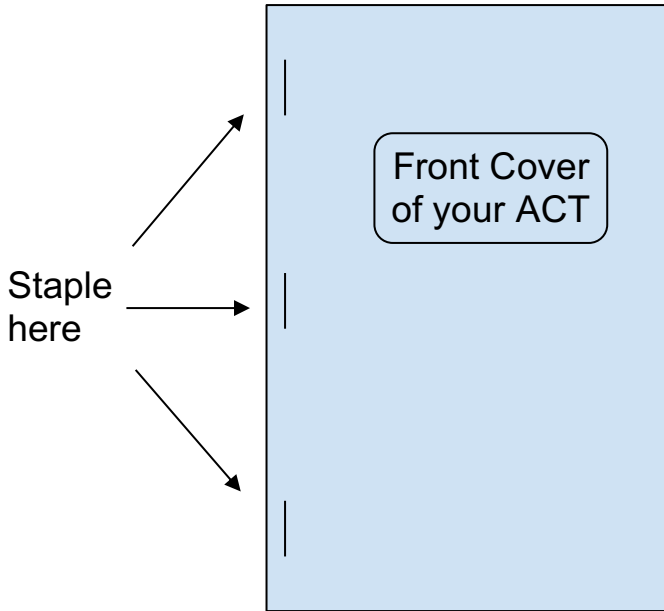


To get the most out of your practice ACT, be sure to follow these tips and guidelines:

1. **Create a handy test booklet.** Print the test out double-sided and staple 3x along the top left, middle left, and bottom left, as shown:



2. **Timing.** Use a timer to start and stop each section. The timing for the ACT is as follows:

Section	Reg Time	Ext Time (1.5x)
English	45 min	68 min
Math	60 min	90 min
Reading	35 min	53 min
Science	35 min	53 min
Writing (optional)	40 min	60 min

3. **Breaks.** There is one 10-min break after the Math section. There is an additional 5-min break after the science section *if you take the optional writing section*. During these breaks be sure to get up, stretch, and have something to eat or drink.
4. **No distractions!** Take the test in a quiet area with no distractions. Distractions almost always yield suboptimal results.
5. **Do your work in the test booklet.** Do not do your work on separate scrap paper. Be sure to use the bubble sheet to fill in your answers for each section.

- 6. Scoring your test.** Use the key that accompanies each test to determine your scores for each section and your overall composite score.