

Preparing for the SAT[®] with the PSAT/NMSQT

How Does the PSAT/NMSQT Get Students Ready for the SAT[®]?

The PSAT/NMSQT covers the same topics under the same test conditions as the SAT. Therefore, students who take the PSAT/NMSQT are already familiar with the test content and format and will likely be more comfortable when they take the SAT. Additionally, PSAT/NMSQT Program resources help schools get their students ready.

My SAT Study Plan[™] in My College QuickStart

High school students get a free, personalized SAT study plan that includes:

- **Information about the SAT:** An overview of SAT content and a comparison of the SAT and PSAT/NMSQT help students learn what to expect.
- **Skill improvement advice:** Students receive a guided review of their PSAT/NMSQT results and get advice on how to improve specific academic skills.
- **Sample questions:** Sample questions provide students with additional practice, helping them focus specifically on the skills they want to improve.
- **Testing tips:** The Test-Taking Approaches section provides advice on managing time, reading carefully and tackling various types of questions.
- **Official SAT Practice Test:** After learning from their PSAT/NMSQT results, students can take an SAT practice test to see which skills to focus on.
- **SAT essay preparation:** Students can learn how the SAT essay is scored and see samples of student-written essays.
- **Express SAT sign-up:** Students can register quickly for the SAT using pre-populated information that they supplied for the PSAT/NMSQT.

Students can access their personalized study plans at collegeboard.org/quickstart.

Skills Insight[™]

The PSAT/NMSQT Skills Insight tool is designed to help students and teachers gain a better understanding of how scores relate to specific academic skills. It offers descriptions of performance and insight into skills measured at each PSAT/NMSQT score band.

It also provides actionable suggestions for improving skills and sample questions that help students gain additional practice.

Practice with Official SAT Resources

Students can:

- Answer a different SAT practice question every day for free with **The Official SAT Question of the Day[™]**.
- Take an **Official SAT Practice Test** for free, see how they score and get detailed answer explanations to help them understand where they need to improve.
- Subscribe to **The Official SAT Online Course[™]**, with 18 interactive lessons, 10 official practice tests, sample essays, auto essay scoring, personalized score reports and more.
- Order **The Official SAT Study Guide[™]: Second Edition** featuring 10 official practice tests, hundreds of practice questions and test-taking approaches.

To access these free and affordable resources, build a tailored study plan and much more, students should visit sat.collegeboard.org/practice.

Prepare Students for the SAT Essay

ScoreWrite: A Guide to Preparing for the SAT Essay is now available online for free at collegeboard.org/scorewrite. The ScoreWrite guide complements the PSAT/NMSQT by providing everything your school needs to administer a practice SAT essay-writing session, including an SAT practice essay prompt, sample papers at each score level, and instructions for training staff and running a schoolwide scoring session.

Setting up a timed practice writing session using ScoreWrite will give students a chance to practice writing an essay in a standardized setting and become familiar with the type of writing task that appears on the SAT. Also, ScoreWrite trains teachers to score essays holistically using the SAT Essay Scoring Guide.

Remember to share ScoreWrite with your English department.

2014-15 ScoreWrite[™]

A Guide to Preparing for the SAT[™] Essay

Complements the PSAT/NMSQT Writing Skills Section



Using PSAT/NMSQT Scores to Estimate SAT Scores

Critical reading and mathematics questions in the PSAT/NMSQT are the same kind as those in the SAT. The writing skills multiple-choice questions in the PSAT/NMSQT are the same kind as those in the SAT writing section, although the PSAT/NMSQT writing skills section does not have an essay component like the SAT writing section. These similarities are intentional, as the PSAT/NMSQT is designed to get students ready for the SAT.

The PSAT/NMSQT scale of 20 to 80 is comparable to the SAT scale of 200 to 800. It is possible to estimate from a student's PSAT/NMSQT score an SAT score range within which a student may expect to fall. However, scores actually earned may be higher (or lower) than these estimates. Students can use this estimated score as a baseline and work with SAT Skills Insight and other tools to aim for a higher score band.

Students who wish to improve their estimated performance on the SAT should:

- develop academic skills through rigorous course work;
- read extensively and develop strong writing skills; and
- take a practice test and continue to become more comfortable with the format of the SAT.

Before taking the SAT, students should also become familiar with the test format and question types. You can find many free and affordable resources to help students get ready for test day at sat.org.

For more information about how you can help your students prepare and how to access free resources, visit the SAT Counselor Resource Center at sat.org/crc.

Estimated 11th-Grade SAT Scores from 11th-Grade PSAT/NMSQT Scores

| PSAT/NMSQT Score | SAT Critical Reading Range | SAT Math Range | SAT Writing Range | PSAT/NMSQT Score | SAT Critical Reading Range | SAT Math Range | SAT Writing Range |
|------------------|----------------------------|----------------|-------------------|------------------|----------------------------|----------------|-------------------|
| 20 | 240-310 | 230-290 | 240-310 | 51 | 490-560 | 490-560 | 490-570 |
| 21 | 240-320 | 230-300 | 250-320 | 52 | 500-570 | 500-570 | 500-580 |
| 22 | 250-320 | 240-310 | 250-320 | 53 | 510-580 | 510-580 | 510-590 |
| 23 | 250-330 | 250-320 | 260-330 | 54 | 520-590 | 520-590 | 520-600 |
| 24 | 260-340 | 250-320 | 270-340 | 55 | 530-600 | 530-600 | 530-610 |
| 25 | 270-350 | 260-330 | 270-350 | 56 | 540-600 | 540-610 | 530-610 |
| 26 | 270-350 | 270-340 | 280-360 | 57 | 550-610 | 550-620 | 540-620 |
| 27 | 280-360 | 270-350 | 290-370 | 58 | 560-620 | 560-630 | 550-630 |
| 28 | 290-370 | 280-360 | 300-370 | 59 | 560-630 | 570-630 | 560-640 |
| 29 | 300-380 | 290-370 | 310-380 | 60 | 570-640 | 570-640 | 570-650 |
| 30 | 310-390 | 300-380 | 310-390 | 61 | 580-650 | 580-650 | 580-650 |
| 31 | 310-390 | 310-390 | 320-400 | 62 | 590-660 | 590-660 | 580-660 |
| 32 | 320-400 | 320-390 | 330-410 | 63 | 600-670 | 600-670 | 590-670 |
| 33 | 330-410 | 330-400 | 340-420 | 64 | 610-680 | 610-680 | 600-680 |
| 34 | 340-420 | 340-410 | 350-430 | 65 | 620-690 | 620-690 | 610-690 |
| 35 | 350-430 | 350-420 | 360-430 | 66 | 630-700 | 630-700 | 620-690 |
| 36 | 360-440 | 360-430 | 370-440 | 67 | 640-710 | 640-710 | 620-700 |
| 37 | 370-440 | 360-440 | 370-450 | 68 | 650-720 | 650-720 | 630-710 |
| 38 | 380-450 | 370-450 | 380-460 | 69 | 660-720 | 660-730 | 640-720 |
| 39 | 380-460 | 380-460 | 390-470 | 70 | 670-730 | 670-730 | 650-720 |
| 40 | 390-470 | 390-470 | 400-480 | 71 | 680-740 | 680-740 | 650-730 |
| 41 | 400-480 | 400-470 | 410-490 | 72 | 690-750 | 690-750 | 660-740 |
| 42 | 410-480 | 410-480 | 420-500 | 73 | 700-760 | 700-760 | 670-740 |
| 43 | 420-490 | 420-490 | 430-500 | 74 | 710-770 | 700-760 | 670-750 |
| 44 | 430-500 | 430-500 | 430-510 | 75 | 720-770 | 710-770 | 680-750 |
| 45 | 440-510 | 440-510 | 440-520 | 76 | 730-780 | 720-770 | 690-760 |
| 46 | 450-520 | 450-520 | 450-530 | 77 | 740-780 | 730-780 | 690-760 |
| 47 | 460-530 | 460-530 | 460-540 | 78 | 740-790 | 730-780 | 700-770 |
| 48 | 460-540 | 460-540 | 470-550 | 79 | 750-790 | 740-790 | 710-770 |
| 49 | 470-540 | 470-550 | 480-560 | 80 | 750-790 | 750-790 | 710-770 |
| 50 | 480-550 | 480-550 | 480-560 | | | | |

The above table shows how scores change for students who take the PSAT/NMSQT in October and the SAT the following spring.