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.

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