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The Do's and Don't of Taking the SATs

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THE
DO'S
AND
DONT'S

OF TAKING THE SATS

Whether its your first time taking the SATs or your third, here are some tips to make them less intimidating...



Do Get Enough Sleep

Sleep improves focus and attention, helping you overall



Don't Cram

Your short term memory cannot hold large amounts of information at a time.



Do Practice Appropriately

Try and study information to make it more meaningful to you



Don't Just Read and Memorize When Studying

This is often ineffective when remembering



Do Read All of the Answer Choices

Make sure you are choosing an answer that you can justify



Don't Just Choose Your First Choice

Studies have shown that changing your answer to your initial hunch could lower your score



Do Take a Deep Breath

Remember this test is not the end of the world. This test does not define you.



Don't Panic

If you do not know the answer, relax and move on to the next