



Why Should I Practice for the SAT?

We know your schedules are already busy, and practicing for the SAT® may be hard to fit in. However, making time to practice is one of the best ways to prepare for test day and beyond—here's why.



Boost your score.

Practicing for the digital version of the test will help you identify the areas where you need the most support so you can sharpen your focus while studying. Plus, since the content on the SAT is tied to what you're learning in school, practicing for the SAT will set you up for success in your classes too.

Taking official practice tests is linked to stronger performance on the SAT. In fact, our research shows students who complete at least 1 full-length official practice test tend to score about 25 points higher, on average, than students who don't take a practice test. Taking 2 or 3 practice tests is associated with average scores that are 45 or 61 points higher, respectively!



Get comfortable with Bluebook.

Downloading Bluebook™ ahead of test day and taking a practice test will help you get to know all the app's helpful features, the timing of the test, and the order of the sections. There are so many tools you can use to cross out incorrect choices, highlight information, flag questions to review later, and more. Familiarizing yourself with those tools before you test means you'll be able to use them right away on test day.

It's also wise to take a practice test in Bluebook before test day to prepare for the adaptive testing format and familiarize yourself with the number and types of questions. Both sections on the SAT (Reading and Writing, Math) have 2 modules. Depending on how you answer the questions in the first module, you'll be routed to a second module, which has a different mix of difficulty levels. The mix of questions in the second module is either at a higher difficulty level or a lower difficulty level than in the first module. Taking an adaptive practice test in Bluebook lets you experience the transition between modules so you know what to expect on test day.

Research in psychology supports the idea that being familiar with the test format helps students feel more prepared. When we learn, our brains remember information about the place we're in. You may not be able to take the SAT from the comfort of your favorite study space, but if you've already taken a practice test or 2 in Bluebook, we hope you'll feel right at home.



It's free!

Studying for the SAT doesn't need to break the bank. Not only does College Board offer a variety of free practice resources, but those resources are designed by the people who actually create the test. When you take a practice test in Bluebook, you'll feel confident you're getting the most comprehensive SAT practice resources available. You can also access [Official SAT Prep](#) on Khan Academy® for even more free study resources.



Free practice resources:

Whether you're testing next week or next semester, making time to practice for the SAT is the best way to ensure you'll be ready on test day.

If you don't have time to take a full practice test, or just want a way to stay sharp until test day, you can also check out the [SAT Suite Student Question Bank](#) for thousands of questions you can select according to the specific skills you want to practice.

Want a fast and fun way to challenge yourself every day? Check out our [Question of the Day](#) to build your streak and earn some badges!

For easy access to all our free practice resources, visit satsuite.collegeboard.org/practice.

For questions about how to use Bluebook, read our [Practice Quick Start Guide](#).

The Official SAT Study Guide:

For more advice and study tips for the SAT, you can also purchase [The Official SAT Study Guide™](#).