

5 THINGS TO DO THE MORNING OF SAT/ACT



1

TICKET AND YOUR ID

Make sure you print out your ACT/SAT ticket from the registration website with your picture on it and take a form of ID with it. Check out the links below for the list of acceptable IDs:

[Acceptable IDs for ACT](#)

[Acceptable IDs for SAT](#)



2

CALCULATOR

Both SAT and ACT have at least one section which allows a permitted calculator. So, don't forget a calculator and spare batteries. Check out the links below to see which calculators are allowed:

[Permitted calculators for ACT](#)

[Permitted calculators for SAT](#)



3

2 PENCILS

This one is really common but not all testing centers are generous enough to lend a pencil so make sure you have at least 3-4 #2 pencils and a good eraser.

No mechanical pencils are allowed either for multiple choice or for essays!



4

BREAKFAST, WATER AND SNACKS

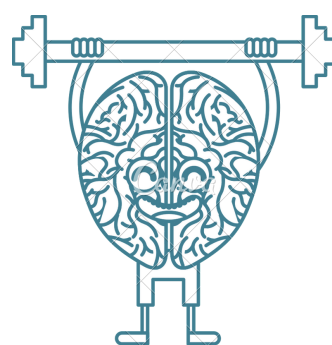
Have a protein based breakfast: eggs, peanut butter, granola, nuts. This is NOT the time to carb load, as carbs are fast-burning and will leave you depleted half-way through the test. Take fruit snacks or granola bars to the test to stay energetic and don't drink too much water to prevent wasting time in bathroom.



5

WARMUP

Make sure the test is not the first time you are solving a question that morning! Solve some easy math/grammar questions to warm up your brain. Also stretch and stay physically warmed up before the test!



You are the same person before and after the test so don't worry.
Just do your best and forget the rest!

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