



Sylvan's 12 Steps to Reduce Stress & Ace the Test

The SAT and the ACT are two of the most important exams that you can take as a high school student. That might seem like a lot of pressure but each year students take more than 3 million college prep tests – so you are not in it alone.

Here are some easy-to-follow tips for you to ease the pressure of testing.

1. Take SATs and ACTs in the spring of your junior year or the fall of senior year of high school. Why? So you have time to study and retake if need be.
2. Know the instructions for each section before beginning the test, so you won't have to waste time reading them during the exam. SAT section instructions can be found at CollegeBoard.com and the ACT instructions at ACTStudent.org.
3. For the SAT, if you don't know the answer and can't eliminate any incorrect answer choices, skip the question and go back only if time permits. For the ACT, remember to go back and take a guess on any unanswered questions, since there's no penalty for incorrect answers.
4. Never leave an easy question blank. Easy questions have easy answers.
5. Read, read, read. Read the questions and answers critically and carefully.
6. Eliminate answers. If you can eliminate at least two incorrect answers, you generally increase the probability of guessing correctly.
7. Save your time. Don't spend too much time on any single question. Make sure you have enough time to answer as many questions as possible in order to rack up as many points as possible.
8. Focus on what the question is really asking. If you don't fully understand the question, finding the correct answer is going to be tough.
9. Remember that rushing only hurts you. Work at a good pace and keep track of the time remaining for each section. Enter the exam with confidence.
10. End each section by reviewing. If time permits, revisit the questions you didn't answer.
11. Don't try to cram for the SAT/ACT overnight. Proper preparation takes weeks, even months, of review.
12. Register for an SAT/ACT prep class at least eight weeks before the testing date to provide extra studying assistance and additional confidence.