Safe kids Healthy kids Happy kids

Help Teens Prepare for ACT and SAT Tests

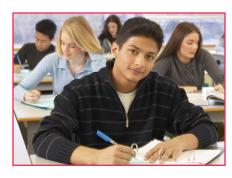
College-bound high school students should take the SAT or ACT test. These tests help college admission counselors predict a student's chance for academic success.

Most college applications request these scores. Many colleges do not have a preference. However, some colleges may prefer one test over the other.

Most students worry about how well they will perform on these tests. It is important for your teen to know that the ACT and SAT are only one way to predict academic success in college. However, they should do their best on these tests.

Students can prepare. In fact, most students do some studying. They review math, grammar and vocabulary.

ACT and SAT tests are not like subject tests in school. Students need to know the content and format for each test. They can also learn specific standardized test taking skills. This will improve their chances to get the best score possible.



Encourage your teen to:

- Read and learn new words.
 Read text books, magazines, newspapers and novels.
 Keep a dictionary handy.
 Look up unfamiliar words.
 Vocabulary is important.
- course. It helps her become familiar with the test format and content. Many high schools, junior colleges and Internet sites provide test prep help. Ask the school counselor for dates, cost, and content of all prep courses. Talk to other parents, and choose the best one for your student. Log on to the official SAT and ACT sites. Online courses allow

- her to study according to her schedule but lack the discipline a class provides.
- Visit the counseling office, library or bookstore for test prep materials. They include practice tests and test taking strategies specific to the ACT or SAT.
- Take practice tests. ACT and SAT tests take more time than school subject tests. Students must be able to remain focused for up to 3 hours. Practice tests help build mental stamina. They also help reduce anxiety.
- Talk to teachers and school counselors regarding test taking strategies. All have taken these tests. They have also helped other students prepare.
- Join or start an ACT or SAT study group. Meet regularly. Read test questions. Quiz each other.

Brought to you by Parent Help Line and St. John's Children's Hospital



