



Spring 2026

SAT SCHOOL DAY

SAT with Essay Paper Test Directions

State-Provided

Notes to the Proctor

Using this document on test day:

When administering the SAT with Essay, print this document for students approved for both of the following accommodations:

- A printed copy of the proctor's spoken directions.
- A paper test book version of the test.

Students may use this document to read the directions that are read aloud by their proctor. Students may keep this document open and on their desk during the entire test.

Distribute this document once students are seated.

AT THE END OF TESTING

Collect this document from each student 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.*

Notes to the Student

The following is a printed copy of the directions your proctor will read aloud. Follow along as your proctor reads. If you have any questions, please raise your hand.

- You may keep this document on your desk for the entire testing time but must return it to your 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 each section, as well as breaks when appropriate.
- Your proctor may skip some instructions that don't apply to your testing situation.

All shaded text indicates directions spoken by your proctor.

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2 Welcome

Welcome. Today you're taking the SAT, an important step toward your college and career goals.

Before you begin the test, I will read some instructions and hand out some booklets of information for you to review and complete. I'll also give you any materials related to your accommodations. And if you brought a calculator, I'll make sure it's acceptable.

Please listen carefully to these instructions.

If you have phones, smartwatches, or other prohibited devices, turn them off and put them away now.

On your desk, you should have your sign-in ticket, pencils, an acceptable calculator and backup calculator, if you brought them, and any testing aids you're approved to use as an accommodation. Be sure to clear all saved formulas from your calculator.

If you brought a snack, drink, calculator cover, or any cleaning supplies such as hand sanitizer, please place these items under your desk. Please remove any other items from your desk and place them in your bags at the front or side of the room.

You should also have 1 sheet of scratch paper, which I'll collect after the test, so don't tear it. Write your full name in the top right corner. If you don't have a sheet of scratch paper yet, let me know when I come by your desk. I'll now walk around the room to confirm that your desks are clear and ready for testing.

3 Instructions for Students with Certain Accommodations

! Your proctor may read the following instructions to you or supporting staff. Otherwise, they will skip ahead to Prepare for Testing.

For students testing with assistive technology, your proctor will say:

If you're using approved assistive technology, now is the time to make sure it's working. If you customized your settings during practice, you may need to repeat this step now. Remember, you can use the built-in features on your device.

For students testing with a human reader, your proctor will say:

Readers must read questions aloud as often as requested. It's important that they read only exactly what is in the script. They must not elaborate, even if the student asks.

For students testing with a scribe, your proctor will say:

Scribes must write only the answers and corrections that students dictate. They can't prompt the student in a way that would result in a different response. Scribes will read student answers back to them if students want to review their work.

For students testing with a braille format, your proctor will say:

The braille test is divided into several books. You will be given 1 book at a time. Throughout the test, each question is separated from another with a line. Each question begins in cell 1, with runovers beginning in cell 5. Each answer choice begins in cell 3 with runovers beginning in cell 5.

The braille is in Unified English Braille (UEB). The Math sections are in the Nemeth Code unless you are approved for Braille Paper testing - UEB with Technical Math. The braille math reference book contains math formulas and directions for use with all mathematics sections. Your test includes raised line drawings of graphs and figures used in the test.

4 Instructions for Multiple-Day Testing

If you will only be testing for 1 day, your proctor will continue to [Prepare for Testing](#) on page 7.

If you are testing on multiple days, please continue reading this section.

- 1. On the first day of testing:** Start with Option **A**.
- 2. When you end testing for the day:** Turn back here and continue with Option **B**.
- 3. To resume testing on additional day(s):** Come back to this page and continue with Option **C**.

A Begin Day 1 of Testing

To students testing over more than 1 day, your proctor will say:

Today you'll take a portion of the SAT. I'll tell you when testing has ended for the day. You'll start again on the next school testing day.

Continue to [Prepare for Testing](#) to start the test.

B End Testing for the Day

Your proctor will announce the end of testing by saying:

We've completed testing for today. We'll continue on *[next day of testing]*. Please sit quietly while I collect your test materials.

Collect test books, *Paper Test Taker Administration Instructions* booklets, *Score Sends Code List* booklets, any EL supports, and scratch paper from each student. Keep each student's materials together and place them where students can't access them. Then continue reading.

Mark where you left off in this booklet. You'll resume there on the next day of testing.

When all materials have been accounted for, your proctor will say:

When you return to the testing room on *[next day of testing]*, remember to bring your acceptable calculator and pencils with erasers. We begin the next day of testing at *[start time]*.

Please gather your belongings, including any electronic devices that were collected before testing, and exit the room quietly.

C Begin Additional Day(s) of Testing

Turn to the place you marked in this booklet to resume testing.

5 Prepare for Testing

The Reading and Writing section and the Math section each contain 2 modules, timed individually. I'll post the start and end times for each timed module here [*your proctor will indicate where this information will be posted*], and I'll announce when 5 minutes are left in each module.

I'll walk around the room every now and then to make sure everyone is working on the correct module. For this test, you can only work on 1 module at a time. This may be different from what you're used to, so be sure not to move ahead or look back in the test book, even if you finish the current module.

Once the test is over, please stay seated and don't leave the room until I dismiss you. If you have any final questions, you may ask them now. If you need help or extra scratch paper at any time, raise your hand and I'll come over. Remember to write your full name on extra scratch paper. Does anyone have any questions?

I will now give you your test book. Don't open it yet.

Turn to the back of your test book and print your last name, first name, and middle initial, if you have one. You can find the school name, College Board school code, and our room number written on the board. When you have completed this step, please put your pencil down and look up at me.

I will now distribute a copy of the *Paper Test Taker Administration Instructions* to each of you.

The test you're about to take is a paper format of the digital SAT. When students complete exam setup in Bluebook, the digital testing application, they see and respond to important information. The booklet I just gave you contains the same information.

Open your booklet to page 3 and read under **Student Starts Here**. Follow the instructions, which include completing some information on the front cover. You can find your registration number on your sign-in ticket. Raise your hand if you need help finding any of the information required. When you are finished, put your pencil down and look up at me.

You'll now read through and complete the rest of the *Paper Test Taker Administration Instructions*. It's important to read through the entire document carefully. First, you'll read a section called **Use of the Bluebook App**. This section explains how your answers will be transcribed from your test book into the Bluebook app. When you have finished reading and checked the box at the end of the section to show that you agree to these policies, put your pencil down and look up at me.

Next, you'll have 15 minutes to read and agree to the testing rules for this exam. I will dismiss anyone who tries to break the rules, and their scores will be canceled. They may also be prevented from taking College Board tests in the future.

When you have finished reading the testing rules and checked the box at the end of the section to show that you agree to follow these rules, continue reading the **Privacy Statement** to understand how College Board puts your privacy first. When you reach the end of the **Privacy Statement** section, please stop reading, put your pencil down, and look up at me.

You'll now read through some optional content about College Board programs and services. You may also choose up to 4 colleges or scholarship programs to send your score to for free. I will give each of you a booklet that lists the names of institutions you can opt to send your scores to. When you are done, place the *Score Sends Code List* booklet under your desk. When you reach the section titled **Digital Test Security** on the last page, please stop reading and look up at me.

We're almost finished with the *Paper Test Taker Administration Instructions*. Please read the reminder about rules that apply to this test. To signify your agreement with these rules, write the test security pledge given below the list of rules. When you are finished, please put down your pencil and look up.

Please review the 4 pieces of information listed under **Confirm Your Info on Your Test Book**, then turn to the back of your test book and either confirm that your information is accurately recorded there, or add the correct information now. Then, above your name on the back cover of the test book, print your registration number from your sign-in ticket. This information will help College Board match your test book and answers with your transcription. When you are finished, please put down your pencil and look up.

Thank you for completing this information. Please close your booklet and place it under your desk.

6 Module 1: Reading and Writing

We'll start testing with the first module of the Reading and Writing section. Once we begin, you'll have ___ minutes to work on Module 1. I'll post the start and stop times, and I'll let you know when 5 minutes are left.

REFERENCE FOR MODULE TIMING

For Standard Time and Standard Time with Extra Breaks: 39 minutes

For Time and One-Half: 59 minutes

For Double Time: 78 minutes

Keep your test book flat on your desk. You may use your test book for scratch work but be sure you have clearly circled only 1 answer.

If you finish before I call time, you may check your work in this module, but you may not go to any other module of the test. If you are ready to move on, please put your pencil down and look up, but do not move on until I tell you.

Now, open your test book to the first module in the Reading and Writing section. Read the directions and begin work. Good luck, everyone.

To begin the test, your proctor will say:

Time starts now.

During the Module

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

You have 5 minutes remaining in Module 1.

When time expires, your proctor will say:

Stop work and put your pencil down.

For Students Testing with Extra Breaks or Extended Time

This section applies **only** to students testing with extra breaks or extended time. Your proctor will only read instructions that apply to your testing room. If these instructions do not apply to your testing room, your proctor will continue onto Module 2.

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

Close your test book and leave it on your desk. We'll stop now for a break before the next module. 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.

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

We'll start testing again in exactly 5 minutes.

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

We'll start testing again in exactly 10 minutes.

Testing Break

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.

7 Module 2: Reading and Writing

We'll continue testing with the second module of the Reading and Writing section. Once we begin, you'll have ____ minutes to work on Module 2. I'll post the start and stop times, and I'll let you know when 5 minutes are left.

REFERENCE FOR MODULE TIMING

For Standard Time and Standard Time with Extra Breaks: 39 minutes

For Time and One-Half: 59 minutes

For Double Time: 78 minutes

Keep your test book flat on your desk. You may use your test book for scratch work, but be sure you have clearly circled only 1 answer.

If you finish before I call time, you may check your work in this module, but you may not go to any other module of the test. If you are ready to move on, please put your pencil down and look up, but do not move on until I tell you.

Now, open your test book to the second module in the Reading and Writing section. Read the directions and begin work.

To begin the test, your proctor will say:

Time starts now.

During the Module

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

You have 5 minutes remaining in Module 2.

When time expires, your proctor will say:

Stop work and put your pencil down.

8 Section Break

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 or students who qualify for a nutrition break, your proctor will say:

We'll start testing again in exactly 20 minutes.

Testing Break

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.

9 Module 1: Math

We'll continue testing with the first module of the Math section. Once we begin, you'll have ___ minutes to work on Module 1. I'll post the start and stop times, and I'll let you know when 5 minutes are left.

REFERENCE FOR MODULE TIMING

For Standard Time and Standard Time with Extra Breaks: 43 minutes

For Time and One-Half: 65 minutes

For Double Time: 86 minutes

Remember to follow these guidelines:

- Keep your test book and calculator flat on your desk. You may use your test book for scratch work, but be sure you have clearly circled only 1 answer.
- Do not share or exchange your calculator.
- If you have a backup calculator or batteries, keep them on the floor under your desk.
- If your calculator malfunctions and you have batteries or a backup calculator, raise your hand. I'll come over to assist you. If you do not have a backup, continue the test and do the best you can.
- If you finish before I call time, you may check your work in this module, but you may not go to any other module of the test. If you are ready to move on, please put your pencil down and look up, but do not move on until I tell you.
- Now, open your test book to the first module in the Math section. Read the directions and begin work.

To begin the test, your proctor will say:

Time starts now.

During the Module

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

You have 5 minutes remaining in Module 1.

When time expires, your proctor will say:

Stop work and put your pencil down.

For Students Testing with Extra Breaks or Extended Time

This section applies **only** to students testing with extra breaks or extended time. Your proctor will only read instructions that apply to your testing room. If these instructions do not apply to your testing room, your proctor will continue onto Module 2.

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

Close your test book and leave it on your desk. We'll stop now for a break before the next module. 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.

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

We'll start testing again in exactly 5 minutes.

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

We'll start testing again in exactly 10 minutes.

Testing Break

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.

10 **Module 2: Math**

We'll continue testing with the second module of the Math section. Once we begin, you'll have ___ minutes to work on Module 2. I'll post the start and stop times, and I'll let you know when 5 minutes are left.

REFERENCE FOR MODULE TIMING

For Standard Time and Standard Time with Extra Breaks: 43 minutes

For Time and One-Half: 65 minutes

For Double Time: 86 minutes

Keep your test book and calculator flat on your desk. You may use your test book for scratch work, but be sure you have clearly circled only 1 answer. If you finish before I call time, you may check your work in this module, but you may not go to any other module of the test. If you are ready to move on, please put your pencil down and look up, but do not move on until I tell you.

Now, open your test book to the second module in the Math section. Read the directions and begin work.

To begin the test, your proctor will say:

Time starts now.

During the Module

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

You have 5 minutes remaining in Module 2.

When time expires, your proctor will say:

Stop work and put your pencil down. Now, please close your test book and leave it on your desk.

11 After the Math Section

We'll stop now for a break before we begin the next section. Please remain seated quietly while I collect and count your test books, and listen carefully to the following 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.

12 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.

13 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 an accommodation for extra breaks or extended time for reading and/or writing, continue reading the directions under **The End of the Essay Section**.

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.

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.

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.

14 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.