



SATurday

A Checklist for Test Day

Let's not blow it on the easy stuff! Here's your checklist for test day. Take it seriously. These are the little things that can make a big difference in your score.

- ☐ Get a full night's sleep the entire week before the exam, not just the night before. If you can take a half day of school on that Friday, do so.
- ☐ Do not do any heavy-duty studying the night before the test. You may want to do some light review or look over a few modules to refresh your memory, but it is best to relax and keep your mind off the test as much as possible.
- ☐ 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. For five days before the test, wake up at the same time you'll wake up on test day.
- ☐ Eat a healthy breakfast before the test. Avoid excessive caffeine and sugar; they can lead to energy crashes during the test. Know what you can handle well.
- ☐ BRING WITH YOU (in a clear plastic freezer bag):
 - ☐ At least four #2 pencils (all pre-sharpened)
 - ☐ Your Test Admission Ticket. Follow all instructions on that admission ticket.
 - ☐ Your photo ID.
 - ☐ Your calculator (with fresh batteries).
 - ☐ Healthy snack – granola bars, yogurt, banana, etc. (no sodas or candy)
- ☐ Prepare yourself for the length of the SAT. You'll be taking 4 sections – 4 real ones and possibly 1 experimental section. Pace yourself so that you don't tire out.
- ☐ 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!
- ☐ If you have any questions or problems concerning your test, contact your instructor.
- ☐ Relax. Remember how well-prepared you are.