

THE SAT

Information & Tips

While some four-year colleges require SAT or ACT scores as part of the application process, many colleges now have test-optional policies. Unless you are certain you will not need to submit test scores, plan to take the SAT and/or ACT.

ABOUT THE TEST

The SAT is now fully digital and consists of two main sections: 1) Reading and Writing, and 2) Math. The SAT is given in August, October, November, December, March, May, and June.

WHEN TO TAKE THE SAT

You should take the SAT in the spring of your junior year. If you want to improve your scores, you will then have time to retake the SAT the following summer or fall, if necessary.

HOW TO REGISTER

To register for the SAT, go to collegeboard.org. Registration deadlines are about three weeks before each test date. Once you're registered, you'll receive instructions and an admission ticket.

HOW THE SAT IS SCORED

Students receive a total score (400–1600) and two section scores: one for Reading and Writing (200–800) and one for Math (200–800).

**The information in this InfoSheet is current as of the 2024 testing year, but is subject to change by the testing organization.*

Questions? Visit collegeboard.org or see your counselor.

HOW TO PREPARE

In order to become familiar with the types of questions and the test format, take advantage of the free test prep resources and practice tests at collegeboard.org.



College Board partners with Khan Academy to provide valuable test prep materials, including practice questions, videos, and personalized suggestions. You can take advantage of these resources by going to khanacademy.org/digital-sat.



Download the Bluebook app to take a full-length practice test. This is also the app you will use to take the actual test.



After you take the practice test, go over the questions you got wrong in order to identify areas that need more practice and preparation.

Following a strong college prep program in high school is the best preparation for the SAT!

TIPS FOR TEST DAY

These tips will help ensure that you are able to perform your best on the SAT.

Be well-rested.

Cramming the night before the test won't do any good. Get a good night's sleep.

Dress in layers.

Testing centers can be too hot or too cold. Dress in layers so that you'll be comfortable no matter what the temperature of the room is.

Arrive early.

Give yourself plenty of time to get to the testing center so that you're not rushed. Bring your ticket, a photo ID, an approved, fully-charged testing device with the Bluebook app installed, #2 pencils for scratch work, and a permitted calculator.

Relax, be confident, and do your best!