

NAVIGATING
COLLEGE ADMISSIONS
2018-2019

ACT/SAT CHECKLIST

CONGRATS! YOU ARE NOW IN THE HOMESTRETCH!

FOLLOW THE BELOW STEPS ON THE DAYS LEADING UP TO THE ACT/SAT TO MAKE SURE YOU HAVE EVERYTHING READY FOR TEST DAY TO AVOID ANY STRESS ON THE MORNING OF THE SAT.

1. PRINT YOUR TICKET AND SET IT WITH YOUR DRIVER'S LICENSE.
 2. MAKE SURE YOU HAVE YOUR CALCULATOR. BRING EXTRA BATTERIES.
 3. LEAVE YOUR PHONE AND SMART WATCH BEHIND.
 4. WEAR A WRIST WATCH SO YOU WILL KNOW HOW MUCH TIME YOU HAVE—NOT ALL CLASSROOMS WILL HAVE A CLOCK TO LOOK AT.
 5. EAT A BIG AND HEALTHY BREAKFAST THE MORNING OF THE TEST.
 6. GET A GOOD NIGHT'S SLEEP ON BOTH THURSDAY NIGHT AND FRIDAY NIGHT. THIS WAY YOU WILL BE FULLY RESTED AND READY TO FOCUS ON TEST DAY.
 7. WEAR COMFY CLOTHES AND WEAR LAYERS. YOU DO NOT WANT TO BE UNCOMFORTABLE, TOO COLD, OR TOO HOT. ALL OF THESE OUTSIDE FACTORS WILL DISTRACT YOU MORE THAN YOU REALIZE.
 8. BRING A WATER BOTTLE AND A HIGH PROTEIN SNACK FOR BREAK.
 9. TAKE 3 DEEP BREATHS BETWEEN EACH SECTION. THIS WILL BRING MORE OXYGEN TO YOUR BRAIN AND ALLOW YOU TO "ESCAPE" FROM THE TEST MOMENTARILY.
 10. MAKE THE TIME FOR STRESS RELIEVING ACTIVITIES BEFORE THE TEST.
 11. HAVE A POSITIVE ATTITUDE; CREATE A POSITIVE MANTRA. "I AM A GOOD STUDENT; I AM SMART; I KNOW THE MATERIAL; I WILL DO GREAT ON THE SAT!"
 12. MAKE SURE TO TREAT YOURSELF AFTER THE TEST!
- GOOD LUCK!! ☺

