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21 Eliot Street
South Natick, MA 01760

- Josh: Hello and welcome to Media Leaders. In this video we want to show you seven SAT tips for teens. I'm honored to have Alexis Avila, the founder of Prepped and Polished with me today, Alexis welcome to the call.
- Alexis: Thanks for having me Josh.
- Josh: Well it's an honor to have you here. Let's jump right in to the good stuff, you're going to walk us through seven tips for people that are taking their SAT. Can you tell us what you're going to teach us?
- Alexis: I'm going to teach you how to take advantage of free stuff so you don't have to pay an arm and a leg for tutoring. I'm going to tell you about buying a key book for SAT. Walk you a little bit through the SAT format. Talk a little bit about sentence completion, just some insider tips on the math fill-ins. How to wake up early, you know really get primed and ready. And also lay a cool strategy for an SAT.
- Josh: Sweet. Walk us through the first one.
- Alexis: All right. So SATs, you've got to take advantage of free stuff out there, okay? There's a lot of free stuff that you can study with. Khan Academy.com, great videos to help you with problems that are found in the old official college course study guide. CollegeBoard.org go to it immediately, sign up for the question of the day, have it delivered to your in box, SAT problem, free, again. Quizlet.com, you want to practice your SAT vocab, you don't have to buy books in the book store for that, go to Quizlet.com, it's all free. Free SAT vocab, practice and take quizzes.
- Josh: Great resources. Walk us through the next tip?
- Alexis: Okay. So you've got to buy the official college board study guide whether you work with a tutor or independently. It has the most realistic practice tests possible in this book, there's ten of them. And I recommend that you get through as many practice tests as possible. And make sure that you time yourself when you take these practice tests. And if you want to get explanations for the questions found in the SAT official college board study guide, purchase Tutor Ted's SAT Solution Manual, it's not perfect but it's pretty much the only one out there, the only book out there that actually has an explanation for each question found in the official college board SAT study guide.
- Josh: That's super helpful. Walk us through the next one.
- Alexis: Okay. Understand the SAT format, okay? This is what I do with all my students to get them feeling confident and knowing what to expect. First, section one and section ten



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are always the same section. Section one, essays, section ten, short grammar writing section. The next level of predictability is found in section eight, nine, and ten. Those are always the shortened versions of the critical reading math, and like I said section ten is also a short grammar writing section. Section two through seven, not as much predictability but guaranteed in those sections your going to find two critical reading long sections, 25 minutes, two math long sections, 25 minutes, and one long, 25 minute, writing grammar section. And then you'll have one experimental section.

Also, know the nuances within each section, and learn how to pace for them. So for example, the two long critical reading sections, one of those long critical reading sections has eight sentence completions as opposed to five sentence completions on the other one. So there's a different kind of pacing structure that you should learn. So that's what I have to say about the SAT format. I could go on forever about it.

Josh: That's good to know. Take us on to the next one.

Alexis: Okay. Get to the critical reading. So don't spend too much time on those sentence completion questions folk. Why? It's simple, it's math, there's 19 sentence completions versus 48 reading comprehension questions. If you get complacent and smug, and take your sweet old time doing those 19 sentence completion questions you're going to have five minutes left to do all that reading. You don't want to be in that pickle. So trust your gut, study your vocab, get through those sentence completion questions relatively fast so you can have ample time to do the reading questions. Scan the questions first when you at the critical reading, scan the questions first, mark up the passage that answers the specific question on the fly as you're reading, it's like an open book test. And the at the very end, answer all the general questions, answer those last. It will make sense because you can only answer general questions once you have the full scope of the passage.

Josh: Wow, that's really helpful. Walk us through the next one?

Alexis: All right. We'll skip around, here's a little insider technique for you. Skip around on the maths fill in, the long 25 minute math fill in section, where you have eight multiple choices and then ten fill-ins after. Why? Because on the SAT you want to answer all the easy immediate questions before you tackle the hard ones. Well the order of difficulty goes from easy to hard, from one to eight multiple choice, and then they get easy again. So I recommend that you do the first five or six multiple choice questions, just take a quick glance at number seven and eight multiple choice which are the hard ones, and if they're too hard just circle them and go right to those easy fill-ins, take care of those, and at the very end go back to those last two multiple choice questions.

Josh: I love it. That's really helpful. Very counter intuitive. Walk us through the next tip?



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Alexis: Yep. Okay. Well this is kind of like another tip, I really believe that kids have to develop a routine going into the SAT. So I recommend you wake up early for at least two months before, each Saturday leading up to the test. Up to two months before that. The key is to build your confidence. It's to build a consistent study program if you want to get your confidence going up. So you want to wake up early for two months so you get used to doing SAT problems early in the morning. Again, now while you're waking up Saturday, I want you to eat a good healthy breakfast devoid of fatty foods. Find a quiet study area free of distractions. Have a nice stop watch so you can pace yourself. And waking up early means go to bed early too.

Josh: So smart, very true. Walk us through the next tip?

Alexis: Okay. Stumped? Circle the question. The tip is basically this, the SAT is a marathon, it's not a sprint, which basically means that you want to keep moving at a nice steady pace, you don't want to cram and agonize over question number one. If you can't answer it you circle that question and you keep moving. If you spend more than a minute on a problem it's probably a good indicator that you're kind of going about the problem the wrong way. You circle that problem and then you keep moving to the next question. Answer as many questions as you can, and then at the very end with a fresh set of eyes you go back to the questions that you circled along the way, tackle those, that's the way to go.

Josh: That's super helpful. well walk us through what you've taught us.

Alexis: Okay. well I basically taught you to take advantage of all the free SAT material on the web, you know you don't have to spend a gazillion dollars on SAT preps, there's a lot of free stuff out there. And if you do spend a gazillion dollars on SAT prep, fine, but also take advantage of the free stuff. Buy the official college board study guide, that is basically the number one and number two key resource you can buy. Everyone uses it, buy it. Understand the SAT format. I don't know about you but I feel more confident when I know what to expect going into game day. Understand the SAT format. Don't spend too much time on sentence completion questions, because there's more, the lion's share of those questions in the critical reading section are critical reading questions themselves. Skip around a little in the math fill-in section. Take care of the easy and medium questions first. And then wake up early Saturday morning for the next two months leading into the test so you get accustomed to what it's like to work your brain with multiple choice questions early in the morning. And finally, if you get stumped circle the question and keep on moving, the test is a marathon not a sprint.

Josh: Wow this has been really helpful. Alexis, thank you so much for joining us today.



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Alexis: My pleasure Josh. I'm humbled. Thank you very much.

Josh: Thank you. And those of you that are watching this video, click the links below this video and in the area below, and you can learn more about Alexis and his company Prepped and Polished. Thank you everybody for being a part of Media Leaders. Have a great day, and as always, keep it light, bright, and polite.