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Six Reasons Why Students are Still Studying for the SAT and ACT Exams

Your Score Booster

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Quarantine Restrictions and the SAT and ACT Exams

Quarantine restrictions have steadily begun lifting, and many schools have re-opened their doors to students. In British Columbia alone, schools have partially resumed classes.

Although some universities have gone test optional, many still require students to complete the SAT or the ACT. For students who don't submit scores, the universities will be forced to depend only on other standards of review: academic profile, extracurricular life, essays and recommendations.

Universities like Cornell have stated that test scores can be considered as "meaningful differentiators," namely for those who have those students who have still had access to testing, and/or those who have not suffered economic hardships in 2020

But what should they be expecting exactly?

The College Board has reduced test dates and seating capacity. However, that doesn't mean other students haven't been studying—far from it. In fact, SAT testing locations are full at every location and test date in BC this fall. Here's six reasons why students are still preparing for the SAT and ACT, why your children should, and what to do.

1) SAT exams will come back with a vengeance.

College Board has added several test dates. Register as soon as possible because the College Board is experiencing significant demand for SAT registration. Considering the large build-up of students over the three months of test cancellations, you can anticipate registration competition to be fierce. This situation is even more urgent for those soon-to-be seniors come autumn. Test centers in British Columbia are sold out until March 13th 2021, with many of the spring test dates close to capacity.

2) Beat the curve with time tested strategies.

Despite the cancellations and registration demands, the good news is that there is still plenty of time to prepare accordingly. College Board offers several spring SAT test dates: March 13th 2021, May 8th, 2021 and June 5th 2020. With good study habits and/or a reputable tutoring service, students should be able to take the test later in the spring or during the summer. Make sure to plan ahead. To take the March 13th date, sign up now to ensure a seat.

3) Easy to do at home.

SAT and ACT tutoring can help your student focus and better understand the hidden challenges of the content. Tutoring services like Your Score Booster offer online tutoring so that students can progress from the comfort of their own home. Some students struggle with self-study, especially with libraries and other study locations being closed. Tutors are a good way to help your student track and achieve their goals.

At Your Score Booster, in-person tutoring has returned at the downtown office. A strict COVID-19 safety procedure has been implemented, including a mandatory mask policy and the use of Plexiglass dividers.

4) Productivity during quarantine helps improve mental health.

This is a great time for students to make use of their sudden influx of free time spent at home every day. Think about it: most teenagers spend a third of their waking hours on their phones watching Tik Tok videos or mindlessly scrolling through Instagram. Without healthy means for mental stimulation, mental health and productivity levels have undoubtedly dropped across the various demographics of culture, age, and occupation—students included.

Through a UNICEF advisory, adolescent psychologist Dr. Lisa Damour recommends combatting anxiety symptoms by “doing homework ... to seek relief and find balance in the day-to-day.” She adds that spending large amounts of “unfettered access to screens and or social media [is] not healthy ... it may amplify your anxiety” (UNICEF, 2020).

5) Opportunity to study with friends online.

Having said that, students may also find it difficult to focus on their studies, especially individuals who enjoy studying in groups. Alongside social distancing recommendations, studying for the SAT or the ACT with friends via online conferences serves as both motivation and a great substitute for face-to-face hangouts.

Friends can support and help each other in those small areas that educators may not quite reach. After all, the common goal is to get into their dream universities, but motivation plays a significant factor in that process.

6) Stay up-to-date.

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