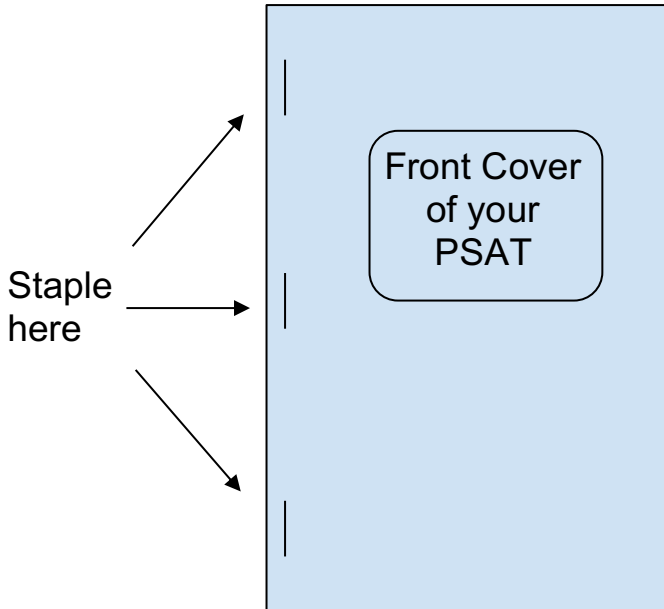


To get the most out of your practice PSAT, be sure to follow these tips and guidelines:

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 PSAT is as follows:

Section	Reg Time	Ext Time (1.5x)
Reading	60 min	90 min
Writing	35 min	53 min
Math - no calc	25 min	38 min
Math - calc	45 min	68 min

3. **Breaks.** Two breaks are typically given: one after the Reading section and one after the Math - no calc section. The breaks are 5-min long for regular testing and 10-min long for extended time testing. 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, your overall score, as well as your selection index.