

## Parents' Guide to SAT Prep

### Introduction

As a parent, your support plays a crucial role in your child's SAT preparation. This guide provides insights on how you can help them stay motivated, manage their study time effectively, and access the best resources for success.

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### Understanding the SAT

- ✔ **What is the SAT?** – A standardized test used for college admissions in the U.S., assessing Reading, Writing, and Math skills.
  - ✔ **SAT Matters** – A good SAT score greatly improves the chances of scoring admission at top colleges, even for colleges that technically mention that SAT score submission is optional.
  - ✔ **Test Format** – The SAT consists of two sections: Reading & Writing (64 minutes) and Math (70 minutes).
  - ✔ **Scoring** – The total score ranges from 400-1600, based on performance in both sections.
  - ✔ **Test Dates** – The SAT is offered multiple times per year. Check the official College Board website for the latest schedule.
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### How to Support Your Child

#### 1. Set Realistic Goals

- Discuss target colleges and score requirements.
- Encourage goal setting based on a diagnostic test.
- Break down preparation into manageable milestones.

#### 2. Create a Conducive Study Environment

- Ensure a quiet, distraction-free study space.
- Provide necessary study materials and access to online resources.
- Encourage a study routine with consistent timing.

#### 3. Help Them Stay on Track

- Monitor progress without micromanaging.
- Remind them of study schedules and deadlines.

- Encourage the use of an SAT mistake tracker to analyse errors.

#### 4. Provide Emotional Support

- Reduce stress by promoting a balanced routine with breaks.
- Reinforce a growth mindset – mistakes are opportunities to learn.
- Celebrate small achievements to boost confidence.

#### 5. Explore Test Prep Options

- **Self-Study** – Best for disciplined students using books and online resources.
- **Tutoring Programs** – Ideal for structured learning and expert guidance.
- **SAT Prep Courses** – Help with strategy and test-taking techniques.

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### Key SAT Prep Resources

 **Official SAT Study Guide** – Provided by the College Board.

 **Online Practice Tests** – Available for free on the College Board and Khan Academy websites.

 **Ivystrides SAT Prep Programs** – Tailored coaching to help students maximize their scores.

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### Test Day Tips for Parents

- ✓ Ensure your child gets a full night's rest before test day.
- ✓ Prepare necessary test materials (charged device, ID, admission ticket).
- ✓ Plan a healthy breakfast for sustained energy.
- ✓ Arrive early at the test center to reduce last-minute stress.
- ✓ Offer encouragement and remind them to stay calm and confident.

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### Final Thoughts

Your role as a parent is to **support, encourage, and guide** without adding pressure. By helping your child stay organized and confident, you contribute significantly to their SAT success.

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## About IvyStrides 🎓

IvyStrides is a premier **SAT preparation academy** dedicated to helping students achieve their dream college admissions through **expert-led instruction, structured learning programs, and data-driven strategies**. We believe that **education should be accessible and effective**, providing students with the right resources to succeed.

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