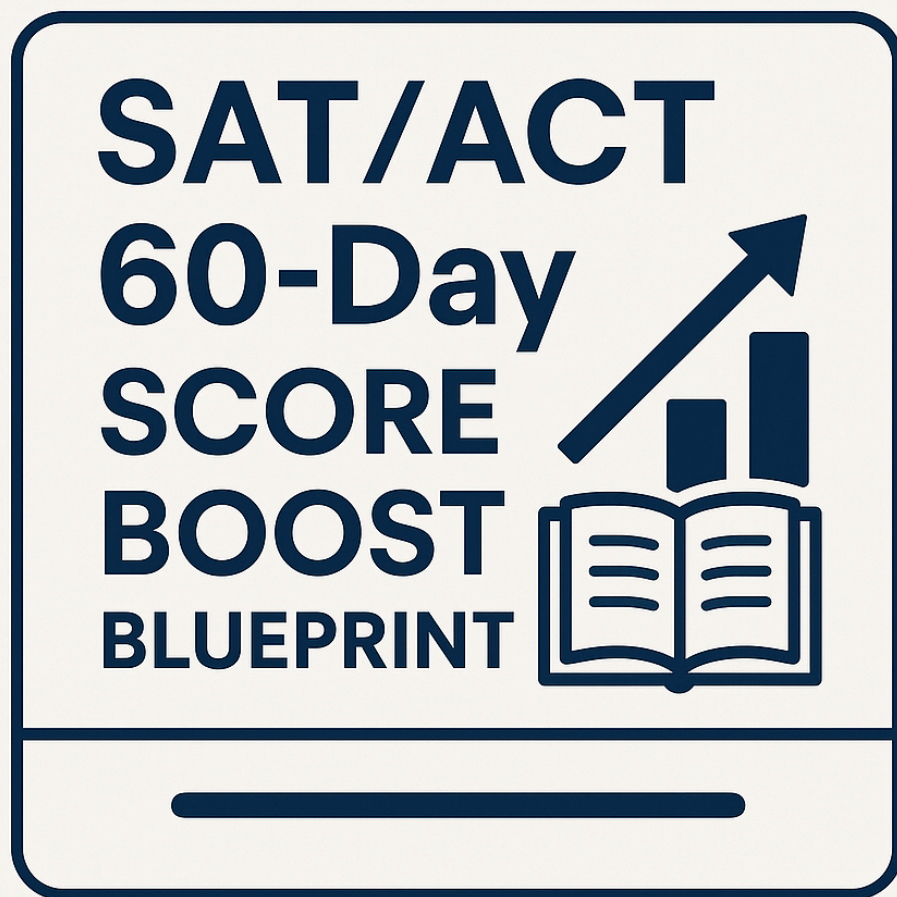




SAT/ACT 60-Day Score Boost

Blueprint

Transform Your College Prep with Our Proven Study System





Who This Plan Is For

- Students testing in 6–9 weeks
- Students aiming for a **100–150 point SAT** or **2–4 point ACT** increase
- Students scoring in the 900–1250 SAT or 18–26 ACT range

How to Use This Blueprint

Choose Your Path:

- **SAT Focus:** Follow SAT-specific sections
- **ACT Focus:** Follow ACT-specific sections
- **Both Tests:** Alternate weeks between SAT and ACT prep

Daily Time Commitment: 90-120 minutes (can be split into sessions)

Materials Suggested:

- Official SAT/ACT prep books
- Khan Academy (free SAT prep)
- ACT Academy (free ACT prep)
- Practice tests

Activities:

Quick Study Activities (15 minutes or less)

- **Get to Know the Testing Platform**

Familiarity breeds confidence. While you can't study in your official testing room, you *can* get comfortable with the digital tools used during your test. For the SAT, explore the Bluebook app's **Test Preview** to practice using tools like the highlighter, annotation feature, flag for review, line reader, and answer eliminator.



For the ACT, explore **online tools or interface tutorials** provided by your prep resource or ACT's official testing site to get a feel for test navigation.

- **Targeted Question Practice**

Use a **customizable question bank** (like Bluebook's Student Question Bank for SAT or a trusted ACT prep platform) to build short quizzes focused on your weakest areas. Choose subject, topic, and difficulty to zero in on the skills you want to boost.

- **Quick Tip:**

Already taken a practice test? Use your score report to identify the content areas that need improvement. Build mini quizzes targeting those skills. Export or save questions without answer explanations first. After attempting them, review your work with full explanations.

Moderate Study Activities (15 minutes to an hour)

- **Video or Lesson Review**

Log in to **Khan Academy (SAT)**, **ACT Academy**, or your test prep provider's portal to review key concepts through short lessons, videos, and examples. Focus on the sections where you scored lowest.

- **Skill Booster Review**

Take 15–45 minutes to revisit missed questions from a past test. Don't just check the right answer—analyze *why* you missed it.

Ask yourself:



- Did I misread the question?
- Was I tricked by a distractor?
- Do I need to review this topic again?
- **Teach It Back**

Take one or two tough problems and write or speak your own explanation out loud.

Use personal examples to make it stick.

Example: Imagine using the **distance formula** to plan a road trip, or learning **comma rules** by writing about your favorite sports team.

Extended Study Activity (More than an hour)

- **Take a Full-Length Practice Test**

Simulate test day with a full-length, timed practice test from **Bluebook (SAT)** or a **released ACT test**. This builds endurance, reveals pacing issues, and helps identify content gaps.

Access SAT practice under “Full-Length Practice” in Bluebook.

For ACT, use printable or online official tests from act.org or a prep platform.

- **Best Practice:**

Take your full-length test at least **2 weeks before test day**. Use your results to guide future study sessions using the quick and moderate activities above.

- **Bonus Tip:**

Can't complete the test in one sitting? No problem. For SAT, Bluebook saves your



progress for 90 days. For ACT, split sections into study blocks and simulate timing separately.

Before you begin, figure Out Your Baseline Score:

Establishing Your Baseline and Target Scores (SAT & ACT)

Start with a Baseline Score

To create an effective study plan, you first need to assess your current test-taking abilities. This **baseline score** is what you'd likely earn if you took the ACT or SAT today—without any formal studying. Knowing this starting point helps determine how much prep time you need and how intensive your study schedule should be.

To establish your baseline:

- Take an official SAT (via Bluebook) or ACT practice test.
- Simulate real test conditions: find a quiet space, time each section accurately, and use only the tools allowed on test day (e.g., approved calculator).
- The more realistic your practice, the more useful and honest your score will be.

You'll also begin reducing test-day anxiety by becoming familiar with the format, pacing, and environment.

- **Determine Your Target Score**

Your **target score** is the result you want to achieve on test day—ideally, a score that positions you well for admission to all the schools you're considering.

- Here's how to set it:



- Make a list of your top colleges.
- Find the **average ACT/SAT scores** for admitted students at each school.
- Choose the **highest average** from that list as your target score. This ensures you're in a strong position for all your choices.
- **Want to stand out?**

Look up the **75th percentile scores** for your top schools. Scoring in or above that range means you're outperforming the majority of applicants, making you a more competitive candidate for admissions and scholarships.

Establish Intensity and Timeline

- Once you have your baseline and target test scores, you can use them to determine the duration and intensity of your study plan. Start by finding the difference between the two scores. Knowing how much you need to increase your score to reach your target score will tell you how much to study each week leading up to the test.
- Here is a quick guide to help you figure out how many hours per week you need to study:

SAT

- 0 to 10 points: 2.5 hours.
- 10 to 100 points: 5 hours.
- 100 to 150 points: 10 hours.
- 150 to 200 points: 20 hours.



- 200+ points: 40 hours.

ACT

- Improve by 0 to 1 points: 10 hours
 - Improve by 1 to 2 points 20 hours
 - Improve by 2 to 4 points: 40 hours
 - Improve by 4 to 6 points: 80 hours
 - Improve by 6 to 9 points: More than 150 hours.
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- Try to be realistic when creating your timeline. Consider your other commitments when determining how much time you can allot to studying each week in order to avoid overworking yourself. Keep your normal study habits in mind as well. For example, if you know you tend to procrastinate, be sure to start early and account for a bit of extra time in your schedule so you won't end up cramming in study sessions at the last moment.

Choose a Test Date

- **Choose Your Test Date Strategically**

Try to plan and select an **ACT or SAT date** that gives you enough time to spread out your studying over several weeks or months. You'll want to choose a date that also ensures your scores will be **available before your college application deadlines**, including early action or scholarship cutoff dates.



- **Gather the Right Study Materials**

To prepare effectively for the **ACT or SAT**, you'll need access to reliable study resources. You can find **official SAT practice tests** on the College Board website, along with free, personalized practice through **Khan Academy**. For the **ACT**, visit act.org for official practice tests and use platforms like **ACT Academy**, **UWorld**, or trusted prep books.

- Whether you prefer online tools, printed prep books, or full review courses, using **official materials** and **targeted resources** is key to building confidence and raising your score.

PHASE 1: FOUNDATION (Days 1-20)

Build Your Base & Identify Weaknesses

Week 1: Diagnostic & Strategy

Day 1-2: Take Diagnostic Tests

- SAT: Full practice test #1
- ACT: Full practice test #1
- Score and identify the weakest sections

Day 3-4: Analyze Results

- Create a weakness priority list
- Set target scores for each section
- Plan section focuses schedule



Day 5-7: Learn Test Strategies

- **SAT:** Process of elimination, time management per section
- **ACT:** Pacing strategies, question type recognition
- **Both:** Guessing strategies, calculator vs. no-calculator tactics

Week 2-3: Content Review

Daily Schedule (90 minutes):

- 30 min: Weakest subject content review
- 30 min: Practice problems (20 questions)
- 30 min: Review mistakes and note patterns

SAT Focus Areas:

- **Math:** Algebra, geometry, data analysis
- **Reading:** Passage types, evidence-based questions
- **Writing:** Grammar rules, style questions

ACT Focus Areas:

- **Math:** Pre-algebra through trigonometry
- **English:** Grammar, rhetoric, style
- **Reading:** Passage strategies, timing
- **Science:** Data interpretation, research summaries

PHASE 2: SKILL BUILDING (Days 21-40)

Target Your Weak Areas & Build Speed



Week 4-5: Intensive Practice

Daily Schedule (100 minutes):

- 40 min: Timed section practice (rotate focus)
- 30 min: Untimed practice on the hardest question types
- 30 min: Mistake analysis and concept review

SAT Section Rotation:

- **Monday:** Math
- **Tuesday:** Reading
- **Wednesday:** Math
- **Thursday:** Writing & Language
- **Friday:** Mixed review
- **Weekend:** Full practice test

ACT Section Rotation:

- **Monday:** Math
- **Tuesday:** English
- **Wednesday:** Reading
- **Thursday:** Science
- **Friday:** Mixed review
- **Weekend:** Full practice test

Week 6: Speed & Accuracy

Focus: Getting comfortable with time pressure

- Take 2 full practice tests this week



- Time individual sections strictly
- Practice educated guessing strategies

Daily Drills (45 minutes):

- 15 min: Speed rounds (quick, easy questions)
- 15 min: Medium difficulty under time pressure
- 15 min: Review and strategy refinement

PHASE 3: MASTERY (Days 41-60)

Peak Performance & Test Day Prep

Week 7-8: Advanced Strategies

Daily Schedule (120 minutes):

- 60 min: Full timed sections (alternating subjects)
- 30 min: Hard question type practice
- 30 min: Strategy refinement

Advanced SAT Strategies:

- Cross-test scores optimization
- Evidence pair strategies
- Advanced math problem approaches

Advanced ACT Strategies:

- Science passage prediction techniques
- Reading passage attack strategies
- English transition and style mastery



Week 9: Final Practice Tests

Take 3 full practice tests:

- Monday: Full test (timed)
- Wednesday: Full test (timed)
- Saturday: Final practice test

Between tests: Light review only, focus on maintaining confidence

SCORE TRACKING SYSTEM

Weekly Progress Check

Track These Metrics:

- Overall composite/total score
- Individual section scores
- Questions missed by category
- Time management per section
- Confidence level (1-10)

Target Score Milestones:

SAT:

Week 2: +50 points from diagnostic

Week 4: +75 points from diagnostic

Week 6: +100 points from diagnostic

Week 8: +125+ points from diagnostic

**ACT:**

Week 2: +1 point increase from diagnostic

Week 4: +2 points from diagnostic

Week 6: +3 points from diagnostic

Week 8: +4–5 points from diagnostic

SECTION-SPECIFIC STUDY GUIDES**SAT MATH****Key Topics by Priority:**

1. **Heart of Algebra:** Linear equations, systems, inequalities
2. **Problem Solving & Data:** Ratios, percentages, data interpretation
3. **Passport to Advanced Math:** Quadratics, exponentials, polynomials
4. **Additional Topics:** Geometry, trigonometry, complex numbers

Daily Practice Structure:

- 5 min: Formula review
- 20 min: Mixed practice problems
- 5 min: Calculator strategy practice

SAT READING**Passage Types & Strategies:**

1. **Literature:** Character analysis, tone, theme
2. **History/Social Studies:** Main idea, supporting evidence



3. **Science:** Data interpretation, hypothesis testing

Daily Practice Structure:

- 10 min: Vocabulary in context
- 15 min: One full passage + questions
- 5 min: Evidence-based question practice

SAT WRITING

Grammar Rules Priority:

1. **Punctuation:** Commas, semicolons, apostrophes
2. **Sentence Structure:** Run-ons, fragments, parallelism
3. **Style & Tone:** Word choice, transitions, redundancy

ACT ENGLISH

Focus Areas:

1. **Usage/Mechanics:** Grammar, punctuation, sentence structure
2. **Rhetorical Skills:** Strategy, organization, style

ACT MATH

Content Areas:

1. **Pre-Algebra:** Basic operations, factors, multiples
2. **Algebra:** Expressions, equations, inequalities
3. **Geometry:** Plane geometry, coordinate geometry



4. **Trigonometry:** Basic trig functions, identities

ACT READING

Passage Types:

1. **Prose Fiction:** Character, plot, and setting analysis
2. **Social Science:** Main ideas, supporting details
3. **Humanities:** Author's purpose, tone, style
4. **Natural Science:** Scientific concepts, data analysis

ACT SCIENCE

Question Types:

1. **Data Representation:** Charts, graphs, tables
2. **Research Summaries:** Experimental design, conclusions
3. **Conflicting Viewpoints:** Compare theories, hypotheses

SUGGESTED RESOURCES:

Free Resources

SAT:

- Khan Academy SAT Practice (personalized)
- College Board official practice tests
- SAT Daily Practice app



ACT:

- ACT Academy (free online prep)
- Official ACT practice tests
- ACT Daily Prep

STUDY TIPS FOR SUCCESS

Daily Habits

✓ Start with hardest subject when mind is fresh ✓ Take breaks every 25-30 minutes ✓ Review mistakes immediately after practice ✓ Keep an error log with patterns ✓ Practice under timed conditions daily

Weekly Habits

✓ Take one full practice test per week ✓ Review and adjust study plan based on progress ✓ Focus extra time on lowest-scoring sections ✓ Maintain consistent sleep schedule

Mental Preparation

✓ Visualize test day success ✓ Practice relaxation techniques ✓ Build confidence through consistent improvement ✓ Celebrate small wins along the way

Final Goal

- Score boost of 100–150+ points (SAT) or 2–4 points (ACT)
- Stronger test confidence and strategy mastery
- More college + scholarship options



TEST DAY SURVIVAL KIT

One Week Before

- ☐ Confirm test date, time, and location
- ☐ Prepare acceptable photo ID
- ☐ Print admission ticket
- ☐ Plan route to the test center
- ☐ Gather required materials

Night Before

- ☐ Get 8+ hours of sleep
- ☐ Prepare test day materials
- ☐ Eat a healthy dinner
- ☐ Avoid cramming - light review only
- ☐ Set multiple alarms

Test Day Morning

- ☐ Eat a protein-rich breakfast
- ☐ Arrive 30 minutes early
- ☐ Bring water and snacks
- ☐ Use the bathroom before the test starts
- ☐ Stay positive and confident

**What to Bring**

- ☐ Admission ticket and photo ID
- ☐ #2 pencils (at least 3)
- ☐ Approved calculator with fresh batteries
- ☐ Eraser
- ☐ Watch (if allowed at test center)
- ☐ Snacks and water for breaks



SAT/ACT Quick-Reference Math Formula

ALGEBRA ESSENTIALS

LINEAR EQUATIONS & SYSTEMS

📌 Slope-Intercept Form: $y = mx + b$

m = slope, b = y-intercept

📌 Point-Slope Form: $y - y_1 = m(x - x_1)$

📌 Slope Formula: $m = (y_2 - y_1) / (x_2 - x_1)$

📌 Distance Formula: $d = \sqrt{(x_2 - x_1)^2 + (y_2 - y_1)^2}$

📌 Midpoint Formula: $\left((x_1 + x_2) / 2, (y_1 + y_2) / 2 \right)$

💡 Quick Tip: Parallel lines have the same slope.

Perpendicular lines have opposite reciprocal slopes

QUADRATICS

📌 Standard Form: $ax^2 + bx + c = 0$

📌 Quadratic Formula: $x = \left[-b \pm \sqrt{b^2 - 4ac} \right] / 2a$



📌 Vertex Form: $y = a(x - h)^2 + k$

Vertex: (h, k)

📌 Factored Form: $y = a(x - r_1)(x - r_2)$

Roots: r_1, r_2

📌 Discriminant: $b^2 - 4ac$

- Positive: 2 real roots
- Zero: 1 real root
- Negative: no real roots

💡 Quick Tip: Axis of symmetry $x = -b/2a$

EXPONENTIALS & LOGS

📌 Exponential Growth: $y = a(1 + r)^t$

📌 Exponential Decay: $y = a(1 - r)^t$

📌 Compound Interest: $A = P(1 + r/n)^{nt}$

P = principal, r = rate, n = compounds/year, t = time

📌 Log Properties:



- $\log(ab) = \log(a) + \log(b)$
- $\log(a/b) = \log(a) - \log(b)$
- $\log(a^n) = n \cdot \log(a)$
- $\log_{(a)}(a) = 1$
- $\log_{(a)}(1) = 0$

💡 Quick Tip: If $\log_a(x) = y$, then $a^y = x$

GEOMETRY FUNDAMENTALS

AREA FORMULAS

📌 Rectangle: $A = \text{length} \times \text{width}$

📌 Square: $A = s^2$

📌 Triangle: $A = \frac{1}{2}bh$

📌 Parallelogram: $A = \text{base} \times \text{height}$

📌 Trapezoid: $A = \frac{1}{2}(b_1 + b_2)h$

📌 Circle: $A = \pi r^2$

📌 Sector: $A = \left(\frac{\theta}{360^\circ}\right) \times \pi r^2$

💡 Quick Tip: For irregular shapes,
break into familiar shapes

VOLUME & SURFACE AREA



✚ Rectangular Prism: $V = lwh$, $SA = 2(lw + lh + wh)$

✚ Cube: $V = s^3$, $SA = 6s^2$

✚ Cylinder: $V = \pi r^2 h$, $SA = 2\pi r^2 + 2\pi rh$

✚ Sphere: $V = \left(\frac{4}{3}\right)\pi r^3$, $SA = 4\pi r^2$

✚ Cone: $V = \left(\frac{1}{3}\right)\pi r^2 h$, $SA = \pi r^2 + \pi rl$

✚ Pyramid: $V = \left(\frac{1}{3}\right)Bh$ (B = base area)

💡 Quick Tip: Volume always involves height.

Surface area adds all faces

CARD 6: CIRCLE THEOREMS

✚ Circumference: $C = 2\pi r = \pi d$

✚ Arc Length: $s = \left(\frac{\theta}{360^\circ}\right) \times 2\pi r$

✚ Central Angle = Inscribed Angle $\times 2$

✚ Inscribed angle in semicircle = 90°

✚ Tangent $\perp$ radius at point of contact

✚ Circle Equation: $(x - h)^2 + (y - k)^2 = r^2$

Center: (h, k) , Radius: r

💡 Quick Tip: $\pi \approx 3.14$, but often leave as π



TRIGONOMETRY BASICS

CARD 7: RIGHT TRIANGLE TRIG

 SOH CAH TOA:

$$\sin \theta = \text{opposite/hypotenuse}$$

$$\cos \theta = \text{adjacent/hypotenuse}$$

$$\tan \theta = \text{opposite/adjacent}$$

 Pythagorean Theorem: $a^2 + b^2 = c^2$

 Special Right Triangles:

- 45-45-90: sides ratio $1 : 1 : \sqrt{2}$
- 30-60-90: sides ratio $1 : \sqrt{3} : 2$

 Quick Tip: Draw the triangle and label the sides

CARD 8: UNIT CIRCLE VALUES

 Common Angles (degrees/radians):

$$0^\circ = 0 \quad 30^\circ = \pi/6 \quad 45^\circ = \pi/4$$

$$60^\circ = \pi/3 \quad 90^\circ = \pi/2 \quad 180^\circ = \pi$$

 Key Values:

$$\sin 30^\circ = \cos 60^\circ = 1/2$$



$$\sin 45^\circ = \cos 45^\circ = \sqrt{2}/2$$

$$\sin 60^\circ = \cos 30^\circ = \sqrt{3}/2$$

$$\sin 90^\circ = 1, \cos 90^\circ = 0$$

💡 Quick Tip: $\sin^2\theta + \cos^2\theta = 1$ always

STATISTICS & DATA

CENTRAL TENDENCY

📌 Mean: $\bar{x} = \Sigma x/n$ (sum divided by count)

📌 Median: Middle value when ordered

- Odd n: middle number
- Even n: average of two middle numbers

📌 Mode: Most frequently occurring value

📌 Range: Maximum - Minimum

📌 Standard Deviation: $\sigma = \sqrt{\left[\Sigma (x-\bar{x})^2/n\right]}$

💡 Quick Tip: Mean affected by outliers,
median is more resistant



PROBABILITY

📌 Basic Probability: $P(A) = \text{favorable}/\text{total}$

📌 Complement Rule: $P(\text{not } A) = 1 - P(A)$

📌 Addition Rule: $P(A \text{ or } B) = P(A) + P(B) - P(A \text{ and } B)$

📌 Multiplication Rule: $P(A \text{ and } B) = P(A) \times P(B|A)$

If independent: $P(A \text{ and } B) = P(A) \times P(B)$

📌 Combinations: $C(n,r) = n!/(r!(n-r)!)$

📌 Permutations: $P(n,r) = n!/(n-r)!$

💡 Quick Tip: Order matters = permutation

Order doesn't matter = combination

QUICK CALCULATION TRICKS

MENTAL MATH SHORTCUTS

📌 Squaring numbers ending in 5:

$$25^2 = (2 \times 3) \mid 25 = 625$$

$$35^2 = (3 \times 4) \mid 25 = 1225$$



✂ Multiplying by 11:

$$23 \times 11 = 2 \mid (2+3) \mid 3 = 253$$

✂ Percentage shortcuts:

- 10% = move decimal left 1
- 1% = move decimal left 2
- 25% = divide by 4
- 50% = divide by 2

✂ Fraction to decimal:

$$1/8 = 0.125, 1/6 \approx 0.167, 2/3 \approx 0.667$$

💡 Quick Tip: Estimate first, calculate second

COMMON MISTAKES TO AVOID

✗ AVOID THESE:

- Forgetting to distribute negative signs
- Mixing up $(a+b)^2$ vs $a^2 + b^2$
- Wrong order of operations (PEMDAS)
- Confusing circumference vs area formulas
- Forgetting to check if answer makes sense



ALWAYS DO:

- Check units in word problems
- Substitute answers back into the original equation
- Draw diagrams for geometry problems
- Label your work clearly
- Double-check arithmetic

💡 Quick Tip: If the answer seems wrong, it probably is

🎯 TEST-TAKING STRATEGIES

SAT MATH SPECIFIC

📌 Calculator Section Tips:

- Use calculator for complex arithmetic only
- Graph functions to find intersections
- Store values in calculator memory
- Check work by substituting back

📌 Mental Math Section Tips:

- Focus on mental math and estimation
- Look for patterns and shortcuts
- Factor before multiplying
- Convert fractions to make calculations easier



💡 Quick Tip: If the problem seems too hard, look for a simpler approach

ACT MATH SPECIFIC

📌 Time Management:

- Skip hard problems, come back later
- Guess strategically on remaining questions

📌 Answer Choices Strategy:

- Work backwards from answers
- Eliminate obviously wrong choices
- Use estimation to narrow down

📌 Calculator Tips:

- Allowed on all ACT math questions
- Use for tedious calculations
- Check reasonableness of answers

💡 Quick Tip: Every question is worth the same points. Do the easy ones first

🔥 BONUS: FORMULA MEMORY TRICKS

Remember the Quadratic Formula:



"Negative boy, plus or minus the square root of boy squared, minus four A-C, all over two

$$A''x = \left[-b \pm \sqrt{b^2 - 4ac} \right] / 2a$$

Remember SOH CAH TOA:

"Some Old Hippie Caught Another Hippie Tripping On Acid"

Remember Circle Area vs Circumference:

"Apple pies are square" ($A = \pi r^2$) "Circles are 2 delicious" ($C = 2\pi r$)

Remember 30-60-90 Triangle:

"One, root three, two - that's what triangles do!" ($1 : \sqrt{3} : 2$)

💡 **Pro Tip:** Write your most troublesome formulas on a sticky note and put it somewhere you'll see daily (bathroom mirror, phone case, etc.) until they're memorized!

📞 NEED EXTRA HELP?

Need Extra Help? Scholar's Edge Has You Covered.

If you're following this plan but not seeing the improvement you hoped for, don't stress—you're not alone. Sometimes a little extra support makes all the difference.

At **Scholar's Edge**, we offer:

- **1-on-1 tutoring** for personalized strategies that target your unique needs
- **Intensive boot camps** for quick score boosts before your test date

Remember: Consistent daily practice beats cramming. Trust the process, track your progress, and reach out when you're ready for expert support.

SCHOLAR'S EDGE



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We're here to help you reach your score goals—one smart step at a time.

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