

PSAT, ACT & SAT TESTING- FREQUENTLY ASKED QUESTIONS

JUNIORS – FALL 2026

What is the PSAT?

The practice SAT/National Merit Qualifying test is an opportunity for students to become familiar with standardized testing. DLS has already registered and paid for all of our juniors. Testing Day is Wednesday, October 14 at De La Salle at 8:00 a.m. Students will be assigned a classroom for testing. [PSAT Student Guide](#)

Do I need to take the SAT and ACT?

The answer used to be Yes, and now it is Maybe. We currently have over 2,000 colleges that are test-optional and do not require applicants to submit SAT/ACT scores. That is the majority of major 4-year colleges. For the most up-to-date list of colleges, please visit [Fair Test](#). About 30+ colleges require testing. The UC and Cal State systems are currently Test Free and do not use SAT/ACT scores. The Cal States are not currently reviewing their Test Free policy. However, the UC Board of Regents will be reviewing this policy in the Spring of 2027 and considering whether or not to require the SAT/ACT in the coming future. With this in mind, students may want to take the test in case it will be required. The NCAA no longer requires SAT/ACT scores for eligibility. Check this updated list of [SAT and ACT Policies and Score Ranges for Popular Colleges and Universities](#).

Students who are naturally strong test-takers may choose to take the tests. Once PSAT scores are available (students will receive an email from the College Board), you may determine if you are a strong test-taker and wish to take the SAT and/or ACT.

When should I take the SAT and ACT?

If you decide to take the SAT/ACT, the general recommended timeline is in the Spring of Junior year. Students can take their first ACT in February, April, or June AND/OR their first SAT in March, May, or June. Students currently enrolled in advanced Math coursework may choose to start testing in the Winter (Dec/Jan).

The ACT and SAT test makers create the exams for spring semester juniors based on the curriculum a spring semester junior should have encountered in class. All colleges in the United States equally accept the ACT or SAT. Over the summer, the student can further prepare based on his first exam. The student then re-takes the exam in August, September, or October of their senior year.

How and when should I register for the SAT and/or ACT?

Students must create a SAT and/or ACT testing account. If a parent is creating an account on behalf of your son, be sure to use their legal name and email and inform them of the password. Once they have done so, they can register and select an exam date and a location near their home. The College Board administers the SAT, and to create an account and register: www.sat.org. ACT, Inc. administers the ACT and to create an account and register: www.actstudent.org. Register for future spring dates months in advance. Test locations are limited and fill up quickly. Please keep the fall

test dates available for current seniors. It has been challenging to find open local test centers. DLS may plan to offer an SAT School Day in March for interested juniors, we will keep you updated by Jan/Feb.

How can I prepare now for the upcoming spring SAT/ACT?

Both the SAT and the ACT are geared toward the junior year curriculum. This means that the best overall preparation for the tests is a strong focus on current coursework.

After taking the PSAT, you can set up a customized study program for free through [Khan Academy](#) using your test results. You can also access test prep for ACT through [ACT Academy](#).

Should I sign up for a SAT/ACT private tutor or class now?

Not yet. You may be receiving mail from test prep companies that strongly encourage you to take a course and make guarantees of large score increases. Test prep is a BIG business. The kinds of score increases that are promised may not be common. Recent research studies reflect much more modest gains of 20 to 30 points on average following test prep. College Board estimates that students raise their scores an average of 30 points simply by taking the test a second time. While some test prep companies want to maximize their customer base by encouraging early test prep, the industry recommendation is to prepare 6 weeks before your scheduled exam. Since we encourage our students to take the exam twice, it would be most cost-effective to wait until after the first exam to do any intensive test prep.

Junior year grades are a priority, and adding test prep at this time may take away focus from schoolwork. Additionally, starting test prep early in the Junior year may result in test prep fatigue. Many students focus on test prep during Christmas/Spring/Summer break.

About 20% of our DLS students choose to do extensive test prep with a private tutor or class. Students must be motivated and have the time in their schedules to do this. Extensive test prep courses and individual tutoring can be very costly. Before committing to a program that you may not need, consider the free and low-cost options available and your schedule.

Does DLS offer Test Prep?

Yes, we are a partner with Revolution Prep, which offers DLS students free practice digital PSAT, digital SAT, and a practice ACT test. Please see details below:

- PSAT/NMSQT Practice Exam: Saturday, September 12 | 9:00 am - 12:00 pm
Proctored online via Zoom
- SAT Practice Exam: Saturday, Oct. 31, Jan. 23 | 9:00 am - 12:00 pm
Proctored online via Zoom
- ACT Practice Exam: Saturday, Oct. 17, Nov. 7, Jan. 30 | 9:00 am - 1:00 pm
Proctored online via Zoom

*Please note that these live exams are proctored in standard time only. If you have been approved for an extended time accommodation, go ahead and register for the exam. Then, use [this ACT self-proctoring manual](#) or this [SAT suite self-proctoring manual](#) to walk you through the process of using our on-demand video proctor with extended time.

Step 1: Register here: [De La Salle High School registration landing page](#)

Step 2: Your scores will be available immediately upon completing the test.

Revolution Prep also offers free Webinars and Fee based group or individual Testing Tutoring. Click the landing page above for more information.

Questions? If you have questions or want to learn more about Revolution Prep, you can reach out to Tessa Selch at +1 (206) 602-2547 or by email at tessa.selch@revolutionprep.com.