

PSAT/NMSQT

The PSAT offers several benefits and reasons for students to take the exam:

1. **Practice for the SAT:** The PSAT is a great way for students to familiarize themselves with the format and types of questions they will encounter on the SAT. It helps them gauge their strengths and areas for improvement.
2. **College Readiness:** Taking the PSAT helps students assess their college readiness and provides a benchmark for academic performance, which can be useful for setting future academic goals.
3. **National Merit Scholarship Program:** The PSAT/NMSQT (National Merit Scholarship Qualifying Test) serves as the qualifying test for the National Merit Scholarship Program. High scores can lead to recognition and scholarship opportunities.
4. **Feedback on Academic Skills:** The PSAT provides detailed feedback on students' skills in reading, writing, and math. This feedback helps identify specific areas where they might need additional practice or support.
5. **Early Identification of Strengths and Weaknesses:** By taking the PSAT, students can identify their strengths and weaknesses early, allowing them to focus their efforts on areas that need improvement before taking the SAT.
6. **College and Career Planning:** Some colleges and career programs use PSAT scores as part of their recruitment process. High scores can help students get noticed by colleges and access additional resources or opportunities.
7. **Confidence Building:** Taking the PSAT can help build test-taking confidence by providing students with practice in a low-stakes environment. It reduces anxiety for the SAT by making the test-taking experience more familiar.
8. **Score Reports:** The PSAT provides a detailed score report that includes not only the test scores but also a predicted SAT score range, helping students understand how they might perform on the SAT.
9. **Improvement and Goal Setting:** The results can guide students in setting academic goals and making a plan to improve their performance before the SAT.
10. **Educational Resources:** The PSAT score report often comes with access to free test preparation resources, which can be a valuable tool for further study and improvement.

Overall, the PSAT is a valuable tool for students to assess their academic skills, prepare for future standardized tests, and explore opportunities for scholarships and college planning.

What subjects are tested on the PSAT?

There is a Reading and Writing Section and a Math Section. There is not an essay given on the PSAT.

How do you prepare for the PSAT?

College Board provides several tools to help prepare you for the PSAT. Examples are the Blue Book App and Khan Academy both are free. For more information here is a link to the college board website: [Preparing for the PSAT/NMSQT](#)