

# PSAT/NMSQT

## Information & Tips

*The PSAT/NMSQT (Preliminary SAT / National Merit Scholarship Qualifying Test) is a practice test for the SAT. If you plan to go to college, there are a number of reasons you should take the PSAT/NMSQT.*

### WHY TAKE THE PSAT/NMSQT

- ▶ The PSAT/NMSQT is good practice for the SAT (and also the ACT). When you get your scores back, you can see what areas you need to work on.
- ▶ You find out how your skills compare to the skills of other college bound students.
- ▶ Exceptionally high scores your junior year can lead to scholarship opportunities.

### ABOUT THE TEST

The PSAT/NMSQT includes assessments in Reading, Writing and Language, and Math. The test is mostly multiple choice and takes approximately three hours.

### WHEN TO TAKE THE PSAT/NMSQT

The PSAT/NMSQT is primarily for juniors; however, sophomores often take it for practice. This test is given in October at your high school, or a school nearby.

### HOW IT'S SCORED

Students receive a total score (320 - 1520) and two section scores: one for Reading and Writing and one for Math. Scores are available in December.

**Questions? Visit [collegeboard.org](https://collegeboard.org) or see your counselor.**

# HOW TO PREPARE



Ask your school counselor when the PSAT/NMSQT will be given—and how to sign up for it.



To become familiar with the test format and the types of questions asked, take at least one full-length practice test. Time yourself, and go over the questions you got wrong.

You can find a free, full-length practice test at [collegeboard.org](https://collegeboard.org).



College Board partners with Khan Academy to provide valuable test prep materials. You can connect to these resources at [collegeboard.org](https://collegeboard.org) or you can visit [khanacademy.org/sat](https://khanacademy.org/sat) directly.

***Following a strong college prep program in high school is the best preparation for the PSAT/NMSQT!***

## TIPS FOR TEST DAY

These tips will help ensure that you are able to perform your best on the PSAT/NMSQT.

**Be well rested.** Cramming the night before the test won't do any good. Get a good night's sleep, and eat a good breakfast the morning of the test.

**Dress in layers.** Dress in layers so that you'll be comfortable no matter what the temperature of the room is.

**Have what you need.** Bring two #2 pencils with erasers, a watch, and an approved calculator.

**Relax, be confident, and do your best!**