

***You've done the prep! Now here's how to
optimize your performance on Test Day:***

Two Nights Before: 1) Go to bed EARLY.

Teenagers are supposed to get 9 hours and 20 minutes of sleep per day. Make it happen just this once!

2) Try to spend an hour doing old redo's¹ to **REFRESH** what we've been practicing. Read over personal reminders in your spreadsheet about your overall approach such as, "reread before you proceed" or "take your time" or "let go of problems that aren't meant for you and move on". These are different for each student! You have a personalized strategy, review it!

THE DAY BEFORE: Listen to the pep talk on our website. Really, it helps. After going through the checklist below, CHILL OUT. DO NOT STUDY!² Do something you enjoy -- something that relaxes you and puts you in touch with the present moment and your true self (baking works for me; what works for you?). Get some exercise. Watch your favorite cheesy movie. Go to bed early.

Checklist:

- 1) GPS directions to the test site; get the time estimate and put that in the calculation below for the morning of the test plan so that you can set your alarm for the correct time. Don't forget that the Metro and buses don't run as frequently on weekends, so ask your parents for a ride if possible. It won't matter that it's painfully early because you got plenty of sleep on Thursday.
- 2) Print or find your ticket. Make a sandwich and check that you have all the ingredients for our breakfast plan (this might be a good time to ask your parents if they are on board to make your breakfast).
- 3) Pack, using the list on the back of this page. Lay out your clothes.

¹ if you've not prepped with us and don't know what a "redo" is: just do some of the problems you've done wrong before but now know how to do correctly

² if you insist upon studying, stop before 5 pm and only do redo's and review (see instructions for Thursday).

- ☐ A sandwich and snacks
- ☐ your calculator with the program on it and fresh batteries in it
- ☐ your test ticket and photo ID
- ☐ pencils, eraser, sharpener
- ☐ a pair of headphones for music or a pleasure book in case your test starts late (which is VERY LIKELY) and you need to relax.
- ☐ Put out any meds you need to take
- ☐ Pack sudafed and kleenex if you're like me

Action	Time estimate	notes
10 min run (or some other way to get your heart rate up)	15	min (because you need to put on your running shoes, etc)
10 min meditation	15	Use the morning of the test one from the website
breakfast		Eat a lot! Must include whole grains, protein, and fat. I favor whole wheat toast and eggs.
shower		To wake up
Do 2-3 math redo's	5	To warm up
Read a page of something	5	To warm up
Dress in layers in case the temperature control on weekends is wonky		I saw a girl who was wearing flip-flops bring socks once. That is preparation!
subtotal		
transit		Arrive 15 min prior to start time (7:45 for standard SAT/ACT)
Set alarm for:		I know! But it'll be worth it to crush it after all the effort you've spent prepping!

Final Reminders:

Be prepared for incompetent proctors! For example, one time a proctor read the directions for the regular SAT (section 1!) when the kids were supposed to do Math II, saying: "you have 65 minutes and you can't use a calculator. Start!" The kids explained to her the error and it worked out. Other kids had to start their regular SAT two-and-a-half hours late that day and they didn't get a bathroom break! So, remain calm, be polite but advocate for yourself, and always bring extra food and something with which to entertain yourself. We want to do our best, but it's not actually life and death. Keep it in perspective.

REMEMBER-The SAT and ACT are like a video game where you get the same number of points for any monster you kill, no matter how hard it is or how long it takes. Guess (for the SAT or ACT) or Omit (for subject tests) on questions that you're likely to make an error on or that are just too time consuming. Use your time and energy for ones you know you will get right first and then come back!

Find the easy way -- relax, don't struggle. Remember to Suppose C or make up a value. Don't forget, some of the scariest-looking math problems are actually just reading comprehension problems and are totally easy. Use the program!

GOOD LUCK! IT'S ALMOST OVER!



HELPING STUDENTS SURVIVE HIGH SCHOOL
Or middle school, college, even grad school!

(202) 230-0287 ADEPTPREP.COM