

## Stress-free 8-week SAT\* prep plan

### AIM

- learn one thousand words
- practice all sections of the test
- take 6 full-length practice tests
- write 8 essays

### METHOD

- start slowly – build up speed
- systematic learning, testing and reviewing
  
- work just one hour a day for the first five weeks
- work two to three hours a days for three weeks

### YOU NEED

- a notebook for rough work, with section for your personal vocabulary lists
- a copy of the Official SAT Study Guide for the New SAT
- access to *major**tests*** mini tests on all the subject area
- *major**tests*** 10 wordlists (print the pdf files)

### PRINT OUT THE PLAN

**Put the weekly plan on your notice board**

**Tick off items as you complete them**

**Record scores and put reminders in the space provided**

**Be disciplined but not too rigid – reward yourself with holidays**

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## Week 1

<b>MONDAY</b>		<u>Notes/scores</u>
Learn 20 words	<i>Majortests</i> <b>word list 1</b> , groups 1 & 2	.....
Practice sentence completion	<i>Majortests</i> <b>sentence completion</b> minitests 1 & 2	.....
Review	Write down new words; review errors/study explanations	.....
<b>TUESDAY</b>		
Learn 20 words	<i>Majortests</i> <b>word list 1</b> , groups 3 & 4	.....
Practice reading comprehension	<i>Majortests</i> <b>reading comprehension</b> minitests 1 & 2	.....
Review	Review errors; test yourself on yesterday's words	.....
<b>WEDNESDAY</b>		
Learn 20 words	<i>Majortests</i> <b>word list 1</b> , groups 5 & 6	.....
Practice grammar	<i>Majortests</i> <b>grammar</b> minitests 1 & 2 (identification of sentence errors)	.....
Review	Review errors/study explanations	.....
<b>THURSDAY</b>		
Learn 20 words	<i>Majortests</i> <b>word list 1</b> , groups 7 & 8	.....
Practice math problem solving	<i>Majortests</i> <b>problem solving</b> minitests 1 & 2	.....
Review	Try to solve the ones you got wrong, then read explanations	.....
<b>FRIDAY</b>		
Learn 20 words	<i>Majortests</i> <b>word list 1</b> , groups 9 & 10	.....
Practice math "grid-ins"	<i>Majortests</i> <b>"grid-ins"</b> minitests 1 & 2	.....
Review	Try to solve the ones you got wrong, then read explanations	.....
<b>SATURDAY</b>		
Revise	<i>Majortests</i> <b>word list 1</b> – test yourself	.....
Write essay	Find <b>essay</b> prompt from <i>Majortests</i> or <i>Official Guide</i>	.....
Review	Get your essay graded (or try <i>Majortests</i> essay self-grader)	.....

## Week 2

MONDAY		<u>Notes/scores</u>
Learn 30 words	<i>Majortests</i> <b>word list 2</b> , groups 1, 2 & 3	.....
Practice sentence completion	<i>Majortests</i> <b>sentence completion</b> minitests 3 & 4	.....
Review	Review errors; test yourself on yesterday's words	.....
TUESDAY		
Learn 30 words	<i>Majortests</i> <b>word list 2</b> , groups 4, 5 & 6	.....
Practice reading comprehension	<i>Majortests</i> <b>reading comprehension</b> minitests 3, 4 & 5	.....
Review	Review errors; test yourself on yesterday's words	.....
WEDNESDAY		
Learn 30 words	<i>Majortests</i> <b>word list 2</b> , groups 7, 8 & 9	.....
Practice grammar	<i>Majortests</i> <b>grammar minitests</b> 3 & 4 (identification of sentence errors)	.....
Review	Read explanations. From now on remember to revise yesterday's words without being reminded!	.....
THURSDAY		
Learn 30 words	<i>Majortests</i> <b>word list 2</b> , group10; <b>list 3</b> , groups 1 & 2	.....
Practice math problem solving	<i>Majortests</i> <b>problem solving</b> minitests 3 & 4	.....
Review	Try to solve the ones you got wrong then read explanations	.....
FRIDAY		
Learn 30 words	<i>Majortests</i> <b>word list 3</b> , groups 3, 4 & 5	.....
Practice math "grid-ins"	<i>Majortests</i> <b>"grid-ins"</b> minitests 3 & 4	.....
Review	Try to solve the ones you got wrong then read explanations	.....
SATURDAY		
Revise	<i>Majortests</i> <b>word list 2</b> – test yourself; write down problem words	.....
Write essay	Find <b>essay</b> prompt from <i>Majortests</i> or <i>Official Guide</i>	.....
Review	Get your essay graded (or try <i>Majortests</i> essay self-grader)	.....

## Week 3

<b>MONDAY</b>		<u>Notes/scores</u>
Learn 30 words	<i>Majortests</i> <b>word list 3</b> , groups 6, 7 & 8	.....
Practice sentence completion	<i>Majortests</i> <b>sentence completion</b> minitests 5 & 6	.....
Review	Review errors/study explanations	.....
<b>TUESDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 3</b> , groups 9 & 10; <b>list 4</b> , group 1	.....
Practice reading comprehension	<i>Majortests</i> <b>reading comprehension</b> minitests 6, 7 & 8	.....
Review	Review errors/study explanations	.....
<b>WEDNESDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 4</b> , groups 2, 3 & 4	.....
Practice grammar	<i>Majortests</i> <b>grammar minitests</b> 5 & 6 (identification of sentence errors)	.....
Review	Review errors/study explanations	.....
<b>THURSDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 4</b> , groups 5, 6 & 7	.....
Practice math problem solving	<i>Majortests</i> <b>problem solving</b> minitests 5 & 6	.....
Review	Try to solve the ones you got wrong then read explanations	.....
<b>FRIDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 4</b> , groups 8, 9 & 10	.....
Practice math "grid-ins"	<i>Majortests</i> <b>"grid-ins"</b> minitests 5 & 6	.....
Review	Try to solve the ones you got wrong then read explanations	.....
<b>SATURDAY</b>		
Revise	<i>Majortests</i> <b>word lists 4 AND 5</b> – test yourself; write down problem words	.....
Write essay	Find <b>essay</b> prompt from <i>Majortests</i> or <i>Official Guide</i>	.....
Review	Get your essay graded (or try <i>Majortests</i> essay self-grader)	.....

## Week 4

<b>MONDAY</b>		<u>Notes/scores</u>
Learn 30 words	<i>Majortests</i> <b>word list 5</b> , groups 1, 2 & 3	.....
Practice sentence completion	<i>Majortests</i> <b>sentence completion</b> minitests 7 & 8	.....
Review	Review errors/study explanations	.....
<b>TUESDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 5</b> , groups 4, 5 & 6	.....
Practice reading comprehension	<i>Majortests</i> <b>reading comprehension</b> minitests 9,10 & 11	.....
Review	Review errors/study explanations	.....
<b>WEDNESDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 5</b> , groups 7, 8 & 9	.....
Practice grammar	<i>Majortests</i> <b>grammar minitests</b> 7, 8 & 9 (sentence correction)	.....
Review	Review errors/study explanations	.....
<b>THURSDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 5</b> , group10; <b>list 6</b> , groups 1 & 2	.....
Practice math problem solving	<i>Majortests</i> problem solving minitests 7, 8 & 9	.....
Review	Try to solve the ones you got wrong then read explanations	.....
<b>FRIDAY</b>		
Learn 30 words	<i>Majortests</i> <b>word list 6</b> , groups 3, 4 & 5	.....
Practice math "grid-ins"	<i>Majortests</i> " <b>grid-ins</b> " minitests 7, 8 & 9	.....
Review	Try to solve the ones you got wrong then read explanations	.....
<b>SATURDAY</b>		
Revise	<i>Majortests</i> <b>word list 5</b> – test yourself; write down problem words	.....
Write essay	Find <b>essay</b> prompt from <i>Majortests</i> or <i>Official Guide</i>	.....
Review	Get your essay graded (or try <i>Majortests</i> essay self-grader)	.....

## Week 5

MONDAY		<u>Notes/scores</u>
Learn 30 words	<i>Majortests</i> <b>word list 6</b> , groups 6, 7 & 8	.....
Practice sentence completion	<i>Majortests</i> <b>sentence completion</b> minitests 9 & 10	.....
Review	Review errors/study explanations	.....
TUESDAY		
Learn 30 words	<i>Majortests</i> <b>word list 6</b> , groups 9 & 10; <b>list 7</b> , group 1	.....
Practice reading comprehension	<i>Majortests</i> <b>reading comprehension</b> minitests 12, 13 & 14	.....
Review	Review errors/study explanations	.....
WEDNESDAY		
Learn 30 words	<i>Majortests</i> <b>word list 7</b> , groups 2, 3 & 4	.....
Practice grammar	<i>Majortests</i> <b>grammar</b> minitests (editing in context 1 & 2)	.....
Review	Review errors/study explanations	.....
THURSDAY		
Learn 30 words	<i>Majortests</i> <b>word list 7</b> , groups 5, 6 & 7	.....
Practice math problem solving	<i>Majortests</i> <b>problem solving</b> minitests 10, 11 & 12	.....
Review	Try to solve the ones you got wrong, then read explanations	.....
FRIDAY		
Learn 30 words	<i>Majortests</i> <b>word list 7</b> , groups 8, 9 & 10	.....
Practice math "grid-ins"	<i>Majortests</i> <b>"grid-ins"</b> minitests 10, 11 & 12	.....
Review	Try to solve the ones you got wrong, then read explanations	.....
SATURDAY		
Revise	<i>Majortests</i> <b>word lists 6 AND 7</b> – test yourself; write down problem words	.....
Write essay	Find <b>essay</b> prompt from <i>Majortests</i> or <i>Official Guide</i>	.....
Review	Get your essay graded (or try <i>Majortests</i> essay self-grader)	.....

**Be proud of yourself!**

You have learned and revised 700 words

You have done hundreds of practice questions in math, grammar and critical reading

You should also have written 5 practice essays

**Make a commitment to do all the rest of the tests under timed conditions**

**Now is the time to get help if you are struggling with any area of the test**

You could read the advice in the introductory chapters of the Official Guide, or

consult a teacher, or

study with some friends

## Week 6

<b>MONDAY</b>		<u>Notes/scores</u>
Learn 20 words	<i>Majortests word list 8</i> , groups 1 and 2	.....
Test practice (CR)	Do all three <b>critical reading</b> sections of the first full-length test from the OG (70 minutes)	.....
Review	Review the test; write down new words	.....
<b>TUESDAY</b>		
Learn 20 words	<i>Majortests word list 8</i> , groups 3 and 4	.....
Test practice (Math)	Do all three <b>math</b> sections from the first full-length test from the OG (70 minutes)	.....
Review	Review the test	.....
<b>WEDNESDAY</b>		
Learn 20 words	<i>Majortests word list 8</i> , groups 5 & 6	.....
Review	Work on any areas of weakness from the math sections. Solve the problems that you got wrong again	.....
Review	Learn new words from your personal list	.....
<b>THURSDAY</b>		
Learn 20 words	<i>Majortests word list 8</i> , groups 7 & 8	.....
Test practice (Writing)	Do <b>essay and grammar</b> sections from the first full-length test (60minutes)	.....
Review	Revise the test. Grade the essay. Look up troublesome grammar rules	.....
<b>FRIDAY</b>		
Learn 20 words	<i>Majortests word list 8</i> , groups 9 & 10	.....
Practice <b>FULL Test</b>	Do the whole of the second <b>full-length test</b> . (If you leave out the essay this will take you 175 minutes)	.....
Review	Review the <b>math problems</b> that you got wrong. Look up new words	.....
<b>SATURDAY</b>		
Revise	<i>Majortests word list 6</i> – test yourself; write down problem words	.....
Write essay	Write the <b>essay</b> from the second test you did this week	.....
Review	Review <b>critical reading</b> and <b>writing</b> sections from the last test and note down any areas to be followed up. Learn the words from your personal list	.....

## Week 7

		<u>Notes/scores</u>
<b>MONDAY</b>		
Learn 20 words	<i>Majortests word list 9</i> , groups 1 & 2	.....
Test practice (CR)	Do all three <b>critical reading</b> sections of the third full-length test from the OG (70 minutes)	.....
Review	Review the test; write down new words	.....
<b>TUESDAY</b>		
Learn 20 words	<i>Majortests word list 9</i> , groups 3 & 4	.....
Test practice (Math)	Do all three <b>math</b> sections from the third full-length test (70 minutes)	.....
Review	Review the test	.....
<b>WEDNESDAY</b>		
Learn 20 words	<i>Majortests word list 9</i> , groups 5 & 6	.....
Review	Work on any areas of weakness from the math. Solve the problems that you got wrong again	.....
Review	Learn new words from your personal list	.....
<b>THURSDAY</b>		
Learn 20 words	<i>Majortests word list 9</i> , groups 7 & 8	.....
Test practice (Writing)	Do <b>essay</b> and <b>grammar</b> sections from the third full-length test (60minutes)	.....
Review	Revise the test. Grade the essay. Look up troublesome grammar rules	.....
<b>FRIDAY</b>		
Learn 20 words	<i>Majortests word list 9</i> , groups 9 & 10	.....
Practice FULL Test	Do the whole of the fourth <b>full-length test</b> . (If you leave out the essay this will take you 175 minutes)	.....
Review	Review the <b>math</b> problems that you got wrong. Look up new words	.....
<b>SATURDAY</b>		
Revise	<i>Majortests word list 9</i> – test yourself; write down problem words. Learn the words from your personal list	.....
Write essay	Write the <b>essay</b> from the second test you did this week	.....
Review	Review <b>writing</b> and <b>critical reading</b> sections from the last test and note down any areas to be followed up	.....

## Week 8

MONDAY		<u>Notes/scores</u>
Learn 20 words	<i>Majortests word list 10</i> , groups 1 & 2	.....
Test practice (CR)	Do all three <b>critical reading</b> sections of the fifth full-length test from the OG (70 minutes)	.....
Review	Review the test; write down new words	.....
TUESDAY		
Learn 20 words	<i>Majortests word list 10</i> , groups 3 and 4	.....
Test practice (Math)	Do all three <b>math</b> sections from the fifth full-length test (70 minutes)	.....
Review	Review the test	.....
WEDNESDAY		
Learn 20 words	<i>Majortests word list 10</i> , groups 5 & 6	.....
Review	Work on any areas of weakness from the math. Solve the problems that you got wrong again	.....
Review	Learn new words from your personal list	.....
THURSDAY		
Learn 20 words	<i>Majortests word list 10</i> , groups 7 & 8	.....
Test practice (Writing)	Do <b>essay</b> and <b>grammar</b> sections from the fifth full-length test (60minutes)	.....
Review	Revise the test. Grade the essay. Look up troublesome grammar rules	.....
FRIDAY		
Learn 20 words	<i>Majortests word list 10</i> , groups 9 & 10	.....
Practice FULL Test	Do the whole of the sixth <b>full-length test</b> . (If you leave out the essay this will take you 175 minutes)	.....
Review	Review the math problems that you got wrong. Look up new words	.....
SATURDAY		
Revise	<i>Majortests word list 10</i> – test yourself; write down problem words. Learn the words from your personal list	.....
Write essay	Write the essay from the second test you did this week	.....
Review	Review <b>writing</b> and <b>critical reading</b> sections from the last test and note down any areas to be followed up	.....

## Congratulations!

You have completed 6 full-length practice tests (four of them under timed conditions)

You have learned 1000 words

There are still two more tests in the *Official SAT study guide* that you can attempt if you have time, or that you can do after getting some help on your weak spots.

There are also some more essay topics to practice in the *major**tests*** essay section if you need more practice.

All that remains is to finish learning the new words that you have been writing down and you will have done a really good job of reaching your potential best SAT score.