

The SAT is Not a Short-Term Goal: How to Deal with Disappointing Scores

The SAT and ACT are not one shot deals! Students must *train* for these tests, and training is a process – longer for some than for others. Remember, tests can be taken again. If you didn't hit your mark or attain your goal the first time, or even second time, take the test again!

A variety of things can affect test-day performance: Not enough sleep, sitting next to a heavy breather, having a fight with your boyfriend or girlfriend the night before, illness, etc. Do not lose motivation or confidence because of a one-day slipup. If anything, a disappointing score should be a motivating factor: you can and *will* do better!

Use scores as a learning tool. Did you run out of time in the reading sections? Was your essay weak? Did you miss all of the hard, “vocab” sentence completions? Analyze your score report and use it as a guide for further study and preparation.

Also remember that the SAT or ACT is not the sole factor in determining whether or not you get into college. Competitive scores may give you an advantage, but so will an excellent GPA, an impressive resume, community service, athletic prowess, awards or scholarships, a powerful admissions essay, etc.

Lastly, make sure you are setting realistic goals. A 2400 hundred is extremely difficult to achieve, and only a handful of students across the country will score even near perfect. Keep in mind PSAT scores, and the improvement you have made personally. The best score isn't necessarily the perfect score. Rather, the best score is a score you are proud of; a score that shows off all of your hard work and preparation.