

## AMHERST REGIONAL HIGH SCHOOL

### Preparing for Standardized Tests

As with athletics, academics, music, theatre and many other pursuits, standardized test performance improves with practice for most students. Below are some free or low cost things you can do to prepare for the tests. Remember that standardized tests are only one component of your application, far less important than your academic level of challenge and your grades. Remember, too, that many colleges are “test-optional.”

- Make good use of the test preparation materials provided by the Collegeboard ([http://www.collegeboard.com/student/testing/sat/prep\\_one/prep\\_one.html](http://www.collegeboard.com/student/testing/sat/prep_one/prep_one.html))
  1. Study the materials you received with your PSAT score.
  2. Sign up for the SAT Question of the Day
  3. Use “My College Quickstart,” to which you are entitled free if you took the PSAT. Develop a customized SAT study plan based on your PSAT/NMSQT test performance, highlighting skills for review and practice.
  4. Consider The Official SAT Online Course (\$69), which provides eighteen interactive lessons, practice quizzes and tests, and score reports.
  5. Take advantage of the free SAT Preparation materials available in the Guidance Office.
- Use number2.com for free SAT preparation
- Visit the free Kaplan online quiz bank: [http://www.kaptest.com/College/SAT/Kaplan-Programs/Online-Programs/CO\\_sat\\_satqbankol.html?cid=201739](http://www.kaptest.com/College/SAT/Kaplan-Programs/Online-Programs/CO_sat_satqbankol.html?cid=201739). Kaplan also offers print and software materials and a preparation course at various prices.
- Purchase and use an SAT preparation book, either The Official SAT Study Guide from the Collegeboard, or a number of other options from a local book store. Kaplan, Barrons and Princeton Review are the most popular. They are usually under \$20.
- Visit [www.princetonreview.com](http://www.princetonreview.com). Read and do everything that is free. Attend a free strategy event. You need not sign up for the expensive class to benefit from their program.
- Consider materials from [www.powerprep.com](http://www.powerprep.com), offering low cost SAT and ACT preparation (\$25.00) and vocabulary building (\$10.00) software.
- Take the LSSE SAT Preparation course at ARHS; taught by C. Herland and J. Wilby; six 90-minute sessions Tuesdays and Thursdays 3:00-4:30 January 29-February 14; \$120, reduced fees for students on free or reduced lunch; sign up through LSSE; course will likely be repeated in the spring and next fall.
- SAT courses are also offered at very reasonable rates at community colleges. Contact them for information.
- Princeton Review Assessment (PRA); Free; Saturday, March 29, 8:00-12:00 a.m.; “Scores Back” strategy session Monday, April 7, 6:00-8:00 p.m.; This is a diagnostic comparison of the ACT and SAT, offering estimated scores on both, to aide students in deciding which test would best represent them in the college admissions process.