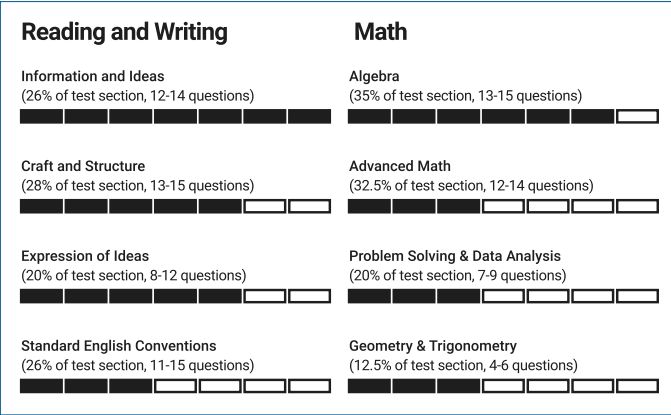
The **SAT Reading and Writing** benchmark is set to be the minimum score a student can earn on the ERW section of the SAT to have a 75% chance of earning at least a C in first-semester, credit-bearing, college-level courses in history, literature, social science, and/or writing.

The PSAT-related assessments offer grade-level benchmarks that indicate whether a student is on track to meet the SAT College and Career Readiness Benchmarks when they take the SAT.

Assessment – Grade Level	Reading and Writing Benchmark	Math Benchmark
SAT – Grade 12	480	530
PSAT/NMSQT – Grade 11	460	510
PSAT 10 – Grade 10	430	480
PSAT 8/9 – Grade 9	410	450
PSAT 8/9 – Grade 8	390	430

Knowledge and Skills

View student performance across the eight content domains measured on the PSAT/NMSQT.



In the Knowledge and Skills section of the score report, students see a graphic that represents their performance on each of the eight content areas measured on the test. There are four content areas in Reading and Writing and four in Math.

For each content area, they'll see:

- The approximate number of questions in the content area.
- The percentage of the section covered by that area (e.g., 12–14 Information and Ideas questions would be about 26% of the Reading and Writing section).
- A visual indication of how they performed in each content area. The more bars that are filled, the better the student performed.

Students can use this section to identify content areas they may want to focus on to practice and improve.

Career Insights

All score reports offer a Career Insights Snapshot for students to understand some of the careers that are growing in their state and that connect to the skills students demonstrate on their SAT Suite assessment. The careers are examples of career possibilities, not recommendations, to help students start thinking about what they might want to do after high school. The score report indicates whether a career opportunity:

- Is growing in your state, meaning there are jobs available.
- Pays a living wage because we know salary is important.
- Requires more education after high school (in some cases college).

- Spans a variety of interest areas: Doers, Helpers, Creators, Organizers, Persuaders, Thinkers.
- Connects to the math, reading, and writing skills student demonstrated on the test because every job has a set of measurable skills.

Share [the career insights handout](#) and [video](#) to help students understand how to use this information.

NMSC Selection Index for 11th-grade PSAT/NMSQT testers only

National Merit Scholarship Corporation (NMSC) uses NMSC Selection Index scores to screen 11th-grade students who enter its scholarship programs. The score is calculated by doubling the Reading and Writing Score, adding it to the Math score, then dividing that sum by 10.

Go to nationalmerit.org for more information about the National Merit Scholarship Program and how scholarship recipients are determined by NMSC.

Understanding Scores Guides

Share the following links with students and families to provide them with resources to understand their scores.

Visit cb.org/SATCAE for links to these guides.

WEEKEND SAT

SAT SCHOOL DAY

PSAT/NMSQT

PSAT 10

PSAT 8/9

Resources

Advanced Placement Program

collegeboard.org/ap

The Advanced Placement Program (AP) gives high school students the opportunity to study and learn at the college level. It offers courses and exams in a wide variety of subjects. Most colleges and universities in the United States—as well as many institutions in more than 60 other countries—grant credit, placement, or both for AP scores or acknowledge AP scores in the admissions process.

American School Counselor Association (ASCA)

schoolcounselor.org

The American School Counselor Association (ASCA) supports school counselors' efforts to help students focus on academic, career, and social/emotional development so they achieve success in school and are prepared to lead fulfilling lives as responsible members of society. ASCA provides professional development, publications and other resources, research, and advocacy to school counselors around the globe.

BigFuture

bigfuture.org

BigFuture® is a free online planning guide that helps students plan their next steps after high school. The free resources and actionable tools simplify a complex process by providing key actions that all students can take to explore careers, plan for college, and pay for college.

BigFuture School Mobile App and Connections

bigfutureschool.org

BigFuture School gives students control over their planning. The free mobile app is available to PSAT/NMSQT, PSAT 10, and SAT School Day test takers 13 and older. Students can hear from nonprofit colleges, scholarship providers, and government agency education programs through Connections™ (when available); access their scores quickly from their mobile phone and explore customized college and career planning guidance.

College Board for Counselors

collegeboard.org/counselors

The College Board for Counselors website provides counselors with the resources and materials you need to help guide your students on their path to college and career. You'll also find professional learning opportunities curated specifically for counselors.

College Board National Recognition Program

bigfuture.org/recognition

The College Board National Recognition Program awards academic honors to high-performing 10th and 11th grade students. In schools nationwide, eligible students of all backgrounds can claim one or more awards: School Recognition Award, First-Generation Recognition Award, and Rural and Small Town Recognition Award.

SAT Suite of Assessments

sat.org

The SAT Suite of Assessments, which includes the PSAT 8/9, PSAT 10, PSAT/NMSQT, and SAT, reflects what students are already learning in class and gives you benchmarks for assessing students' progress as they enter and move through high school. The tests share a common score scale, making it easier to measure growth. Research shows students can get ready for college and career and improve their SAT scores by taking assessments in the SAT Suite throughout their high school journey. All tests in the SAT Suite of Assessments are now administered digitally. (Paper accommodations are available.)

Services for Students with Disabilities

collegeboard.org/ssd

College Board is committed to providing accommodations—such as extra breaks, screen reader (text-to-speech), or extended time—to students with disabilities. All testing accommodations must be approved by the College Board SSD office prior to the test. Schools can use SSD Online to request, manage, and track accommodation requests.

About College Board

College Board reaches more than 7 million students a year, helping them navigate the path from high school to college and career. Our not-for-profit membership organization was founded more than 120 years ago. We pioneered programs like the SAT® and AP® to expand opportunities for students and help them develop the skills they need. Our BigFuture® program helps students plan for college, pay for college, and explore careers. Learn more at [cb.org](https://collegeboard.org).