

## ONE MONTH STUDY GUIDE

### **Author: Fernanda.**

Hi! I'm from Orlando, Florida, with a passion for physics. I've been working on our school's cosmic muon detector, along with being a general tutor for other high school students. Personally I hope to be able to work with high energy physics when I grow up, but quite frankly, I'd love to become a teacher as well!

### **4 weeks until the test**

- Start subscribing to and regularly watching some SAT practice YouTube channels! Every day once I come home from school, I like to go on YouTube to unwind, and having those videos there makes it easy to study for short 5-minute intervals.
- If you're in a Geometry or Algebra class, start paying 100% attention if you aren't already. If you're reading this, you're likely a good student anyway, but it's imperative you start focusing and retaining much of that information. You're already there anyway, why not?
- You don't need to go out and buy fancy SAT practice books, there are plenty of resources that you should be cracking down on online. Naturally, you can absolutely start with Khan Academy. Pick out what you feel was your hardest subject from the practice SAT test, and go from there!
- Generally, you should be allocating at LEAST 15-30 minutes a day studying. This could literally just be a couple videos.

### **3 weeks until the test**

- Take a practice SAT test. Be strict on time, but if you don't finish all the questions, mark the time and the % of questions you got done, and keep going! Grade yourself based on the questions you did though, this is your baseline grade - it can only get better from there.
- You should now start allocating about 30-60 minutes a day studying. Rigorously review your practice SAT. What worked for me was retaking the test every two days. By the end of this week, try to understand the concept behind every question on the practice exam, they're on there for a reason.
- Continue watching videos and taking practice problems online. This can be with Khan Academy. If you are using Khan Academy or some other online resource with a "curriculum" type set-up, try to be  $\frac{1}{2}$  done with all you need to do by the end of this week.
- If you've already taken a Geometry or Algebra class, and if you really struggle with the math portion of the SAT, try asking your teacher for the year review guide. The SAT is based on things students learn in school, and you might have an easier time learning from familiar notes/teaching styles

### **2 weeks until the test**

- Generally, you should be doing the same things as last week. Try to up your time to a minimum of 1 hour a day.
- If you can spare the time, take another practice SAT. This isn't necessary, but getting used to the SAT's style and format can never hurt! Study your results and cater your studying to those difficulties.
- This week is extremely important, because it's your last chance to get any strenuous studying done. There's no sugarcoating it - you may have to spend several hours a day studying.
- Other students are likely starting to cram now. Take advantage of this opportunity to make study groups. Around this time, people are not too stressed out, yet aren't exactly too blissfully ignorant of the upcoming exam. This is the perfect group environment to study in.
- If you're using Khan Academy or some other online resource with a similar set-up, try to be done with at least  $\frac{3}{4}$  of all you need to do by the end of this week!

### **1 week until the test**

- Spend no fewer than 45 minutes a day studying, but really, try not to spend more than 3 hours. If you've been following up with this guide, you don't need to be so stressed out!
- Continue watching those YouTube videos on your areas of weakness.
- Read an advanced book. It may not contain every single word on the SAT, but it will help you get used to reading complex passages with confusing syntax.
- Finish up whatever online resource you're using, like Khan Academy. Try to get this done BEFORE the day prior to the SAT.
- Go to a couple study sessions if you enjoy studying with other people.

### **The day before the test**

- You are prepared - relax! Look over your old tests, look over all the work you've done. You should feel comfortable understanding everything you've done so far.
- Absolutely, no exceptions, get a FULL 8 hours of sleep before the exam. No last minute cramming, you're fine.

### **The day of the test**

- Wake up early and eat a good breakfast. Try to be awake for at least 3 hours prior to the exam to let your body wake up.
- Final tip: believe in yourself! Your worst enemy is self doubt, don't let it get to you. You ARE prepared, you ARE ready, and you will do GREAT!