



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.

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.*

Cov Lus Cim rau Tub Ntxhais Kawm

Tom qab ua tiav ntu xeeb Suav Xam Lej, koj tus xib fwb soj ntsuam xeeb ntawv yuav siv cov lus qhia tshwj xeeb hu ua Essay Supplement (Ntawv Sau Ntxiv) txhawm rau los koj koj hla ntu Ntawv Sau ntawm SAT.

Cov hauv qab no yog kev txhais cov lus qhia uas koj tus xib fwb soj ntsuam xeeb ntawv yuav nyeem nrov, nrog rau cov lus qhia sau hauv koj phau ntawv xeeb. Raws qab koj tus xib fwb soj ntsuam xeeb ntawv nyeem nrov cov lus qhia sau ua lus Askiv. Yog tias koj muaj lus nug txog koj tug xib fwb soj ntsuam xeeb ntawv nyeem dab tsi, thov tsa koj txhais tes.

- Cov lus qhia txhais no yuav tsis phim ib lo lus mus rau ib lo lus uas tau nyeem los ntawm koj tus xib fwb soj ntsuam xeeb ntawv; txawm li cas los xij, cov ntaub ntawv tseem ceeb yog tib yam.
- Koj tus xib fwb soj ntsuam xeeb ntawv tej zaum hla qee qhov lus qhia uas tsis siv rau hauv koj qhov kev xeeb ntawv.
- Koj tuaj yeem khaws cov ntaub ntawv no rau ntawm koj lub rooj rau tag nrho lub sijhawm xeeb ntawv, tab sis yuav tsum muab rov qab mus rau tus xib fwb soj ntsuam xeeb ntawv tom qab xeeb tag.
- Koj yuav tsum sau koj tsab ntawv sau nrog tus cwj mem, tsuas yog rau ntawm txoj kab cov nplooj ntawv uas muaj kab hauv koj phau ntawv Sau nkaus xwb. Kev sau rau lwm qhov chaw yuav tsis tau txais qhab nia.
- Koj TSIS tau siv daim ntawv no rau daim ntawv kos ua qauv.
- Nyob rau ntau lub sijhawm, koj tus xib fwb soj ntsuam xeeb ntawv yuav tshaj tawm lub sijhawm tshuav nyob feem xeeb ntawv, nrog rau sijhawm so thaum tsim nyog. Yog tias koj tab tom sim nrog ib qho chaw nyob tau cai, cov lus tshaj tawm no yuav txawv ntawm lub sijhawm thiab cov sijhawm so uas tau teev tseg hauv daim ntawv txhais lus no. Thov ua tib zoo mloog cov lus tshaj tawm uas tau nyeem los ntawm koj tus xib fwb soj ntsuam xeeb ntawv.
- Yog tias koj tab tom sim nrog ib qho chaw nyob tau cai, koj tus xib fwb soj ntsuam xeeb ntawv tej zaum yuav muab cov lus qhia ntxiv rau koj ua lus Askiv.
- Cov cim yuav raug siv thoob plaws qhov ntaub ntawv no kom koj pom cov ntaub ntawv qhia tshwj xeeb:



Cov ntaub ntawv qhia tshwj xeeb



Cov kev qhia yuav tshwm hauv koj phau ntawv xeeb ntawv

Tag nrho cov lus qhia tau hais los ntawm koj tus xib fwb soj ntsuam xeeb ntawv.

Table of Contents

- 1 **Notes to the Proctor**
- 3 **Cov Lus Cim rau Tub Ntxhais Kawm**
- 5 **Tom Qab Ntu Kawm Suav Xam Lej**
- 6 **Faib Cov Ntawv Sau**
- 8 **Ntawv Sau**
- 9 Phau Ntawv Cov Lus Qhia Rau Ntawv Sau
- 9 Rau Cov Tub Ntxhais Kawm Ntawv Xeeb nrog Kev So Ntxiv los sis Tau
Txuas Lub Sij Hawm Ntxiv rau Kev Sau Ntawv
- 10 Ntu Kawg Ntawm Qhov Ntawv Sau Kawg
- 11 **Tso tawm**

2 Tom Qab Ntu Kawm Suav Xam Lej

Peb yuav so ib plias tam sim no ua ntej peb pib ntu tom ntej. Thov ua tib zoo mloog cov cai no:

- Tsis txhob piav qhia cov lus nug hauv ntawv xeeb nrog leej twg lossis nkag mus rau txhua yam cuab yeej koos pis tawj thaum lub sijhawm so lossis lwm yam kev so thaum lub sijhawm xeeb ntawv.
- Yog tias koj yuav tsum tawm hauv chav tsev, tsuas yog mus rau thaj chaw tau cais tseg, kis kev taug mus los, lossis chav dej.
- Khoom txom ncauj thiab dej qab zib tsuas tau tso cai nyob rau hauv cov chaw cais tseg.
- Thov xav txog cov tub ntxhais kawm ua haujlwm hauv lwm chav thiab tsis txhob tham lus hauv kis kev taug mus los.

Rau cov tub ntxhais kawm uas xeeb ntawv rawg sijhawm, koj tug xib fwb soj ntsuam xeeb ntawv yuav hais:

Peb yuav pib xeeb ntawv dua 10 feeb tom ntej no.

Rau cov tub ntxhais kawm ntawv uas tau txuas lub sijhawm, koj tug xib fwb soj ntsuam xeeb ntawv yuav hais:

Peb yuav pib xeeb ntawv dua 20 feeb tom ntej no.

Thaum so tag lawm, koj tug xib fwb soj ntsuam xeeb ntawv yuav hais:

Thov caw los nyob ntawm chaw zaum. Tsis txhob qhib ib ntu ntawm qhov kev xeeb kom txog thaum kuv qhia rau koj.

3 Faib Cov Ntawv Sau

Tam sim no kuv yuav muab ib phau ntawv Sau thiab ib daim ntawv teb rau nej txhua tus. Tsis txhob qhib koj phau ntawv Sau kom txog thaum kuv hais kom koj ua li ntawv.

Thaum koj tau txais koj phau ntawv Sau, tig nws thiab sau koj lub xeeb, lub npe, thiab lub npe ua si (nruab nrab), yog tias koj muaj ib phau. Tom qab ntawv ces sau lub tsev kawm tus khauj _____ thiab lub npe _____, thiab chav no tus khauj chav xeeb (los sis lub npe) _____, uas Kuv tau muab tso cia rau koj lawm.

Tam sim no koj yuav ua kom tiav qee cov ntawv sau teb ntawm koj daim ntawv teb. Sau koj lub npe raug raws cai tag nrho rau hauv qhov chaw teb 1 tam sim no. Suav nrog cov chaw seem, cov chaws dua, los sis apostrophes yog hais tias cov no yog ib feem ntawm koj lub npe. Sau cov ntawv ua txhua tus niam ntawv loj hauv cov npov, tom qab ntawv sau cov npuas dej sib xws. Xyuas kom tseeb tias txhua lub cim tsaus ntuj thiab puv lub npuas dej tag nrho.

Koj lub npe yuav tsum yog koj lub npe raug cai. Yog koj siv lub npe uas koj nyiam thiab koj muaj ib tus as khauj hauv College Board hauv oos lais, koj tuaj yeem sau nws tau rau qhov ntawv. College Board siv koj lub npe raug cai rau hnuv xeeb txhawm rau los lees paub koj tus kheej, tab sis lawv yuav siv koj lub npe uas nyiam hauv txhua qhov kev sib txuas lus nrog koj.

Saib thaum koj ua tiav lawm.

Rau qhov chaw thib 2 koj tus xib fwb soj ntsuam yuav hais tias:

Yog koj yog ib tug kawm ntawv hauv lub tsev kawm ntawv no, ces sau peb tus khauj tsev kawm ntawv 6 tus lej _____ rau hauv qhov chaw thib 2 thiab sau cov npuas dej sib xws. Saib thaum koj ua tiav lawm.

Yog koj tsis tau kawm ntawv hauv lub tsev kawm ntawv no los yog koj kawm ntawv hauv tsev, ces tsa koj txhais tes. Kuv yuav tuaj muab tus khauj kom raug rau koj txhawm rau nkag mus rau hauv qhov chaw thib 2.

Yog tias siv tau, cov tub ntxhais kawm hauv tsev yuav tsum sau tus khauj "970000" hauv qhov chaw thib 2.

Rau daim ntawv teb thib 3 thiab 4 koj tus xib fwb soj ntsuam yuav hais tias:

Yog koj kawm ntawv hauv lub tsev kawm ntawv no, ces sau tias "Yog" hauv qhov chaw thib 3 thiab sau peb lub tsev kawm ntawv lub npe, lub nroog, thiab lub xeeb rau hauv qhov chaw thib 4. Yog tias koj tsis tau kawm ntawv hauv lub tsev kawm ntawv no tas li, ces sau kos cim rau hauv qhov chaw thib 3 thiab luam koj cov ntaub ntawv teev txog tsev kawm ntawv rau hauv qhov chaw thib 4. Tsa koj txhais tes yog tias koj tsis paub tseeb tias yuav sau dab tsi.

Cov tub ntxhais kawm ntawv hauv tsev yuav tsum tsis txhob cia qhov chaw seem thib 4 cia.

Rau qhov chaw thib 5 koj tus xib fwb soj ntsuam yuav hais tias:

Saib koj daim pib nkag, thiab nrhiav koj tus Naj Npawb Rau Npe. Sau tus lej 10-tus lej rau hauv cov npov rau qhov chaw thib 5 thiab sau cov npuas dej sib xws.

Rau qhov chaw thib 6 koj tus xib fwb soj ntsuam yuav hais tias:

Hauv qhov chaw thib 6, ces sau lub hli, hnuv, thiab 2 tus lej kawg ntawm lub xyoo uas koj yug los. Pib nrog tus lej xoom yog tias sau tus lej 1-tus lej. Sau cov npuas dej sib xws thiab saib thaum koj ua tiav.

Rau qhov chaw thib 7 koj tus xib fwb soj ntsuam yuav hais tias:

Thaum koj npaj txhij sau koj tus lej ID ntawm lub xeev hauv qhov chaw thib 7, cces tsa koj txhais tes.

Koj tus xib fwb soj ntsuam kev xeeb ntawv yuav muab cov lus qhia rau koj txog kev sau cov ntawv Sau los ntawm kev hais tias:

Tam sim no kuv yuav muab ob peb cov lus qhia rau koj los pab koj xyuas kom meej tias koj cov ntawv sau tau qhab nia yam raug lawm.

- Siv nplooj ntawv uas tau npaj uas tsis muaj kab los sau ntawv thiab npaj koj tsab ntawv sau. Tsis muaj dab tsi koj sau rau ntawm nplooj ntawv tsis muaj txoj kab raug suav ua qhab nia.
- Thaum koj npaj txhij lawm, ces pib sau koj tsab ntawv sau rau ntawm nplooj ntawv thawj kab, uas hais tias "Begin Your Essay Here (Pib Koj Tsab Ntawv Sau Ntawm Nov)." Sau koj tsab ntawv sau rau ntawm cov nplooj ntawv no thiab nyob rau hauv cov npoo uas tau cim tseg.
- Siv tus cwj mem naj npawb 2. Yog koj tsis siv cwj mem, los sis yog koj tso cov nplooj ntawv cia dawb paug, koj yuav tau qhab nia Sau Ntawv yog xoom.
- Koj tsab ntawv sau yuav tsum haum rau hauv cov nplooj ntawv uas tau muab. Tsis txhob sau dab tsi dhau tshaj lo lus "STOP (TSO TSEG)" rau ntawm txoj kab nplooj ntawv kawg, vim tias txhua yam sau dhau tshaj qhov ntawv yuav tsis tau txais qhab nia.

4 Ntawv Sau

IMPORTANT: Nyob ntawm seb koj cv lus qhia zoo li cas, koj tus xib fwb soj ntsuam xyuas yuav tsum tau so ib pliag hauv nruab nrab ntawm ntu Ntawv Sau. Thov ua tib zoo mloog cov lus tshaj tawm uas tau nyeem los ntawm koj tus xib fwb soj ntsuam xeem ntawv.

Rau cov tub ntxhais kawm ua kev xeem ntawv uas lub sij hawm zoo thiab cov kev so raws tus qauv zoo, koj tus xib fwb soj ntsuam kev xeem ntawv yuav hais tias:

Thaum peb pib lawm, nej yuav muaj 50 feeb los ua Ntu Ntawv Sau.

Rau cov tub ntxhais kawm ua kev xeem ntawv uas muaj kev so ntxiv los sis tau txuas lub sij hawm ntev, koj tus xib fwb soj ntsuam kev xeem ntawv yuav hais tias:

Thaum peb pib lawm, nej yuav muaj ____ feeb los ua Qhov Ntawv Sau. Peb yuav nres so ib pliag tom qab ____ feeb.

NTAU NTAUV UA POV THAWJ UAS SIV RAU LUB SIJ HAWM NTAWM KEV SAU NTAUV

Rau Lub Sij Hawm Zoo Uas Muaj Kev So Ntxiv: Tag nrho 50 feeb; 25 feeb ua ntej so

Rau Lub Sij Hawm thiab Ib nrab sij hawm: Tag nrho 75 feeb; 38 feeb ua ntej so

Rau Lub Sij Hawm Ob Npaug: Tag nrho 100 feeb; 50 feeb ua ntej so

Kuv yuav tshaj tawm lub sij hawm pib thiab nres, thiab kuv yuav qhia rau nej paub thaum tshuav 5 feeb kawg. Muab koj daim ntawv teb thiab phau ntawv Sau Ntawv kom sib txig nrog ntawm koj lub rooj.

Thov tsis txhob kos npe rau koj tsab ntawv sau los sis ntxiv koj lub npe rau nws (xws li hauv "Los ntawm Jane Doe"). Kev ua li ntawv yuav ua rau koj cov qhab nia sau ntawv tau qeeb.

Tam sim no nyeem cov lus qhia, tom qab ntawv tig mus rau lo lus nug Ntawv Sau thiab pib ua hauj lwm. Lub sij hawm pib tam sim no.

Yog tias koj tsis muaj chaw rau kev so ntxiv los sis tau txuas lub sij hawm ntev yam muaj kev kaj siab rau kev nyeem ntawv thiab/los sis kev sau ntawv, ces nyeem cov lus qhia txuas ntxiv hauv qab **The End of the Essay Section (Ntu Kawg Ntawm Qhov Ntawv Sau Kawg).**

4.1 Phau Ntawv Cov Lus Qhia Rau Ntawv Sau



Cov hauv qab no yog kev txhais lus ntawm daim ntawv npog pem hauv ntej ntawm koj phau ntawv sau. Thaum koj tau qhia lawm, koj yuav tsum sau rau ntawm koj phau ntawv sau, tsis yog rau ntawm daim ntawv no.

COV LUS QHIA

Tsab ntawv sau no muab sij hawm rau koj los qhia tias koj tuaj yeem nyeem thiab nkag siab ib nqe lus tau zoo npaum li cas thiab sau ib tsab ntawv txheeb xyuas nqe lus ntawv. Hauv koj tsab ntawv sau, koj yuav tsum qhia tias koj tau nyeem cov nqe lus yam zoo lawm, nthuav qhia kev tshuaj xyuas kom meej thiab muaj laj thawj, thiab siv cov lus kom raug. Koj tsab ntawv yuav tsum sau ua lus As Kiv.

Koj tsab ntawv sau yuav tsum tau sau rau ntawm cov kab uas tau muab rau hauv koj daim ntawv teb; tsuas yog Planning Page ntawm daim ntawv teb xwb nkaus xwb, koj yuav tsis tau txais lwm daim ntawv uas koj yuav sau. Koj yuav muaj chaw seem txaus yog tias koj sau rau txhua kab, tsis txhob muaj cia ua cov npoo dav, thiab khaws koj cov ntawv sau kom loj txaus. Nco ntsoov tias cov neeg uas tsis swm koj txoj kev siv tes sau ntawv yuav nyeem tau koj cov ntawv sau. Sim sau ntawv los yog luam cov ntawv tawm kom cov neeg nyeem ntawv nyeem tau yooj yim.

Koj muaj 50 feeb (lub sij hawm zoo) txhawm rau nyeem cov nqe lus thiab sau ib tsab ntawv teb rau cov lus nug uas tau muab tso rau hauv phau ntawv me no.

COV KEV CEEB TOOM

- Tsis txhob sau koj tsab ntawv sau rau hauv phau ntawv me no. Tsuas yog yam koj sau rau ntawm nplooj ntawv txoj kab ntawm koj daim ntawv teb thiaj li yuav raug soj ntsuam xwb tau.
- Ib tsab ntawv sau tsis raws li lub ncauj lus yuav tsis raug soj ntsuam.

TSIS NQA PHAU NTAWV XEEM NO TAWM NTAWM CHAV KAWM. TSIS PUB ROV UA LOS SIS SIV IB FEEM TWG NTAWM PHAU NTAWV XEEM ME NO YAM TSIS TAU TXAIS KEV TSO CAI.

4.2 Rau Cov Tub Ntxhais Kawm Ntawv Xeem nrog Kev So Ntxiv los sis Tau Txuas Lub Sij Hawm Ntxiv rau Kev Sau Ntawv

Thaum muaj 5 feeb ua ntej so, koj tus xib fwb soj ntsuam kev xeem yuav hais tias:

Koj tshuav sij hawm 5 feeb ua ntej yuav tag sij hawm so.

Thaum lub sij hawm so, koj tus xib fwb soj ntsuam kev xeem yuav hais tias:

Nres sau ntawv thiab tso koj tug cwj mem tseg. Kaw koj daim ntawv teb thiab koj phau ntawv Sau. Muab koj daim ntawv teb tig rau ib sab ntawm koj phau ntawv Sau.

Rau cov tub ntxhais kawm ua kev xeem ntawv uas muaj kev so ntxiv los sis tau txuas lub sij hawm ntev, koj tus xib fwb soj ntsuam kev xeem ntawv yuav hais tias:

Nres sau ntawv thiab tso koj tug cwj mem tseg. Muab koj daim ntawv teb tso rau saum nplooj ntawv uas koj tab tom ua hauj lwm rau hauv koj phau ntawv Sau. Kaw koj phau ntawv Sau thiab muab tso rau ntawm koj lub rooj.

Tam sim no koj yuav muaj ib lub sij hawm luv-luv los ncab koj lub cev. Tsis txhob tham txog cov lus nug xeem thaum lub sij hawm so los sis tawm hauv chav xeem yam tsis tau txais kev tso cai.

Rau cov tub ntxhais kawm ua kev xeeb ntawv uas muaj kev so ntxiv LOS SIS tau txuas lub sij hawm ntev (tab sis tau txuas lub sij hawm so), koj tus xib fwb soj ntsuam kev xeeb ntawv yuav hais tias:

Peb yuav pib xeeb ntawv dua 5 feeb tom ntej no.

Rau cov tub ntxhais kawm ua kev xeeb ntawv uas tau txuas lub sij hawm ntev AND, koj tus xib fwb soj ntsuam kev xeeb ntawv yuav hais tias:

Peb yuav pib xeeb ntawv dua 10 feeb tom ntej no.

Thaum so tag lawm, koj tug xib fwb soj ntsuam xeeb ntawv yuav hais:

Thov caw los nyob ntawm chaw zaum. Koj muaj lub sij hawm seem ntxiv tsis tshaj ____ feeb hauv Kev Sau Ntawv SAT.

NTAU NTAUV UA POV THAWJ UAS SIV RAU LUB SIJ HAWM NTAWM KEV SAU NTAUV

Rau Lub Sij Hawm Zoo Uas Muaj Kev So Ntxiv: 25 feeb

Rau Lub Sij Hawm thiab Ib nrab sij hawm: 37 feeb

Rau Lub Sij Hawm Ob Npaug: 50 feeb

Kuv yuav tshaj tawm lub sijhawm pib thiab nres, thiab kuv yuav qhia rau nej paub thaum tshuav 5 feeb kawg ua ntej ntu kawg. Yog koj ua tiav ua ntej lub sij hawm tag, ces siv sij hawm los kuaj xyuas koj txoj hauj lwj thiab xyuas kom meej tias nws ua tiav tag lawm. Qhib koj phau ntawv Sau mus rau nplooj ntawv uas koj ntxig koj daim ntawv teb. Muab koj daim ntawv teb tso rau ntawm koj lub rooj, thiab pib ua hauj lwj rau qhov twg uas koj tau ua tiav lawm. Lub sij hawm pib tam sim no.

4.3 Ntu Kawg Ntawm Qhov Ntawv Sau Kawg

Thaum txhuav 5 feeb lawm xwb, koj tug xib fwb soj ntsuam xeeb ntawv yuav hais li no:

Koj tshuav sij hawm 5 feeb hauv Ntu Ntawv Sau.

Thaum sij hawm tag lawm, koj tug xib fwb soj ntsuam xeeb ntawv yuav hais li no:

Nres sau ntawv thiab tso koj tug cwj mem tseg. Kaw koj daim ntawv teb thiab koj phau ntawv Sau. Muab koj daim ntawv teb tig rau ib sab ntawm koj phau ntawv Sau.

5 Tso tawm

Nrog Koj Zoo Siab! Koj twb ua tiav qhov SAT. Nyob no hnub no thiab ua tiav qhov kev xeeb yog ib qhov kev ua tiav tseem ceeb heev. Nyob twb ywm thaum kuv sau thiab suav koj cov ntawv xeeb.

Nco ntsoov, thaum xa koj cov lus teb mus, koj pom zoo tias koj yuav tsis muab cov lus nug sib tw hauv lub chav xeeb ntawv, muab cov lus nug rau leej twg, lossis tham qhia cov lus nug rau lwm tug hauv email, sau ntawv hauv xov tooj, online, lossis lwm yam. Qhov no yuav pab kom txhua tus tub kawm ntawv muaj kev xeeb ncaj ncees thiab sib npaug. Yog tias hnub no koj pom ib yam dab tsi ua rau koj tau txhawj xeeb, los nrog kuv tham ua ntej koj tawm mus.

Raws li kuv tau hais rau thaum pib xeeb ntawv, yog tias ib tus neeg ua txhaum ib qho ntawm cov cai rau kev ruaj ntseg xeeb ntawv, lawv cov qhab nia yuav raug muab tshem tawm, thiab lawv yuav raug txwv los xeeb lwm yam kev xeeb hauv Tsev Kawm College Board rau yav tom ntej.

Thov nyob tog ntawm nej lub chaw zaum mus txog thaum kuv tso nej tawm mus. Thaum ntawv, nej tuaj yeem los muab nej tej khoom thiab mus nqa txhua yam uas tau muab cia ua ntej los xeeb ntawv. Thaum nej tawm mus, thov nco ntsoov tiag tseem txhuav neeg ua hauj lwm rau lwm lub chav. Yog koj xav paub yuav ua cag tshem koj cov qhab nia tawm, kuv tuaj yeem pab tau koj ua ntej koj tawm.

Ib zaug ntxiv, nrog zoo siab rau nej kev rau siab hnub no.

Koj tug xib fwb soj ntsuam xeeb ntawv yuav sau daim ntawv qhia ntawm koj no ua ntej koj tawm mus.