Recommended SAT study schedule

At least 30-40 hours of meaningful SAT preparation before test day.

For high school juniors preparing for the spring SAT, I would recommend:

- **November–December:** Review PSAT scores and identify areas needing improvement.
- **January:** Begin studying 30 minutes, three days per week.
- **February:** Increase to 30–45 minutes, four days per week.
- **March:** Study 4–5 hours per week, focusing on weaker areas and timed practice.
- **April:** Complete a full-length practice SAT, review mistakes, and continue targeted preparation before the test.

Best free SAT preparation resources

- Khan Academy SAT Prep Free lessons and practice in Math, Reading, and Writing.
- College Board Bluebook Official full-length digital SAT practice tests.
- College Board My Practice Review scores, missed questions, and personalized practice recommendations.

Weekly Study Guide

January - Build your foundation

☐ Jan. 4–10: Review your PSAT score report and identify two skills to improve.
☐ Jan. 11–17: Complete 30 minutes of Math and 60 minutes of Reading and Writing practice.
☐ Jan. 18–24: Practice algebra, grammar, and punctuation.
☐ Jan. 25–31: Complete targeted practice and review missed questions.

February - Strengthen your skills

☐ Feb. 1–7: Practice algebra, equations, and problem-solving.
☐ Feb. 8–14: Practice reading comprehension, vocabulary in context, and grammar.
☐ Feb. 15–21: Complete timed practice sets and review mistakes.
☐ Feb. 22–28: Take your first full-length Bluebook practice SAT and review results.

March - Improve accuracy and timing

☐ Mar. 1–7: Study your three weakest skills from your practice test.
☐ Mar. 8–14: Practice advanced math, graphs, and Desmos calculator skills.
☐ Mar. 15–21: Complete timed Reading and Writing modules and review answers.
☐ Mar. 22–28: Take your second full-length Bluebook practice SAT and compare scores.
☐ Mar. 29–Apr. 4: Review mistakes and focus on areas with the greatest opportunity for improvement.

April -Prepare for test day
☐ Apr. 5–11: Take your final full-length practice SAT and review results.
☐ Apr. 12–18: Review formulas, grammar rules, timing, and common mistakes.
☐ Apr. 19–20: Complete a short review, prepare your materials, and get plenty of sleep.

April 21st SAT Test Day!