



Why Should I Practice for the SAT?

We know your schedules are already busy, and practicing for the SAT™ 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 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 from the PSAT/NMSQT® to their first SAT 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. Both sections on the SAT (Reading and Writing, Math) 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 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're already familiar with 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 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 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 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.

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