SAT 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 that 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
    - A list of approved calculators can be found at: [https://collegereadiness.collegeboard.org/sat/taking-the-test/calculator-policy](https://collegereadiness.collegeboard.org/sat/taking-the-test/calculator-policy)

- **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 doors close at 8 AM unless otherwise noted on your admission ticket
  - You cannot be admitted once testing has started, so arrive on time!
- Testing starts between 8:30 and 9 AM
- Your seat is assigned, not chosen by you
- Test supervisors will read all instructions word for word from a test manual and can answer questions only about procedure, not about test questions or content
- The test supervisor will tell you when to start and stop working on each section
- You must work within each section of the test only for the time allotted
- You may not go back to a section once that section has ended
- You may not go ahead to a new section if you finish a section early
● Do not skip sections
● After the test is finished, the test supervisor will collect and count the test books to make sure all materials have been turned in
● Note: Your test book may have a different order of sections than those sitting next to you
● Breaks:
  ○ For most students there is one 10 minute and one five minute break during the test, the only times you can eat or drink
  ○ Keep your ID and admission ticket with you at all times because they will be checked every time you enter the testing room
  ○ You can’t use this time to power up devices like cell phones otherwise your scores will be canceled

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)