

# STRESS-FREE SAT

On a Shoestring



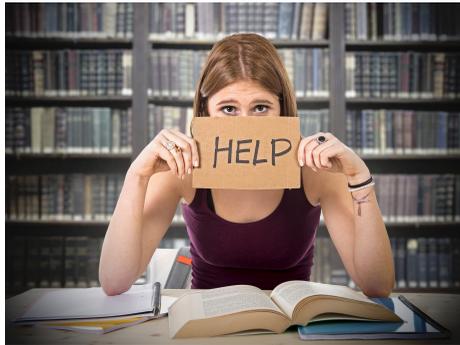
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# HOW TO GET A PERFECT SCORE CHEAPLY... *AND* WITHOUT SWEATING IT



*The longer you wait to  
prepare, the more stressful  
and expensive it gets.*

# THE SECRET:

Start preparing early,  
**VERY EARLY.**





Many students start preparing in the 3rd or 4th grade and take their first SAT (or PSAT) in the 7th grade.

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## Chapter 1

### When to Start Preparing for the SAT

Parents often wait until middle or even high school before planning for the SAT. *This is way too late*



and the very reason why the SAT generates so much anxiety. SAT classes (that cost thousands of dollars) usually offer less than a

total of 60 hours of preparation. That is too expensive and not enough preparation. The SAT is designed to test a student's understanding of all 12 years in



school. Preparing for such a vast array of material needs much more time than the longest SAT course. The longer you wait to

prepare for the SAT, the more likely you will need expensive private tutors or SAT classes. By starting early, private tutors and expensive SAT courses could be eliminated. There is plenty of preparation material available for free, even for elementary students.



***MYTH: My student has not taken Algebra in school, so it's too early to prepare for SAT.***

This is nonsense. There is plenty of early math content: arithmetic, probability, and pre-algebra on the SAT. Students can start with the PSAT 8/9 which is a Pre-SAT for 8th or 9th graders. The content is very much a precursor to the actual SAT and a great starting point. I do not

recommend waiting until the 8th or 9th grade to start studying for the PSAT 8/9. Some students start preparations as early as the 3rd grade and take their first



official PSAT/SAT in the 7th grade. Students that wait until high school before they start preparing are already way behind.

**Students should wait no later than the 7th grade to start studying for the PSAT/SAT.** This study provides great summer enrichments and only strengthens students' performance and understanding in core courses.



Yes, SAT practice actually improves students' grades in school. SAT preparation both improves SAT scores and students' grades in elementary, middle and high school classes.

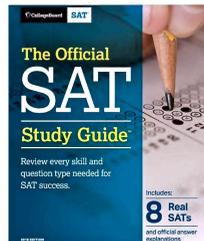


## Chapter 2

### How to Prepare and Finding Resources

Start with the source. The College Board writes the SAT and offers their own practice manual for about \$20.

Students should have this manual (including all the practice tests)



mastered from cover to cover before their first SAT.

The College Board's website offers additional online practice

for free ([www.collegeboard.com](http://www.collegeboard.com)). Students in elementary school and early middle school can start with the PSAT (Pre-SAT). There



are actually 2 different PSATs that should be mastered before attacking SAT material: PSAT 8/9 and PSAT 10 (which is also referred to as the NMSQT).



Many free online resources break down SAT material in specific sections so you can isolate the appropriate subject areas.

YouTube videos provide high-quality examples and instruction that is just as good as a teacher's explanation.

Additionally, almost all schools provide free before or after school tutoring, and this is a resource that should be utilized to the fullest.



**A great *first step* in any study regimen is to take a practice test.**

Google (or web browser) search “Free PSAT 8/9 Practice Test and answers” or go to the College Board’s PSAT 8/9 study guide: <https://collegereadiness.collegeboard.org/pdf/psat-8-9-student-guide-2017-18.pdf> .



You may find that some free practice tests are labeled “PSAT” without the trailing “8/9” or “10”... many practices combine both tests into one test and these practices are just as beneficial. By taking a PSAT practice test, you will see which areas need the most improvement.



To take an official PSAT 8/9 or PSAT 10, go to the College Board website ([www.collegeboard.com](http://www.collegeboard.com)) or contact your school counselor.



The College Board has a free study guide for the PSAT 8/9:  
<https://collegereadiness.collegeboard.org/pdf/psat-8-9-student-guide-2017-18.pdf>

An additional benefit, **universities** often use the **PSAT 10/NMSQT** to determine scholarship eligibility.



To find study material in the subject areas that need the most

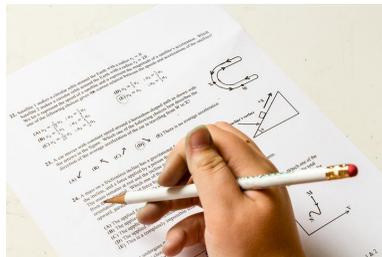
work, **use the skill labels from the PSAT answer key as keywords in your YouTube or web browser searches.**



PSAT Reading rhetoric Analyzing Purpose |

For example, you took a PSAT practice test and you missed #2 in the Reading section. Go to the answer explanations, and look at the skill or content label. It might say “Rhetoric”, “Analyzing

Purpose” or “Information and Ideas”. Use this label in your YouTube search. For the next few days (or weeks), go to YouTube and search “PSAT Reading Information and Ideas” or whichever skill you need. You will be able to sift through practices in the topics that you need.



## Free (or Inexpensive) SAT Resources:

### 1. The College Board

#### A. Suite of SAT Assessments



(several versions of the SAT):

<https://collegereadiness.collegeboard.org>

- **PSAT 8/9** (Pre-SAT designed for 8th and 9th graders)

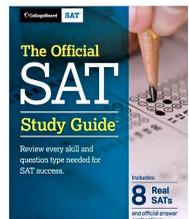
<https://collegereadiness.collegeboard.org/pdf/psat-8-9-student-guide-2017-18.pdf>

- **PSAT 10** (Pre-SAT designed for 10th graders, same as NMSQT)

<https://collegereadiness.collegeboard.org/pdf/official-student-guide-psat-10.pdf>

- **PSAT/NMSQT** (Pre-SAT for *scholarships*, same test as PSAT 10)  
<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>
- **SAT** (the real deal, scores sent to universities)  
<https://collegereadiness.collegeboard.org/sat/practice>

**B. Official SAT Study Guide** (about \$20)



**C. Online Practice and Website**  
[www.collegeboard.com](http://www.collegeboard.com)

## D. Extra Practice Tests (beyond the Study Guide)

### 2. **Khan Academy (Free)**

<https://www.khanacademy.org/sat>

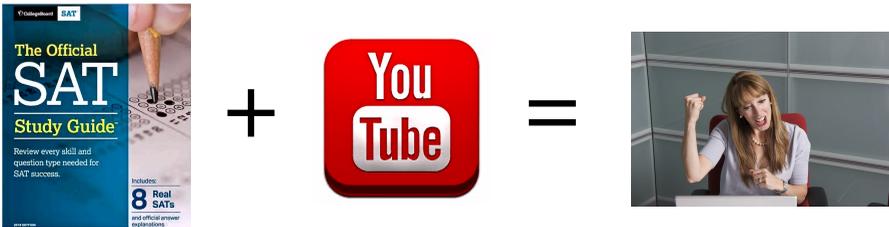
### 3. **YouTube Videos (Free)**

\*Example YouTube Searches:  
“PSAT 8/9 Practice” or “PSAT Math”



A great method for using YouTube is to use the Official SAT Study Guide: Table of Contents, titles, headings, chapter names, bold

terms or skills as YouTube search terms.



For example, YouTube search “SAT Reading Information and Ideas”. Also, the subheadings found throughout the SAT Study Guide make great YouTube search terms, such as “SAT Math

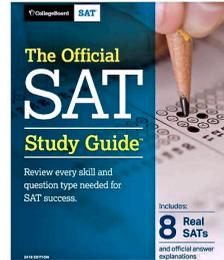
## Problem Solving and Data Analysis”.



### 4. **Internet (Free)**

There is much high-quality material online. A simple internet search, such as “Free SAT Practice” or “SAT linear equations” will give you many high-quality options to choose from. Use the headings, subheadings, chapter titles, and

skills mentioned in the Official SAT Study Guide for your keywords in the search bar.



*Don't forget:* Private Test prep companies (such as Princeton Review and Kaplan) usually offer at least one free test on their website.

### **5. School-provided Tutoring (Free)**

Take advantage of tutoring provided by your school. Call your school counselor for



additional tutoring options by clubs or other high school students. Often school organizations, such as the National Honor Society, provide free tutoring. Furthermore,

students often can start their own SAT Study club at school or a public library.



## 6. Other Students (Free)

Never underestimate the learning that comes from other students.

Peers may have strengths where you have weaknesses and vice versa. Peers also make studying more fun, and it's easier to make studying a regular habit when you have a buddy system.



## Chapter 3

### Taking the SAT for the First Time

Many students take the PSAT in the 7th grade through Duke University:

<https://tip.duke.edu/programs/7th-grade-talent-search>



Even if you don't take the SAT in the 7th grade, it is still a good idea to take regular SAT (or PSAT) tests. You can sign up for an



official test, take a test at a test-prep center (such as Princeton Review), or take one at home from a book. The key is to make the testing conditions as close to

the actual test as possible, so there is no higher quality practice than actually taking the test.



The first test can serve as benchmark to provide an honest score. Correcting missed problems is one of the most important parts of your study.

Reworking missed problems one time usually is not enough. Make sure that all

missed problems are corrected and understood



thoroughly. This may mean reworking a problem 3 to 5 times before it is understood with complete confidence.

Do not allow any excuses for poor scores, such as “I was tired” or “There was a lot of noise”.

Though the excuses may be valid, it is possible (or even likely) for those same conditions to happen again.



Taking practice tests should be part of the regular SAT study regimen. By the 11th grade, you should be a pro at taking the SAT.

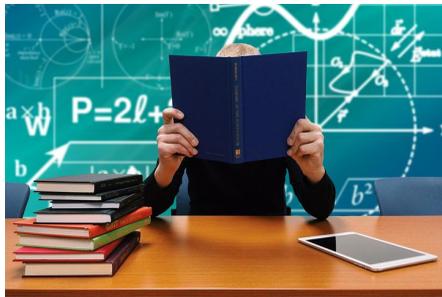
# Chapter 4

## Creating an SAT Study Program



The best time to start your SAT study program is in the summer, ideally after the 5th or 6th grade.

Start with the PSAT 8/9 review material and practice test. Once you are ready to take an official College Board PSAT, check schools in your local area (especially private schools) or the College Board website [www.collegeboard.com](http://www.collegeboard.com) for actual test dates and locations. Much



valuable insight is gained from these test results. Studying for the PSAT also improves performance in the classroom. Once the PSAT 8/9 is mastered, then move on to the PSAT 10 and so forth. Many great reviews can be found in the sources listed in chapter 2.



The tests below should be part of your SAT study journey:

■ *First:* PSAT 8/9

■ *Second:* PSAT 10 and/or  
PSAT/NMSQT

■ *Third:* SAT



SAT summer enrichment is imperative. Aim for 5-15 hours of study a week. An intense summer study makes up for the lack of available time during the school year. Ideally, aim for 3-5 hours of SAT study a week during the school year. These studies can be from an online source, study guide, tutoring, or taking a test.



In Summary, if you start early and if you practice regularly, you can get that perfect SAT score on a shoestring budget...and greatly improve your opportunities for earning a scholarship.



*\*Website/Weblink Notice: Website locations may change. If the link does not work, then Google search the keyword or phrase to find test or study material.*