

## **SAT Prep Guide**



If you want to raise your SAT score, having a solid study plan is crucial. This guide will help you understand your SAT goals, build a study plan that works for you, and prepare for the SAT in 6 months.

### **What's Included:**

SAT Prep Quick Guide

SAT Target Score Calculator

Week by Week Study Guide (26 weeks)

SAT Benchmark Progress Tracker

General SAT Study Tips and Additional Resources

## **SAT Prep Quick Guide**

Here is a brief overview of our 6-month SAT study plan, divided into four phases: Early Preparations, Active SAT Prep 1, Active SAT Prep 2, and Late Preparations. These are the major things you should focus on during each phase of this plan.

### **Early Preparations (pre-study period to week 1):**

- Determine when you'll need to take the SAT based on admissions deadlines for your schools of choice
- Research average SAT scores for each college you're applying to and calculate your target SAT score
- Download Bluebook, College Board's testing application used to administer the digital SAT
- Take a practice SAT test to learn your baseline score, identify areas that need improvement, and calculate the total hours you'll need to study to reach your target score
- Create your study plan

### **Active SAT Prep 1 (weeks 2-12)**

- Aim to study three times per week
- Spend time each week recapping what you've done and evaluate for the week ahead
- Focus on key content areas and improving familiarity with Bluebook's built-in tools
- Take two benchmark tests to assess your progress
- Register for the SAT as early as you can

### **Active SAT Prep 2 (weeks 13-23)**

- Continue studying and evaluating each week
- Adjust your study plan based on the progress you've made
- Focus on test taking strategies and drilling areas of weakness
- Register for the SAT if you haven't already
- Request a test-taking device from College Board (if necessary)

### **Late Preparations (weeks 24-26)**

- Take final practice test to fine-tune your last-minute studies
- Review your notes and prioritize your weakest areas
- Ensure you have everything you need for test day

### SAT Target Score Calculator

As you prepare for the SAT, it's important to have a target score you want to achieve to make your college applications as robust as possible.

To figure out your target score, you will need to know the scores for both the 25<sup>th</sup> and 75<sup>th</sup> percentile of applicants for each school to which you're applying. This will tell you whether your score is below average (25<sup>th</sup> percentile) or above average (75<sup>th</sup> percentile), and it will help you determine what your overall target SAT score should be.

School Name	Average SAT Score (of 1600)	25 <sup>th</sup> Percentile (of 1600)	75 <sup>th</sup> Percentile (of 1600)
Average score for all schools			

Your Target SAT Score (combined)	
Target Math Score	
Target Reading Score	

## Week by Week Study Plan

We've prepared a 6-month study plan designed to take you through 26 weeks of test prep. Each week includes three study sessions and an evaluation of that week's progress, along with one baseline and four benchmark SAT practice tests.

The number of hours you spend studying each week will depend on the difference between your baseline SAT score and your target SAT score. Subtract your baseline score from your target score and refer to the chart below to determine the total study hours needed to reach your target.

Use this number to decide how many hours you should study each week, and revisit it with each benchmark you take.

Score Improvement Goal	Hours of Study Time
0-50 points	10-20 hours
50-150 points	30-50 hours
150-250 points	60-90 hours
250-350 points	100-150+ hours

Baseline Score	
Target Score	
Score Difference	

Study Hours Needed	
<b>Weekly Study Goal</b>	

## SAT Study Planner, Weeks 1-3

**Suggested Goal: download the Bluebook app and get familiar with the digital SAT structure**

### Week 1

Dates:		
[ ]	Baseline Test	Math: _____ Reading: _____
[ ]	First Evaluation	Notes:
[ ]	Create Study Plan	Notes:

### Week 2

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 3

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

## SAT Study Planner, Weeks 4-6

**Suggested goal: get familiar with the Reading and Writing section and focus on reading**

### Week 4

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 5

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 6

Dates:		
[ ]	Benchmark 1 Test	Math: _____ Reading: _____
[ ]	Evaluation	Notes:

Study plan adjustments:
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## SAT Study Planner, Weeks 7-9

**Suggested goal: review core English topics and focus on grammar and punctuation**

### Week 7

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 8

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 9

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

## SAT Study Planner, Weeks 10-12

**Suggested goal: get familiar with the Math section and review basic math concepts**

### Week 10

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 11

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 12 – Practice Test

Dates:		
[ ]	Benchmark 2 Test	Math: _____ Reading: _____
[ ]	Evaluation	Notes:

Study plan adjustments:
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## SAT Study Planner, Weeks 13-15

**Suggested goal: focus on advanced math concepts and essential formulas**

### Week 13

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 14

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 15

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

## SAT Study Planner, Weeks 16-18

**Suggested goal: focus on test-taking strategies in both content areas**

### Week 16

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 17

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 18 – Practice Test

Dates:		
[ ]	Benchmark 3 Test	Math: _____ Reading: _____
[ ]	Evaluation	Notes:

Study plan adjustments:
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## SAT Study Planner, Weeks 19-21

**Suggested goal: drill weaker subjects in both content areas**

### Week 19

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 20

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 21 – if you need to request a test-taking device from College Board, do so now

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

## SAT Study Planner, Weeks 22-24

**Suggested goal: make sure your test-taking device is fully set up for the exam**

### Week 22

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 23

Dates:		
Areas Covered:		
[ ]	Study Session 1	Notes:
[ ]	Study Session 2	Notes:
[ ]	Study Session 3	Notes:
[ ]	Evaluation	Notes:

### Week 24 – Practice Test

Dates:		
[ ]	Benchmark 4 Test	Math: _____ Reading: _____
[ ]	Evaluation	Notes:

Study plan adjustments:
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## SAT Study Planner, Weeks 25-26 (Final Weeks)

Suggested goal: review and relax

### Week 25

Dates:		
[ ]	Review Session 1	Notes:
[ ]	Review Session 2	Notes:
[ ]	Review Session 3	Notes:

### Week 26

Dates:		
[ ]	Review Session 1	Notes:
[ ]	Review Session 2	Notes:
[ ]	Review Session 3	Notes:

### Before the test

[ ]	Print SAT admission ticket
[ ]	Charge your test-taking device (and remember to bring your charging cable with you)
[ ]	Make sure you have the materials you need for test day – double check what’s required by College Board and your test-taking facility
[ ]	Review items that are not allowed in the testing center and plan accordingly
[ ]	Stick to your routine as much as possible – if you don’t normally eat a big breakfast, the morning of the SAT is not the day to start!

## SAT Benchmark Progress Tracker

The best way to assess the effectiveness of your SAT study plan is by taking regular benchmark tests – if your study plan is working, you’ll see steady improvement in your benchmark scores. Benchmark testing will build your familiarity with the tools, format, and structure of the digital SAT.

Before creating your study plan, take a practice SAT to determine your baseline score. This will help you identify not only which test areas need the most attention, but how much work you’ll need to put in to achieve your target score.

Use this sheet to track your benchmark scores and modify your study plan accordingly.

<b>Baseline score (week 1)</b>	<b>Math:</b> _____	<b>Reading:</b> _____
Baseline notes:		
<b>Benchmark 1 (weeks 5-7)</b>	<b>Math:</b> _____	<b>Reading:</b> _____
Benchmark 1 notes:		
<b>Benchmark 2 (weeks 11-13)</b>	<b>Math:</b> _____	<b>Reading:</b> _____
Benchmark 2 notes:		
<b>Benchmark 3 (weeks 17-19)</b>	<b>Math:</b> _____	<b>Reading:</b> _____
Benchmark 3 notes:		
<b>Benchmark 4 (weeks 23-25)</b>	<b>Math:</b> _____	<b>Reading:</b> _____
Benchmark 4 notes:		

## **General SAT Study Tips**

- Build a realistic study plan with achievable goals that works with your schedule.
- Study often and keep study sessions short. 30-60 minutes per session should be enough to help you achieve your goal without burning out.
- Focus on improving one topic before moving on to the next.
- Download the Bluebook app early and incorporate it into your studying – this way there will be no surprises on test day.
- Take timed benchmark tests.
- Learn what study methods and test-taking strategies work best for you and use them.
- Evaluate your process and adjust your study plan regularly – don't be afraid to change things up if what you've done so far isn't working.
- Continue building your general academic skills and classroom knowledge by making sure you don't neglect your regular schoolwork.
- Read high-quality texts (fiction and non-fiction) and read often.

## **Additional Resources**

### Online Resources

[PrepScholar](#)

[Khan Academy](#)

[College Board](#)

[Bluebook](#)

### Books

[SAT Prep Black Book: The Most Effective SAT Strategies Ever Published by Patrick Barrett](#)

[Barron's Digital SAT Study Guide](#)