

Tips for Test Day

When test day is right around the corner – do not overdo it! You’ve been practicing and training for months: You know what to do! There is no “cramming” for the SAT the night before – it’s just as ineffective as cramming for a science test while you’re on the bus to school. Below is your three-day schedule to follow. **Remember, you are a MACHINE and you are in CONTROL!** You can and will be a champion on the SAT!

Thursday:

- Review old test questions, review vocabulary, review essay questions, review old tips. Review, people, means just that. Do not do additional problems or write additional essays – just *look over* what you’ve already done.
- Get a good night’s sleep! The night before the test you may be anxious, so tonight is the night to sleep!
- Check the batteries in your calculator and timepiece (remember, you must have a watch, clock, or timer with you at the test! And, the timer cannot beep!)

Friday:

- No studying tonight! Do something relaxing – watch a fun movie or play a game.
- Eat a great, nutritious dinner. Go for the protein!
- Before you go to bed, organize what you will need in the morning – calculator, #2 pencils (I do not recommend mechanical pencils because your bubbles need to be dark), time piece, tissues, sucking candy, water, your ID, SAT registration form.
- Go to bed dreaming about being a CHAMPION ON TEST DAY!! And go to bed EARLY – you’re waking up at 7 am!

Saturday:

- Wake up early!
- Run up the stairs a few times, or run up and down the driveway, or get on a treadmill for 5 minutes. You need to wake up and get PSYCHED!! Get rid of any nervous energy you may have.
- Dress in layers. For some reason, high schools are set to Sahara Desert or North Pole on weekends, so be prepared for anything. Like Baby Bear we want to be *just right* during the test.
- Eat a good breakfast – avoid the junk! Go for the protein!
- Do an easy sentence completion, an easy short reading, an easy grammar question, and an easy math question. You need to warm up and be in the zone!
- Try to arrive 30 minutes early to the testing site.

- Bring your ipod – don't listen to the panic of others! Listen to a pump up song, and get into the SAT zone. I recommend *The Eye of the Tiger*! Imagine yourself a winner!
- Register, find a seat, and take a deep breath!

If you start getting anxious during the test, take a moment and close your eyes. Breathe in deeply 5 times through your nose and breathe out through your mouth. Don't worry if others are looking at you like a crazy person; you need to stay focused and relaxed.

If you mess up a section, don't stress. Simply clear your mind and move on to the next section. Treat each section as a separate entity. Remember, you will have an experimental section, a section that does not count. Often this experimental section is difficult. Don't let the test psyche you out! I bet the section you get messed up on will be the experimental – move on!

DON'T EVER assume a section is experimental and not complete a section. Treat every section as if it counts!