



Applerouth's  
**JUNIOR  
JUMPSTART**  
to College Admissions Testing



applerouth

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## How to Use This Guide

Calling all high school juniors! You have a lot to juggle this year, and SAT/ACT prep is just one more thing to think about. Applerouth is here to help with the Junior Jumpstart - your quick and easy onramp to testing savvy and success.

Follow our steps to get smart about the tests, build your own test prep plan, and hit your goals, all while saving on tutoring.

### Step 1: Learn about the SAT + ACT

- Check out our handy SAT vs. ACT infographic. **(pages 2- 5)**
- It summarizes all the key differences between the tests and will have you up to speed in minutes.

### Step 2: Figure out which test is best for you

- No need to prep for both tests!
- Choose your best test and cut to the chase.
- How? Take a practice ACT with Applerouth and compare those scores to your PSAT scores. **(pages 6 - 8)**

### Step 3: Make a Plan

- Now that you've chosen your test, build a plan to reach your score goals.
- Choose test dates and a prep timeline that make sense for you. **(pages 9- 13)**

### Step 4: Prep with Applerouth

- Your Applerouth tutor will help you make the most of your plan.
- Increase your score with targeted strategies designed just for you and your goals. **(page 14)**

**Use the color bar at the bottom of each page to follow the steps.**

**Pages 2 - 5**

**Step 1:** Learn about the SAT + ACT

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**Step 4:** Prep with Applerouth

# THE SAT VS THE ACT

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

## KEY Differences

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

## TIMING & SCORING

Overall Time



Reading

65m

1-36

35m

Reading

Writing

35m

1-36

45m

English

Math  
(No Calculator)

25m

1-36

60m

Math

Math  
(Calculator)

55m

1-36

35m

Science

200 - 800 points

200 - 800 points

Total Points

400 - 1600

1 - 36

Total Points

Reading

Writing

Math

Time per Question

75s

48s

83s

Reading

English

Math

Time per Question

53s

36s

60s

Step 1: Learn about the SAT + ACT

# MATH

Number of Questions

SAT  
**58**

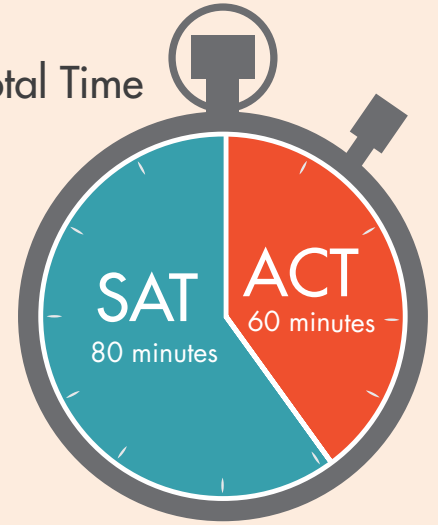
ACT  
**60**

Number of Sections

**2**  
SAT

**1**  
ACT

Total Time



Time Per Question

ACT 60s

SAT 83s

## Formulas

The **SAT** provides a reference table of common formulas.

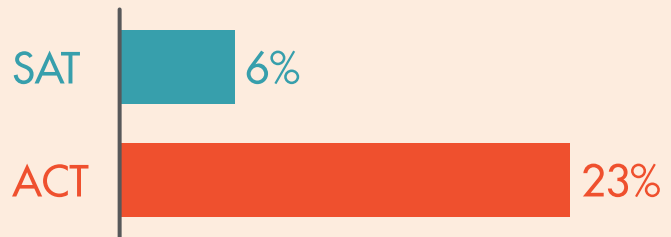
The **ACT** does not provide formulas for reference.



The SAT Math section includes **45** multiple choice questions and **13** student-produced response questions (i.e., fill-in questions).

## Geometry Focus

The ACT has a much greater emphasis on Geometry. In contrast, the SAT focuses more on Algebra, word problems, and "Data Analysis" questions that ask you to incorporate information from tables and charts into your calculations.

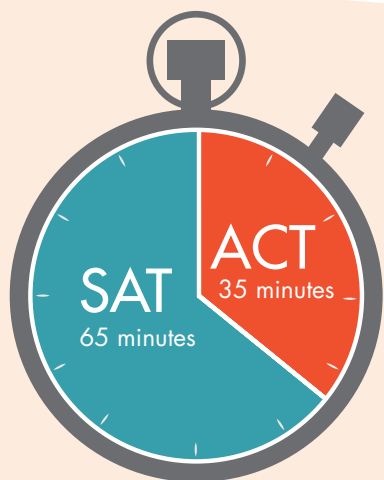


The **ACT** allows calculators for all Math sections.

The **SAT** has **one NO CALCULATOR** section and one calculator section.

Step 1: Learn about the SAT + ACT

# READING



Total Time

Time Per Question

ACT  
SAT

53s

75s

Number of Questions

SAT  
52

ACT  
40

## Vocabulary

What percent of questions test vocabulary?

ACT

8%

SAT

17%

## Do the Reading sections have Graphs and Charts?

SAT



Yes, relating to  
two passages

ACT



No, only on the  
Science section

## Passage Complexity

SAT

ACT

25

Avg. words per  
sentence

22

39

Peak words per  
sentence

26

13.5

Avg Grade Level\*

11.5

11-16

Grade Level  
Fluctuation

9-14

\*Flesch-Kincaid readability assessment

Number of Passages

SAT

5



comparison

Topics Covered

- Literature
- Science (2)
- History/Soc. Studies (2)

ACT

4



comparison

- Prose/Fiction
- Humanities
- Social Science
- Natural Science

Step 1: Learn about  
the SAT + ACT

# WRITING/ENGLISH

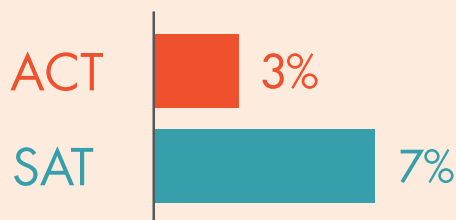
## Number of Questions

SAT  
**44**

ACT  
**75**

## Vocabulary

What percent of questions test vocabulary?



Total Time

## Time Per Question



## Do the Reading sections have Graphs and Charts?

SAT



Yes, relating to  
two passages

ACT



No, only on the  
Science section

## GRAMMAR VS. RHETORICAL SKILLS

SAT

45%

55%\*

ACT

51%

49%\*

\*The difference between the 49% Rhetorical Skills on the ACT and 55% on the SAT feels even greater in practice, as the questions on the SAT require a fuller understanding of the passage.

## Passage Complexity



Average words per sentence

SAT



ACT



Average grade level\*

\*Flesch-Kincaid readability assessment

Step 1: Learn about  
the SAT + ACT

# Understanding Your PSAT/NMSQT Score Report



applerouth

## 1 Your Total Score

The PSAT and SAT are now on a common scale, so you can compare your scores directly. Keep in mind, the PSAT maxes out at 1520 and the SAT is out of 1600.

## 2 Your Nationally Representative Sample Percentiles

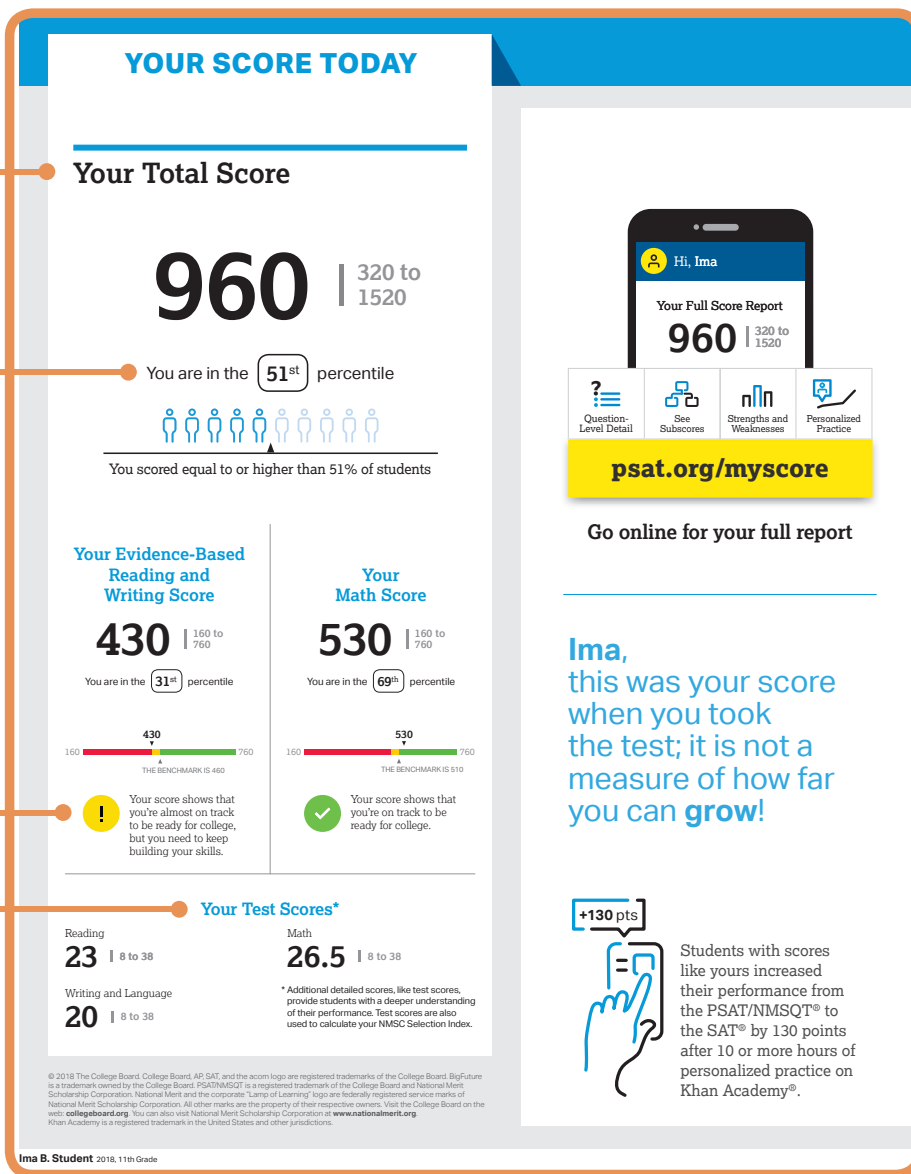
These percentiles are not comparing you with the other test-takers but with the typical high school student, so your reported percentiles will most likely be inflated.

## 3 The College and Career Readiness Benchmark

These benchmarks are not comparing you with other test-takers but with the typical high school student. If you are applying to more competitive schools, their average benchmark will be higher.

## 4 Your Test Scores

These scores are for the different sections of the test: Reading, Writing and Language, and Math. To get your total Evidence Based Reading and Writing Score, add your Reading Test Score and Writing Test Score, then multiply by 10. To get your Math Score, multiply your Math Test Score by 20.



**Step 2:** Figure out which test is best for you

## YOUR PATH TOMORROW

Here's what else is waiting for you online:

- 1** A link to free personalized practice on Khan Academy  
Share your scores with Khan Academy to get your personalized practice.
  - 2** A list of the challenging courses you're ready for  
Congrats! Your scores show you're ready to succeed in AP® courses.
  - 3** Your customized starter college list  
Check out the tools at BigFuture™ to kick-start your college plans.
- SAT** Don't forget!  
Register to take the SAT ahead of college application deadlines in spring of junior year and fall of senior year.

## NATIONAL MERIT SCHOLARSHIP CORPORATION

Your NMSC Selection Index  
**139**

NMSC uses a Selection Index score based on PSAT/NMSQT scores as an initial screen of students who enter its scholarship programs. The Selection Index score is double the sum of your Reading, Writing and Language, and Math Test scores.

### Eligibility Information

You meet entry requirements for the 2020 National Merit Scholarship Program and your Selection Index score will be considered among 1.6 million program entrants.

If your Selection Index places you among the 50,000 high school seniors who qualify for National Merit Scholarship Program recognition, you will be notified next September when qualifying Selection Index scores will be made available.

### Entry Requirements

Information you provided on your answer sheet:

High school student: **YES**  
Year to complete high school and enroll full time in college: **2020**  
Total years to be spent in grades 9–12: **4**

### National Merit Scholarship Corporation

National Merit Scholarship Corporation (NMSC) conducts the National Merit® Scholarship Program, an academic competition for recognition and college scholarships.

To designate students who qualify for recognition in its 2020 competition, NMSC will consider the 2018 PSAT/NMSQT® Selection Index scores of some 1.6 million test takers (usually high school juniors) who meet program entry requirements. For more information, please visit: [www.nationalmerit.org](http://www.nationalmerit.org)

If any of your responses to NMSC's "Entry Requirements" questions are inaccurate or there has been a change in plans that may affect program entry, write immediately to:

National Merit Scholarship Corporation  
Attn: Scholarship Administration  
1550 Sherman Avenue, Suite 200  
Evanston, IL 60201-4897

Include your name and home address along with your high school name, address, and six-digit code number.

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## National Merit Scholarship Corporation

As a junior, your PSAT score is considered for the National Merit Scholarship Program by the NMSC (National Merit Scholarship Committee). The NMSC Selection Index ranges from 48 to 228 and about 50,000 students each year earn scores high enough to qualify for the scholarship. For entry requirements and information on the steps in the competition, see the 2018 PSAT/NMSQT Student Guide or visit [www.nationalmerit.org](http://www.nationalmerit.org).

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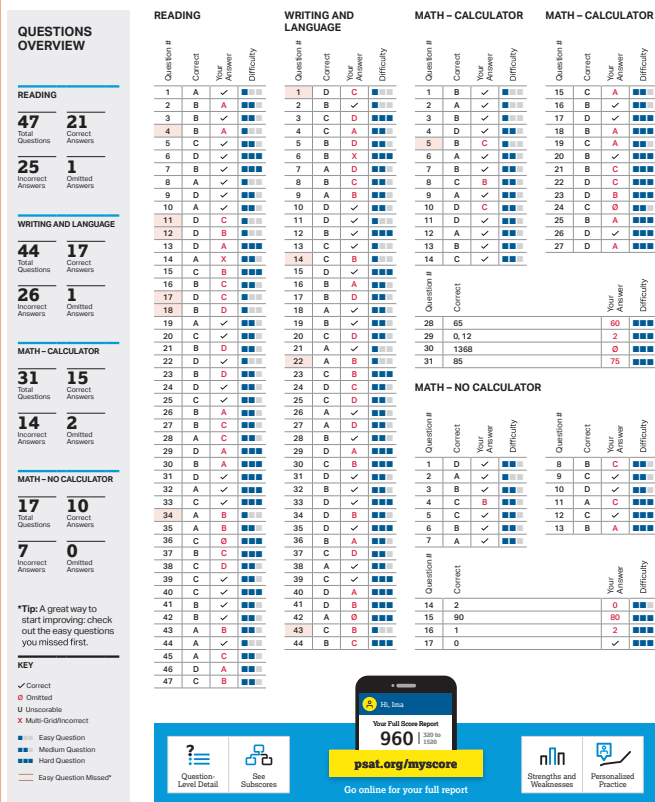
## Your Question-Level Feedback

Here you can see which specific questions you got right and wrong, as well as their difficulty level. You can use this feedback to identify trends related to timing, fatigue, careless errors, and issues with grid-in questions.

Get your full score report at  
**[psat.org/myscore](http://psat.org/myscore)**

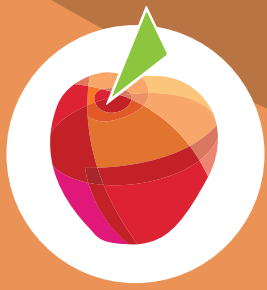
Now that you've taken the PSAT, go ahead and take an ACT practice test with Applerouth. You'll be able to compare scores and choose your best test. Contact us today at **866-789-7737** or **[info@applerouth.com](mailto:info@applerouth.com)** to sign up for your free ACT practice test.

## Your Question-Level Feedback



Sample Score Report from <https://collegereadiness.collegeboard.org/pdf/sample-psat-nmsqt-score-report.pdf>

**Step 2:** Figure out which test is best for you



# SAT/ACT Concordance Table

Colleges do not prefer the SAT over the ACT or vice versa. Here is a concordance table of comparable SAT and ACT scores. The SAT has a greater score range (400-1600), so multiple SAT scores often correspond to a single ACT score.

To determine which test to prepare for, students should take a practice SAT and a practice ACT. It is best to take previously released, official practice tests, proctored, and under test like conditions. Afterwards, this table can be a useful tool for identifying which exam plays to a student's strengths. In some cases students score significantly higher on one test, but for many students choosing between the tests is a personal judgment call best made by comparing the two testing experiences.

SAT	ACT
Total Score	Composite Score
1570-1600	36
1530-1560	35
1490-1520	34
1450-1480	33
1420-1440	32
1390-1410	31
1360-1380	30
1330-1350	29
1300-1320	28
1260-1290	27
1230-1250	26
1200-1220	25
1160-1190	24
1130-1150	23
1100-1120	22
1060-1090	21
1030-1050	20
990-1020	19
960-980	18
920-950	17
880-910	16
830-870	15
780-820	14
730-770	13
690-720	12
650-680	11

Data from the College Board and ACT, Inc.'s *Guide to the 2018 ACT/SAT Concordance* released June 2018.

**Step 2:** Figure out which test is best for you

# 2018-2019 SAT + ACT Test Date Calendar



## SAT

Test Date	Registration Deadline	Late Registration Deadline	Scores Back
<b>August 25, 2018</b>	July 27	August 15	September 7
<b>INT</b> <b>October 6, 2018</b>	September 7	September 26	October 19
<b>November 3, 2018</b>	October 5	October 24	November 16
<b>INT</b> <b>December 1, 2018</b>	November 2	November 20	December 14
<b>INT</b> <b>March 9, 2019*</b>	February 8	February 27	March 22
<b>INT</b> <b>May 4, 2019</b>	April 5	April 24	May 17
<b>June 1, 2019</b>	May 3	May 22	July 10

## ACT

Test Date	Registration Deadline	Late Registration Deadline	Scores Back
<b>INT</b> <b>September 8, 2018</b>	August 10	August 26	September 18
<b>INT</b> <b>October 27, 2018</b>	September 28	October 14	November 13
<b>INT</b> <b>December 8, 2018</b>	November 2	November 19	December 18
<b>INT</b> <b>February 9, 2019</b>	January 11	January 18	February 20
<b>INT</b> <b>April 13, 2019</b>	March 8	March 25	April 23
<b>INT</b> <b>June 8, 2019</b>	May 3	May 20	June 18
<b>July 13, 2019**</b>	June 14	June 24	July 23

\*SAT Subject Tests not offered on the March test date.

\*\*No test centers are scheduled in California or New York for the July test date.

**INT** International test dates.

**Step 3: Make a Plan**

# SAT + ACT Testing Timelines

## When should students take the SAT or ACT?

Just as the journey to college differs for every student, so too does the admissions testing timeline. To create an optimal testing timeline, students should consider school schedule, extracurricular activities, admissions deadlines, and score goals, among other factors. It is important to note that a student should not begin preparing for the SAT or ACT until an Algebra II course has been completed.

Many students begin preparing for the SAT or ACT during junior year, but some students start as early as summer after sophomore year and others do not begin until fall of senior year. Wherever students are in their high school careers when they turn their thoughts towards testing, the best first step is always a baseline test.

## Choosing a Test

PreACT and PSAT scores can help establish a workable baseline score, but full-scale official practice tests provide the most accurate and reliable starting point. Some students score significantly higher on their practice SAT or ACT, making test choice an obvious decision, but for many students choosing between the tests is a personal judgment call best made by comparing the two testing experiences.

## Making a Plan

Once a student has decided whether to pursue the SAT or ACT, more detailed planning can begin. We recommend looking at the calendar and choosing three official test dates. A student may not need to take three official tests, but it's important to have three dates in reserve. This prevents any one test from becoming a make-or-break situation, a measure that reduces anxiety and enables students to perform better. Additionally, many colleges superscore, making multiple test sittings advantageous.

Here you'll find sample Early Application, Regular Application, and Last Minute timelines for the SAT and ACT. In addition to looking at their earliest application deadline and working backwards, each student should plan to prepare during a time of year that is not already overscheduled and stressful.

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"In addition to the improvements my son made on the SAT,  
the experience of committing to the course was very valuable.  
The course has truly given him skills for the entire experience  
of preparing for college, not just the SAT."

—Parent, Atlanta

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## Sample Early Application Timelines

**Timeline A:** Student who completed Algebra II as a sophomore and plans to take AP Exams and/or SAT Subject Tests during spring of junior year.

### ACT

Start preparing mid- **MAY** to early **JUN** prior to Junior Year.



### SAT

Start preparing in **JUN** prior to Junior Year.



**Timeline B:** Junior who participates in a fall extracurricular activity and has completed Algebra II or is currently taking Algebra II.

### ACT

Start preparing in **DEC** or **JAN** (winter break) of Junior Year.



### SAT

Start preparing mid- **JAN** of Junior Year.



# Sample Regular Decision Timelines

**Timeline A:** A junior who participates in a fall activity.

## ACT

Start preparing in **APR** or **MAY** of Junior Year.



## SAT

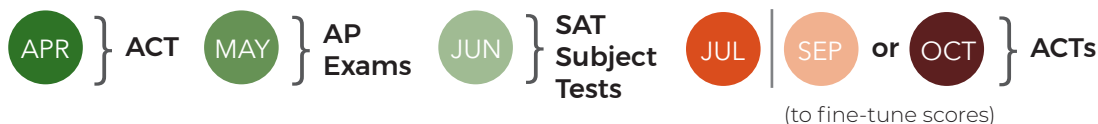
Start preparing in **APR** or **MAY** of Junior Year.



**Timeline B:** A Junior who plans to take AP Exams and SAT Subject Tests.

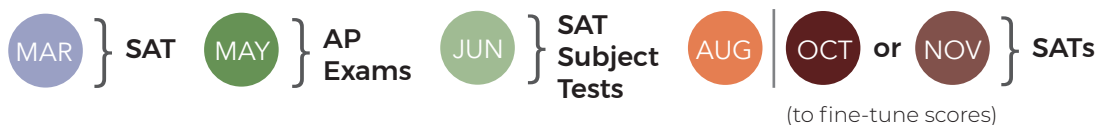
## ACT

Start preparing in **FEB** of Junior Year.



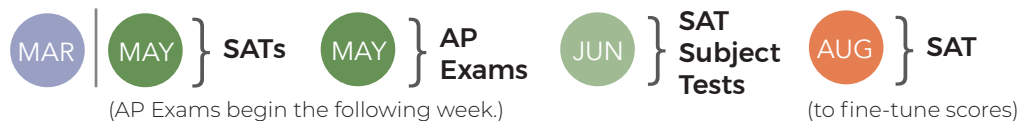
## SAT version 1

Start preparing in mid-**JAN** of Junior Year.



## SAT version 2

Start preparing in late-**JAN** of Junior Year.



## Step 3: Make a Plan

## Sample Last Minute Timelines

**Timeline A:** Student who does not begin testing until senior year and wants to meet an early application deadline.

### ACT

Start preparing in **MAY** or **JUN** when school lets out Junior Year and test into the fall of Senior Year.

**JUL** | **SEP** | **OCT** } **ACTs** (Most schools will accept these scores for early deadlines, but students should double check their schools.)

### SAT

Start preparing in **JUN** or **JUL** prior to Senior Year and test into the fall of Senior Year.

**AUG** | **OCT** | **NOV** } **SATs** (Most schools will accept these scores for early deadlines, but students should double check their schools.)

**Timeline B:** Student who does not begin testing until senior year and plans to apply regular decision.

### ACT

Start preparing at the beginning of **AUG** prior to or at the beginning of Senior Year and complete testing by December of Senior Year.

**SEP** | **OCT** | **DEC** } **ACTs**  
(To fine-tune scores only: it's not wise to put significant pressure on a test when there are no later options.)

### SAT

Start preparing in **AUG** or **SEP** when school begins Senior Year and complete testing by December of Senior Year.

**OCT** | **NOV** | **DEC** } **SATs**  
(To fine-tune scores only: it's not wise to put significant pressure on a test when there are no later options.)

## Mapping Out a Prep Plan

For students who hope to achieve significant score gains, preparation for the SAT or ACT typically takes 50 to 70 hours, including time spent with a tutor or in a prep class, completing homework, and taking practice tests. For optimal retention and performance, we recommend completing all of this over the course of eight to ten weeks.

### Step 3: Make a Plan



# About Applerouth



A high SAT or ACT score can **open doors to the most competitive colleges** and pave the way to merit-based scholarships.



With tutoring, your child will get one-on-one, personalized support and a customized prep plan based on his/her strengths, needs, and schedule that is **guaranteed\* to raise his/her scores.**

\*Higher Score Guarantee: Conditions and restrictions apply, for complete guarantee eligibility requirements visit [applerouth.com/policies/#guarantee](https://applerouth.com/policies/#guarantee)



With Applerouth, you get the smartest approach to tutoring. We use the **latest research in cognition, memory and motivation to help students achieve a higher level of success.**

## Why Applerouth?

### Student Focused Approach

The tests are standardized, our approach is anything but. We provide you and your child with:

- Specialized advice to determine the best test prep plan for you
- Custom tutor matching
- One-on-one, personalized tutoring sessions
- Ongoing parent communication
- Test-like practice

### Better Results

Applerouth students earn higher tests scores—guaranteed.\* Students across the nation achieve superior results, improve their grades, and boost their confidence.

### Flexible Locations

Wherever you are, our tutors are ready to help. We've helped students across the U.S. and internationally.

**5 pts**

#### Average ACT Increase

Applerouth tutors help students with each section of the ACT to bring their composite score up an average of 5 points.

**140 pts**

#### Average SAT Increase

Students are seeing big gains on the new 1600-point scale SAT. A gain of 140 points is roughly equivalent to a 200 point gain on the old scale.

**\$20m**

#### \$20.45 million

Total accepted scholarship money by Applerouth students in the class of 2018.

**49/50**

**Our students were accepted to 49/50 of the top U.S. colleges\***

\*based on US News and World Report Rankings of National Universities 2018.

All increase statistics are based on students completing at least 20 hours of private tutoring and 80% of their assigned homework.

**Step 4: Prep with Applerouth**

"Applerouth has been a tremendous resource for my students. Their tutors are highly trained, warm, professional, and effective. I've been particularly impressed with the personal attention that Applerouth provides, as well as their ongoing analysis of testing components and strategies. I feel fortunate to have such a valuable support to share with clients."

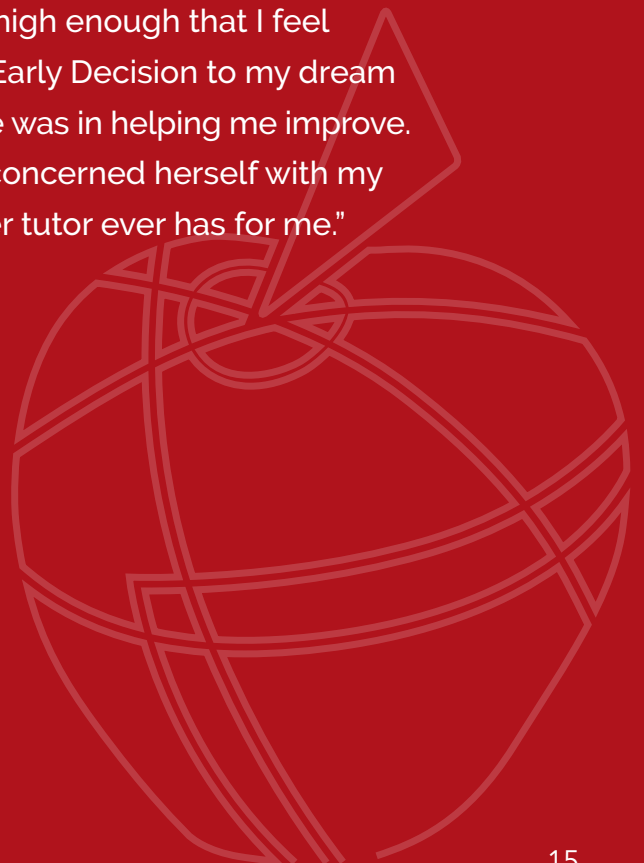
—Independent Educational Consultant, Atlanta

"My son was accepted Early Decision to the undergraduate business school at NYU. I'm quite confident that would never have happened if it wasn't for the fantastic job his tutor did helping him get there. I could see him grow much more confident about his ability to handle the various types of questions on the SAT. I gladly recommend Applerouth to anyone who asks!"

—Parent, Seattle

"Thanks to my tutor, I was able to score high enough that I feel significantly more confident about applying Early Decision to my dream school. I seriously appreciate how invested she was in helping me improve. She went out of her way several times and concerned herself with my progress in a way that I can't say any other tutor ever has for me."

—Student, NY



## **In Person Prep Options**

### **Atlanta**

2108 Briarcliff Road NE  
3rd Floor  
Atlanta, GA 30329  
404-728-0661

Bethany Bend  
13680 GA-9 N  
Suite G-600  
Alpharetta, GA 30004  
404-728-0661

Holcomb Bridge Office  
626 Holcomb Bridge Road #100  
Roswell, GA 30076  
404-728-0661

Vinings Jubilee  
4300 Paces Ferry Road Southeast #245  
Atlanta, GA 30339  
404-728-0661

### **Washington D.C. Metropolitan Area**

4750 Wisconsin Avenue Northwest  
Washington, DC 20016  
202-558-5644

Reston  
12310 Pinecrest Rd #305  
Reston, VA 20191  
202-558-5644

### **Bethesda**

### **Chicago**

### **Los Angeles**

### **New York Tri-State Area**

### **Seattle**

## **Online | International**

866-789-PREP (7737)

