

# Power Your Teen's Future



## SAT with Essay at a Glance

The SAT® Suite of Assessments is an important way for your teen to move along the path toward a successful future. When they take the SAT® with Essay, your teen can use their scores to be seen by colleges and scholarship programs, and they get customized career information to help them understand some possible options after high school.

Students in Illinois take the SAT with Essay School Day, which research shows leads to higher college-going rates for low-income and underrepresented students.

## Help Your Teen Know Where to Go

As your teen navigates their academic journey, the SAT with Essay is an important tool you both can leverage to help plan for their future. Your teen will benefit in these ways:



**Access Their Scores:** If your teen is taking the SAT at school, during the school day, they can receive scores quickly and directly through the **BigFuture® School** mobile app. They may also receive a PDF score report directly from their school.



**Find Out About Their Likelihood to Succeed in AP:** Using their personalized score report, your teen will get recommendations about what **AP® courses** might be a good fit for them.



**Gain Career Insights:** Beginning in 2024, the score report will map the math and reading and writing skills measured by the SAT Suite to knowledge, skills, and abilities for occupations in the U.S. Department of Labor's O\*NET database. Developed with experts, the personalized career information on the report aims to spark an interest in careers. Students can choose to log on to **BigFuture** for more in-depth exploration.



## NEW DIGITAL FORMAT

In spring 2024, the SAT with Essay, PSAT 10, and PSAT 8/9 will be delivered in a digital format. Going digital means an easier testing experience for students with **Bluebook™**, College Board's new digital testing app. Students will have more time per question, shorter reading passages, and access to a built-in graphing calculator that can be used on the entire math section.

To become familiar with the digital format, your teen will have access to full-length practice tests in Bluebook as well as access to free **Official Digital SAT Prep on Khan Academy®**.



## TESTING DETAILS

**Date/Time:** \_\_\_\_\_

**Device:**  Student brings  School provides

For more information, contact the following:

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**Learn About Colleges and Scholarships:** Through the College Board's free online resource, **BigFuture.org**, your teen can investigate colleges, take a career quiz, and search scholarships as they take steps towards their postsecondary option.



**Get Help to Pay for College:** In some cases, a minimum SAT score and GPA are required to be eligible for certain scholarships. Without scores to submit for consideration, your teen could lose access to thousands of dollars in college funding.



**Leverage College Course Placement:** SAT test scores are used by many colleges to determine first-year college course placement. Higher SAT scores could result in higher course placement, saving your teen time and money.

## THE SAT SUITE: CHARTING THE PATH TO SUCCESS

Whether your teen is thinking about attending a two- or four-year college, a job training program, or isn't sure what they want to do after high school, the SAT Suite of Assessments can help make their career goals and postsecondary path clearer.

Every test provides you, your teen, and their teachers with information about your teen's strengths and areas that need improvement. This way your teen will know where to focus, and customized practice and planning resources will help them set and achieve their goals.

Learn more about the SAT:  
[sat.org/whytake](https://sat.org/whytake)





# Why Should I Practice for the SAT with Essay?

We know your schedule is already busy, and practicing for the SAT with Essay® might be low on your to-do list. 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 with Essay is tied to what you're learning in school, practicing for the SAT will set you up for success in your classes, too.

Historically, students who used Official SAT Practice on the paper and pencil version of the test for 6+ hours raised their scores by 39 points more than students who did not use Official SAT Practice.

## Get comfortable with Bluebook.

Downloading Bluebook ahead of time and taking a practice test will help you get to know all the app's helpful features. Can you imagine taking the entire exam without realizing you could cross out incorrect choices or highlight information to help you answer questions?

It's also wise to take a practice test in Bluebook before test day to prepare for the adaptive testing format. The Reading and Writing and Math sections of the SAT with Essay have two 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 the first module. Taking a practice test in Bluebook lets you experience the transition between modules so you know what to expect on test day.

Research in psychology supports this idea. When we learn, our brains remember familiar places and experiences. You may not be able to take the SAT with Essay from the comfort of your favorite study space, but if you're already familiar with Bluebook, we hope you'll feel right at home.

## It's free!

Studying for the SAT with Essay doesn't need to break the bank. Not only does College Board offer a variety of free practice resources, but those resources are also designed by the people who actually created the test. When you take a practice test in Bluebook or use **Official Digital SAT Prep** on Khan Academy®, you can feel confident you're getting the most comprehensive SAT study resources available.



## Free practice resources:

Whether you're testing next week or next semester, making time to practice for the SAT with Essay 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 Question Bank** for thousands of individual questions you can select according to the specific skills you want to practice.

For easy access to all our free practice resources, visit [sat.org/digital-practice](https://sat.org/digital-practice).

For questions about how to use Bluebook, read our **Practice Quick Start Guide**.



OFFICIAL SAT PRACTICE

# A Parent/Guardian's Guide: Getting Your Teen Ready for the SAT with Essay

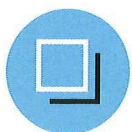


## NOW



**Download Bluebook at [bluebook.app.collegeboard.org/](https://bluebook.app.collegeboard.org/).** Students can download Bluebook™, the new digital testing app from College Board, to take full-length digital practice tests and familiarize themselves with the app's helpful features, like formula sheets, digital accommodations, and built-in calculators. After completing the practice test, your student can sign in to **My Practice** to view their results and review practice exam items, answers, and explanations.

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**Spend time reviewing skills with Official Digital SAT Prep on Khan Academy.** Once your student has reviewed the knowledge and skills where they need the most support on My Practice, they can start Official SAT Prep on Khan Academy®. It's FREE for all students and the best way to prepare for the Digital SAT®. Created by Khan Academy and College Board, the makers of the SAT, Official Digital SAT Prep offers thousands of practice questions, video lessons, quizzes and tests, and more.

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## 2-3 MONTHS BEFORE TEST DAY



**Create a practice schedule and stick to it.** We recommend that students practice in Bluebook 15 to 30 minutes per day starting starting six to eight weeks before the test.

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## 2 WEEKS BEFORE TEST DAY



**Take another full-length practice test.** Two weeks before every SAT test date is known as **Official SAT Practice Test Day**. On this day, students should take another full-length practice test in Bluebook to check their progress. This lets students build self-assurance and see exactly where to focus over the next two weeks to get the best possible score.

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## 1 DAY BEFORE TEST DAY



**Plan ahead.** Triple-check the night before that your student packs everything needed, such as pencils for use with scratch paper and a calculator if they don't plan to use the built-in Desmos calculator. For a full list of what students need to bring on test day, visit [satsuite.collegeboard.org/digital/what-to-bring-do](https://satsuite.collegeboard.org/digital/what-to-bring-do). Be sure your student gets a good night's sleep.

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## ON TEST DAY



**Relax and be confident.** Encourage your student to eat a good breakfast, take it easy, and feel positive. Practice pays off!

For more information, visit [sat.org/digital-practice](https://sat.org/digital-practice).

BigFuture Scholarships

**You could  
win \$40,000  
...just by planning  
for your future.**



Starting in 10th grade, Illinois students can complete college and career planning steps on **BigFuture** and automatically enter monthly scholarship drawings. Two \$40,000 scholarships and multiple \$500 scholarships are awarded every month.

There's no required essay, minimum GPA, or test score. The requirements to qualify are simple: Complete actions that can help you get ready for life after high school.

**Extra chances to win:** If your family's income is less than \$60,000 per year, you'll earn double entries for every drawing.

- 1 Start Your Career List.**  
Explore careers that match your interests.  
**Start:** Any time  
**Deadline:** By the end of February of your senior year
- 2 Start Your College List.**  
Find two- or four-year colleges that interest you.  
**Start:** Any time  
**Deadline:** By June 30 of your junior year
- 3 Start Your Scholarship List.**  
Find other scholarships to help you pay for college.  
**Start:** July 1 before your senior year  
**Deadline:** By the end of February of your senior year
- 4 Strengthen Your College List.**  
Make sure your college list has a mix of reach, match, and safety schools.  
**Start:** July 1 before your senior year  
**Deadline:** By October 31 of your senior year
- 5 Complete the FAFSA®.**  
Fill out the free government form to apply for financial aid.  
**Start:** October 1 of your senior year  
**Deadline:** By the end of February of your senior year
- 6 Apply to Colleges.**  
Apply to the schools you want to attend.  
**Start:** October 1 of your senior year  
**Deadline:** By the end of February of your senior year

Visit [bigfuture.org](https://bigfuture.org) to complete steps on your dashboard and qualify.

