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Hey, guys, Alexis Avila, Prepped and Polished. So your SATs are tomorrow and I want to give you some tips. So here are four tips for today, for Friday, four tips for Saturday morning.

Tip one, what I want you to do is pack the stuff all in one backpack. The stuff that you need for tomorrow. Pack your admission ticket. Pack a photo ID. Calculator, make sure that there are some fresh batteries in there. Two to three sharpened number 2 pencils with erasers. Snacks and water. Bring a sweatshirt. I am a Michigan fan so I am going to bring my Michigan sweatshirt but you can bring whatever sweatshirt you prefer.

Tip number two, know how to get to the test site. I know somebody who got to the test site late, didn't know how to get there, came to the SAT late and only had ten minutes to do his essay. You don't want to be that person.

Tip number three, eat well and relax tonight, Friday night. Have a good meal. Relax means like watch a movie, read. Don't go to a party. Stay at home, rent a movie. Maybe, go out to a 5:00 one but don't go to like a seven and come back at ten. And get to bed early. Don't cram for the test. You can study vocab because vocabulary is not going to fry your brain. It's going to keep you sharp and quick and if you want to join our online vocab program, shoot me an email.

Tip 4 is rest and get to bed early. Don't go to bed late. I want you to get to bed at a reasonable time, maybe even a little earlier than you usually do. So you can kind of get your body relaxed and fall asleep, and get ample rest. You are going to need it for tomorrow morning.

Now four tips for Saturday. I want you to wake up early. You are not going to be too stressed because you've already packed your backpack, right? So you are not going to be scrounging around looking for stuff.

Tip 2, grab a good breakfast. A good breakfast means nothing with too much fat, nothing with too much sugar because you're just going to crash and burn. I want you to grab some waffles, muffins, bagels, some cereal. Don't get Lucky Charms. Don't get eggs and bacon. Save that for after as a reward.

Tip 3 is do a couple of easy math problems to wake up the brain, keep you sharp. Or you can memorize ten vocabulary words just to kind of get your brain moving in the morning.

And then Tip number 4, I want you to leave for the test site early. You don't want to get there late again. The really late ones will end up in the worst room, the cold room probably. So just get there early and when I say early, 15 minutes early.

Everything is going to go well. I wish you good luck and I will talk to you soon.