



ACT

A Checklist for Test Day

- ☐ Get a full night's sleep. On test day, ensure you have enough time to shower, eat breakfast and fully awaken. A good shower will help you wake up and calm your nerves.
- ☐ Bring the address and directions for the test location. Arrive at or before time listed on your ticket.
- ☐ Eat a healthy breakfast. Avoid excessive caffeine and sugar; they can lead to energy crashes during the test. Know what you can handle well.
- ☐ Bring the following in a clear plastic freezer bag:
 - ☐ At least four #2 sharpened pencils. Pens and mechanical pencils are not allowed.
 - ☐ A printout of your ticket. (FAQ about tickets)
 - ☐ Bring acceptable photo identification. (FAQ about IDs)
 - ☐ An acceptable calculator (with fresh batteries). (FAQ about calculators)
- ☐ You'll have a break after the first two sections. Do not use a cell phone or any electronic device.
- ☐ Get up and move around during the breaks so you don't get sleepy. Move around the room breathing deeply. It's okay if you look silly. Laughing relieves tension!
- ☐ Bring healthful snacks and beverages, such as granola bars, nuts, yogurt, bananas, water and coconut water. No sugary beverages or candy.
- ☐ Prepare yourself for the length of the ACT test.
- ☐ Do not engage in prohibited behavior. (<https://www.act.org/content/act/en/products-and-services/the-act/test-day.html>)
- ☐ Answer all questions. There is no penalty for guessing on the ACT.
- ☐ If you want to cancel the test so it won't be scored, tell the staff before you leave the test center.