SAT

Spring 2026

SAT SCHOOL DAY

SAT with Essay Paper Test Directions Supplement

State-Provided

Notes to the Proctor

Using this document on test day:

When administering the SAT with Essay, print both the SAT School Day Test Directions translation and the SAT with Essay Paper Test Directions Supplement translation for students.

Distribute this document once students are seated.

Students may use this document to read translations of the directions that are read aloud or printed in their test book. Students may keep this document open and on their desk during the entire testing period. Students may **not** use this document as scratch paper and may **not** be given additional time, unless approved by College Board as a separate accommodation.

- Students will follow along with you in the main Paper Directions through the end of Math Module 2. At that point, switch to the Essay Supplement.
- The Essay Supplement includes all required directions for:
  - The break before the Essay
  - Distributing Essay test books and answer sheets
  - Guiding students through completing answer sheet fields
  - Reviewing essay-writing rules
  - Providing timing instructions for standard time and all accommodations

Collect this document from each student at the end of testing and securely destroy it.

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IMPORTANT: *Students must not sign in to Bluebook on test day for any reason, including section timing. All timing MUST be administered by the proctor using the Paper Testing Script. Use of Bluebook will cause a misadministration and require a retest.*

Notes to the Student

After the Math section is finished, your proctor will use a special set of instructions called the Essay Supplement to guide you through the Essay portion of the SAT.

The following is a translation of the directions your proctor will read aloud, as well as the written directions found in your test book. Follow along as your proctor reads the English directions aloud. If you have questions about what is being read by your proctor, please raise your hand.

- These translated directions may not match word-for-word what is read by your proctor; however, the relevant information is the same.
- Your proctor may skip some instructions that don't apply to your testing situation.
- You may keep this document on your desk for the entire testing time, but must return it to the proctor after testing.
- You must write your essay in pencil, only on the lined pages inside your Essay book. Writing anywhere else will not be scored.
- You may NOT use this document for scratch paper.
- At various times, your proctor will announce the time remaining in the section, as well as breaks when appropriate. If you are testing with an approved accommodation, these announcements may differ from the timing and breaks listed in this translated document. Please listen carefully to the announcements read by your proctor.
- If you are testing with an approved accommodation, your proctor may give you additional directions in English.
- Icons are used throughout this document to draw your attention to specific information:

Important information

Directions found in your test book

All shaded text indicates directions spoken by your proctor.

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2 After the Math Section

We'll stop now for a break before we begin the next section. Please listen carefully to these rules:

- Don't discuss the test questions with anyone or access any kind of electronic device during this break or any other break during the test.
- If you need to leave the room, only go to designated areas, the hallway, or the restroom.
- Snacks and drinks are only allowed in designated areas.
- Please be considerate of students working in other rooms and don't talk in the hallway.

For students testing with standard time, your proctor will say:

We'll start testing again in exactly 10 minutes.

For students with extended breaks, your proctor will say:

We'll start testing again in exactly 20 minutes.

At the end of the break, your proctor will say:

Please take your seat. Don't open any section of the test until I tell you to.

3 Distribute Essay Materials

I'll now give an Essay book and answer sheet to each of you. Don't open your Essay book until I tell you to do so.

When you receive your Essay book, turn it over and print your last name, first name, and middle initial, if you have one. Then print this school's code _____ and name _____, and this room's testing room code (or name) _____, which I've posted for you.

Now you'll complete some fields on your answer sheet. Fill in your full legal name in field 1 now. Include spaces, hyphens, or apostrophes if these are part of your name. Print the letters in all caps in the boxes, then fill in the corresponding bubbles. Make sure each mark is dark and completely fills the bubble.

Your first name must be your legal first name. If you use a preferred first name and you have a College Board online account, you can enter it there. College Board uses your legal name on test day to confirm your identity, but they'll use your preferred first name in all other communications with you.

Look up when you're done.

For field 2, your proctor will say:

If you attend this school, print our 6-digit school code _____ in field 2 and fill in the corresponding bubbles. Look up when you're done.

If you don't attend this school or are homeschooled, raise your hand. I will come over to give you the correct code to enter in field 2.

If applicable, homeschooled students should enter the code "970000" in field 2.

For fields 3 and 4, your proctor will say:

If you attend this school, fill in the bubble for "Yes" in field 3 and print our school's name, city, and state in field 4. If you don't regularly attend this school, fill in the bubble that applies to you in field 3 and print your school information in field 4. Raise your hand if you aren't sure what to fill in.

Homeschooled students should leave field 4 blank.

For field 5, your proctor will say:

Look at your sign-in ticket, and find your Registration Number. Print the 10-digit number in the boxes for field 5 and fill in the corresponding bubbles.

For field 6, your proctor will say:

In field 6, fill in the month, day, and last 2 digits of the year you were born. Start with a zero if filling in a 1-digit number. Fill in the corresponding bubbles and look up when you're done.

For field 7, your proctor will say:

When you are ready to fill in your state ID number in field 7, raise your hand.

Your proctor will give you directions for recording the Essay by saying:

Now I'm going to give you a few instructions to help you make sure your essay is scored accurately.

- Use the unlined planning page to take notes and plan your essay. Nothing you write on the unlined page will be scored.
- When you're ready, start writing your essay on the first lined page, which says "Begin Your Essay Here." Write your essay on these lined pages and within the marked margins.
- Use a Number 2 pencil. If you do not use a pencil, or if you leave the pages blank, you will receive an Essay score of zero.
- Your essay must fit within the pages provided. Don't write anything past the word "STOP" on the last lined page, because anything written past that point will not be scored.

4 The Essay

IMPORTANT: *Depending on your accommodations, your proctor may need to pause for a short break in the middle of the Essay section. Please listen carefully to the announcements read by your proctor.*

To students testing with standard time and standard breaks, your proctor will say:

> Once we begin, you'll have 50 minutes to work on the Essay section.

To students testing with extra breaks or extended time, your proctor will say:

> Once we begin, you'll have ___ minutes to work on the Essay. We will stop for a short break after ___ minutes.

REFERENCE FOR ESSAY TIMING

For Standard Time with Extra Breaks: 50 minutes total; 25 minutes before break

For Time and One-half: 75 minutes total; 38 minutes before break

For Double Time: 100 minutes total; 50 minutes before break

> I will post the start and stop times, and I'll let you know when 5 minutes are left. Keep your answer sheet and Essay book flat on your desk.
>
> Please do not sign your essay or add your name to it (as in "By Jane Doe"). Doing so could delay your essay score.
>
> Now read the directions, then turn to the Essay question and begin work. Time starts now.

If you do not have and accommodation for extra breaks or extended time for reading and/or writing, continue reading the directions under **The End of the Essay Section**.

4.1 Essay Book Directions

The following is a translation of the front cover of your essay book. When instructed, you should write on your essay book, not this document.

DIRECTIONS

The essay gives you an opportunity to show how effectively you can read and comprehend a passage and write an essay analyzing the passage. In your essay, you should demonstrate that you have read the passage carefully, present a clear and logical analysis, and use language precisely. Your essay must be written in English.

Your essay must be written on the lines provided in your answer sheet; except for the Planning Page of the answer sheet, you will receive no other paper on which to write. You will have enough space if you write on every line, avoid wide margins, and keep your handwriting to a reasonable size. Remember that people who are not familiar with your handwriting will read what you write. Try to write or print so that what you are writing is legible to those readers.

You have 50 minutes (standard time) to read the passage and write an essay in response to the prompt provided inside this booklet.

REMINDERS

- Do not write your essay in this booklet. Only what you write on the lined pages of your answer sheet will be evaluated.
- An off-topic essay will not be evaluated.

THIS TEST BOOK MUST NOT BE TAKEN FROM THE ROOM. UNAUTHORIZED REPRODUCTION OR USE OF ANY PART OF THIS TEST BOOK IS PROHIBITED.

4.2 For Students Testing with Extra Breaks or Extended Time for Writing

When there are 5 minutes left before the break, your proctor will say:

> You have 5 minutes remaining until the break.

When it's time for the break, your proctor will say:

> Stop work and put your pencil down. Close your answer sheet and your Essay book. Place your answer sheet faceup next to your Essay book.

To students testing with extra breaks or extended time, your proctor will say:

> Stop work and put your pencil down. Put your answer sheet on top of the page that you are currently working on in your Essay book. Close your Essay book and leave it on your desk.
>
> You will now have a short break to stretch. Do not discuss test questions during the break or leave the testing room without permission.

To students testing with extra breaks OR extended time (but not extended breaks), your proctor will say:

> We'll start testing again in exactly 5 minutes.

To students testing with extended time AND extended breaks, your proctor will say:

> We'll start testing again in exactly 10 minutes.

At the end of the break, your proctor will say:

> Please take your seat. You have up to an additional ___ minutes remaining in the SAT Essay.

REFERENCE FOR ESSAY TIMING

For Standard Time with Extra Breaks: 25 minutes

For Time and One-half: 37 minutes

For Double Time: 50 minutes

> I will post the start and stop times, and I'll let you know when 5 minutes are left before the section ends. If you finish before time is up, take time to check your work and make sure it's complete. Open your Essay book to the page where you inserted your answer sheet. Place your answer sheet flat on your desk, and begin work where you left off. Time starts now.

4.3 The End of the Essay Section

When there are 5 minutes remaining, your proctor will say:

> You have 5 minutes remaining in the Essay section.

When time expires, your proctor will say:

> Stop work and put your pencil down. Close your answer sheet and your Essay book. Place your answer sheet faceup next to your Essay book.

5 Dismissal

Congratulations! You've completed the SAT. Just being here today and finishing the test is a significant accomplishment. Please sit quietly while I collect and count your test materials.

Remember, by submitting your answers, you agree that you won't take any test questions from the testing room, give them to anyone, or discuss them with anyone over email, text messages, online, or any other way. This helps make sure all students have a fair and equal test experience. If you saw anything today that concerns you, come and talk to me before you leave.

As I said at the beginning of the test, if a person violates any of the policies related to test security, their scores will be canceled, and they may be prevented from taking other College Board tests in the future.

Please wait in your seat until I dismiss you. At that point, you may gather your belongings and come up to collect anything you turned in before the test. As you leave, please be considerate of people still working in other rooms. If you want to know how to cancel your scores, I can help you before you leave.

Again, congratulations on your hard work today.

Your proctor will collect this booklet from you before you leave.