PSAT/SAT Prep Tips

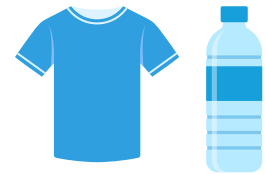## Prep to Do the Night Before the Test

1 Good Night Sleep

- Get good sleep for 2 nights before test
- Rested brain is a sharper brain
- Get a good 8 hours

2 Set an alarm

- Set your alarm early to give you extra time
- Late arrivals cannot be admitted into testing room

3 Set everything out

- What to wear
- Your fully charged Chromebook and power cord
- Your photo ID
- Healthy snack and water for break

Prep to Do the Morning of the Test

1 Move around

- Wake up your brain with movement
- 20 mins of cardio will keep you alert

2 Dress in layers

- Dress in light layers so you can adapt to the temp in the room
- An uncomfortable body makes for a distracted brain

3 Eat Breakfast

- Your brain can't work well without fuel.
- Include fruit, complex carb, and protein