Best Practices for Students

Official SAT® Practice on Khan Academy® provides free, personalized practice to help all students build their skills and prepare for the SAT. How students spend their time on the platform matters. Our research shows that students who spend at least six hours and follow at least one of these best practices score nearly 40 points higher on the SAT.

SAT ACHIEVEMENT ASSOCIATED WITH OFFICIAL SAT PRACTICE ON KHAN ACADEMY

<table>
<thead>
<tr>
<th>No Official SAT Practice</th>
<th>6+ Hours with at Least One Best Practice</th>
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<td>39 pts increase on average</td>
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These associations control for student demographics and PSAT/NMSQT scores.

3 Best Practices for Success Using Official SAT Practice

- **TAKING A FULL-LENGTH PRACTICE TEST**

  The 8 full-length online practice exams can be taken in one sitting or over multiple sittings. Educators should host full-length practice test events (either in person or virtually) to ensure that students are comfortable with timed practice; this can help reduce test-day anxiety. Also encourage students to reflect on their test experience with review sessions and targeted action planning.

- **LEVELING UP SKILLS**

  Students can level up in different skill areas, which provides a signal that they are consistently advancing in the content tested on the SAT. Leverage the student usage data in your Khan Academy coach tools to make targeted decisions about what each student should focus on.

Additional Support for Students

The coach tools on Khan Academy can track progress for entire classes, making it easy to support students before test day. When using Official SAT Practice in the classroom, support student behaviors such as goal setting, reflection, monitoring, and adjusting to help your students build expertise and confidence in the right skills. Thank you for your partnership in supporting students on their college preparation journey.

Learn more by reading the Executive Summary from the 2020 Official SAT Practice on Khan Academy Technical Report, khan.co/OSPTechReport2020