ACT Test Day

What do I need to bring?

● **Requirements**
  ○ Your Admission Ticket
  ○ Acceptable ID photo: A valid (unexpired) photo ID issued by the government or the school you currently attend that has your full legal name matching the one on your admission ticket
    ▪ Note: It cannot be a copy!
    ▪ Examples: Government issued driver's license or non-driver ID card, official school-produced student ID card from the school you currently attend, a government-issued passport
  ○ Two No. 2 pencils with erasers
  ○ An approved calculator that you have already practiced on

● **Other things you may want to consider bringing**
  ○ A watch without an audible alarm so you can keep track of time during the exam
  ○ A bag or backpack to carry your items
  ○ A drink and snacks for the break
  ○ A sweater or sweatshirt in case the testing room is cold
  ○ Breakfast before you arrive (try to make sure it includes a protein and a carbohydrate because eating healthy will help improve your mood and attention!)

What should I expect on test day?

● Test centers open at 7:45 AM and you must show up no later than the time listed on your admission ticket (usually 8 a.m.)
  ○ You cannot be admitted once testing has started, so arrive on time!

● Your seat is assigned, not chosen by you

● Test supervisors will read all instructions word for word from a test manual

● Do not skip sections

● A permitted calculator may be used on the mathematics test ONLY

● Breaks:
  ○ A short break is scheduled after the first two tests and these are the only times you can eat or drink
○ You can’t use this time to power up devices like cell phones otherwise your scores will be canceled
○ If you are taking the writing section, you will have time to sharpen your pencil before it begins

Try and reduce your anxiety before and during the test!

● Try using cheerleading statements and remind yourself that you have prepared and are ready to take the exam!
● Use the following breathing exercise to help you calm down:
  ○ Close your eyes or find a place to gently rest your eyes
  ○ Breathe through your nose as you count to four and out through your mouth as you count to four
  ○ Make sure your breaths are smooth, steady and continuous, and that you are breathing through your stomach (you should see your stomach rise with the in-breath and fall with the breath)