



Innovative Study Techniques™

for thinking outside the box.™ Test Prep • Tutoring • College Planning



SAT/ACT Test Day Tips from the IST Learning Legends™

- ✓ Visit the test site at least one (1) day before the exam.
- ✓ Lay out your Tool Kit the night before, including:
 - Admission Ticket
 - Photo ID
 - Three (3) no. 2 pencils and erasers
 - Calculator
 - Watch
 - Glasses (if you wear them)
 - Snacks (e.g., chocolate, energy bars, water, Gatorade) to eat/drink during your breaks
 - Cell phones, iPods and other electronic gadgets are not allowed, so leave yours at home!
- ✓ **DO NOT CRAM!** Instead, do something you enjoy like watching your favorite movie or eating your favorite meal.
- ✓ Get a good night's sleep so that you wake up feeling well-rested.
- ✓ Eat a healthy balanced breakfast. Nothing too heavy!
- ✓ Take a light jacket or sweater in case it's cold in your testing room.
- ✓ Arrive at the test site 30 minutes early (plan your travel time accordingly).
- ✓ Relax, breathe, and think positive thoughts as you move through the exam. Do the easier questions in each section first and save the harder ones for last.
- ✓ Use your watch to keep track of time. Don't depend on the exam proctor to tell you how much time you have left.
- ✓ Don't talk to other students about the test during your breaks—doing so can cause way more stress than you need. Trust us!
- ✓ After the exam, let out a huge sigh of relief. You did it! Your results should be available in about 3 weeks for the SAT and 3-8 weeks for the ACT.