



The SAT/ACT: Prep Smarter

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of Bodsat Prep*

www.bodsat.com

Target audience

This presentation is for:

- students at top high schools
- their parents

Why you care

Why you care

We're going to tell you
how to get a great SAT or ACT score.

Why you care

We're going to tell you
how to get a great SAT or ACT score

*...by correcting common **misinformation**.*

Why you care

We're going to tell you
how to get a great SAT or ACT score

...quickly.

Normal gains (reported by College Board):

PSAT 150 → SAT ?

Normal gains (reported by College Board):

PSAT 150 → SAT 1560

Normal gains:

PSAT 150 → SAT 1560

PSAT 180 → SAT 1830

PSAT 210 → SAT 2070

Normal gains:

PSAT 180 → SAT 1830

PSAT 210 → SAT 2070

Our way works

Normal gains:

PSAT 180 → SAT 1830

PSAT 210 → SAT 2070

Our students:

PSAT 180 → SAT **2020**

PSAT 210 → SAT **2210**

But here's the catch

Bodsat works only for students
who have **solid fundamentals**
and go to **strong schools**.

It's the power of smart prep.

Smart SAT/ACT prep

What is “smart prep”?

Smart SAT/ACT prep

What is “smart prep”?

Doing **better** work
instead of more of it.

Smart SAT/ACT prep

Why does “smart prep” matter?

Smart SAT/ACT prep

Why does “smart prep” matter?

Because of the time you save.

How many hours do students spend on test prep?



Most students spend **80-200** hours on test prep.

Most students spend 80-200 hours on test prep.

That's all day Saturday, every Saturday, for ten weeks to six months.

Most students spend 80-200 hours on test prep.

That's all day Saturday, every Saturday, for ten weeks to six months.

(That's not fun.)

There is a better way.

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

That's
still a lot.

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

That's
a **lot** less.

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

That's

20-160 hours less.

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

That's
a couple **extra months** of Saturdays.

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

What could you do with
a couple **extra months** of Saturdays?

Smart SAT/ACT prep

Our students spend 40-60 hours on test prep.

What could you do with
a couple **extra months** of Saturdays?

Smart prep starts **now**.

How do most students prep?

How do most students prep?

Lots of practice tests.

Smart SAT/ACT prep

A key component of smart prep...

Smart SAT/ACT prep

A key component of smart prep...

...is taking **far fewer** practice tests.

Why do practice tests seem like a good idea?

Smart SAT/ACT prep

Four components of smart preparation for the SAT/ACT:

Smart SAT/ACT prep

Four components of smart preparation for the SAT/ACT:

1. Mastering content and **fundamentals**

Smart SAT/ACT prep

Four components of smart preparation for the SAT/ACT:

1. Mastering content and **fundamentals**
2. Building **endurance**

Smart SAT/ACT prep

Four components of smart preparation for the SAT/ACT:

1. Mastering content and **fundamentals**
2. Building **endurance**
3. Taking care of your **mind and body**

Smart SAT/ACT prep

Four components of smart preparation for the SAT/ACT:

1. Mastering content and **fundamentals**
2. Building **endurance**
3. Taking care of your **mind and body**
4. **Understanding the test** like an expert

1. Practice tests can help with **fundamentals**
2. Building **endurance**
3. Taking care of your **mind and body**
4. **Understanding the test** like an expert

1. Practice tests can help with **fundamentals**
2. Practice tests build **endurance**
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4. **Understanding the test** like an expert

1. Practice tests can help with **fundamentals**
2. Practice tests build **endurance**
3. But practice tests can *harm* **mind and body**
4. **Understanding the test** like an expert

1. Practice tests can help with **fundamentals**
2. Practice tests build **endurance**
3. But practice tests can *harm* **mind and body**
4. Practice tests reduce **surprises**

Big mistake

The results of **common** preparation for the SAT/ACT:

1. Better **fundamentals** (+)
2. Better **endurance** (+)
3. Worse **mind and body** (-)
4. Marginally improved **expertise** (?)

inefficient ˌɪniˈfiʃəntl̩ (*adj.*)

not achieving maximum productivity; wasting or failing to make the best use of time or resources

Too many practice tests

- Lowered enthusiasm / higher resentment
- Lower GPA
- Less time for extracurricular activities
- Less success in college

Too many practice tests

It's slow, not very effective, and not fun.

Too many practice tests

Ugh.

Smart SAT/ACT prep

Three of these four components are *best* addressed
through schoolwork.

Smart SAT/ACT prep

Three of these four components are *best* addressed
through schoolwork.

In other words, **without any extra SAT/ACT Practice
Tests.**

Smart SAT/ACT prep

Three of these four components are *best* addressed
through schoolwork.

In other words, **without any extra SAT/ACT classes.**

Smart SAT/ACT prep

Three of these four components are *best* addressed
through schoolwork.

In other words, **without any extra SAT/ACT tutoring.**

Smart SAT/ACT prep

Three of these four components are *best* addressed
through schoolwork.

In other words, **without losing all your weekends.**

Smart SAT/ACT prep

Do this **before** you do our program:

Smart SAT/ACT prep

Do this **before** you do our program:

1. Master content and fundamentals

Smart SAT/ACT prep

Do this **before** you do our program:

1. Master content and fundamentals
2. Build endurance

Smart SAT/ACT prep

Do this **before** you do our program:

1. Master content and fundamentals
2. Build endurance
3. Take care of your mind and body

Smart SAT/ACT prep

Do this **before** you do our program:

1. Master content and fundamentals
2. Build endurance
3. Take care of your mind and body

Help us help you.

Smart SAT/ACT prep

Do this **before** you do our program:

1. Master content and fundamentals
2. Build endurance
3. Take care of your mind and body

Here's how:

1. *Fundamentals*

1. Fundamentals

This one's easy.

1. *Fundamentals*

The SAT and ACT test your mastery
of *information and processes*
in reading, writing, and math.

1. *Fundamentals*

You know what's great for mastery
of *information and processes*
in reading, writing, and math?

1. Fundamentals

Your classes.

1. *Fundamentals*

Your classes.

Lucky you.

1. Fundamentals

1. Fundamentals: **check.**

2. *Endurance*

Here's why *mental and emotional endurance* matters:

2. *Endurance*

Here's why *mental and emotional endurance* matters:

These tests are four uninterrupted hours long.

2. *Endurance*

Here's why *mental and emotional endurance* matters:

These tests are four uninterrupted hours long.

Endurance is a muscle. You have to build it.

2. Endurance

Building endurance is best done by focusing on **excellent homework habits.**

2. Endurance

Building endurance is best done by focusing on **excellent homework habits.**

Help us help you.

2. Endurance

Building endurance is best done by focusing on **excellent homework habits**.

Here's how:

2. *Endurance*

Do your homework *as if it were a long test.*

2. *Endurance*

Do your homework *as if it were a long test*.

If you wouldn't do it on a test, don't do it on your homework.

2. Endurance

Do your homework as if it were a long test.

- Clear your room of distractions.

2. Endurance

Do your homework as if it were a long test.

- Clear your room of distractions.
- Work efficiently.

2. Endurance

Do your homework as if it were a long test.

- Clear your room of distractions.
- Work efficiently.
- Don't take excessive breaks.

2. *Endurance*

Do your homework as if it were a long test.

- Clear your room of distractions.
- Work efficiently.
- Don't take excessive breaks.
- Engage yourself fully.

2. *Endurance*

Do your homework as if it were a long test.

- Clear your room of distractions.
- Work efficiently.
- Don't take excessive breaks.
- Engage yourself fully.
- Work meticulously.

2. *Endurance*

Do your homework as if it were a long test.

Get better at the SAT/ACT even when you're doing other things.

1. Fundamentals: **check.**
2. Endurance

1. Fundamentals: **check.**
2. Endurance: **check.**

3. Mind and Body

Research shows that
the following things matter:

3. Mind and Body

Mind:

- Focus on the work and not the result.
- Practice stress reduction techniques.

3. Mind and Body

Mind:

- Focus on the work and not the result.
- Practice stress reduction techniques.

Body:

- Hydrate often.
- You are what you eat.
- Practice good sleep habits.

3. Mind and Body

Mind:

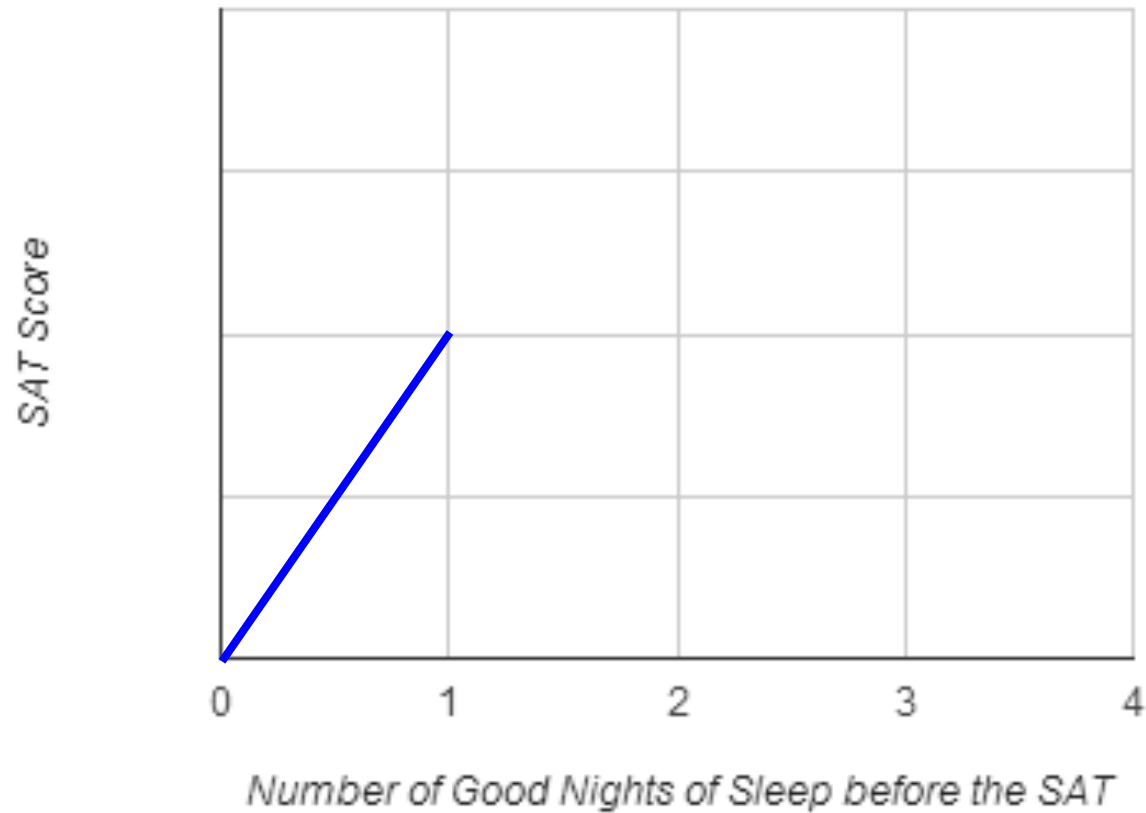
- Focus on the work and not the result.
- Practice stress reduction techniques.

Body:

- Hydrate often.
- You are what you eat.
- **Practice good sleep habits.**

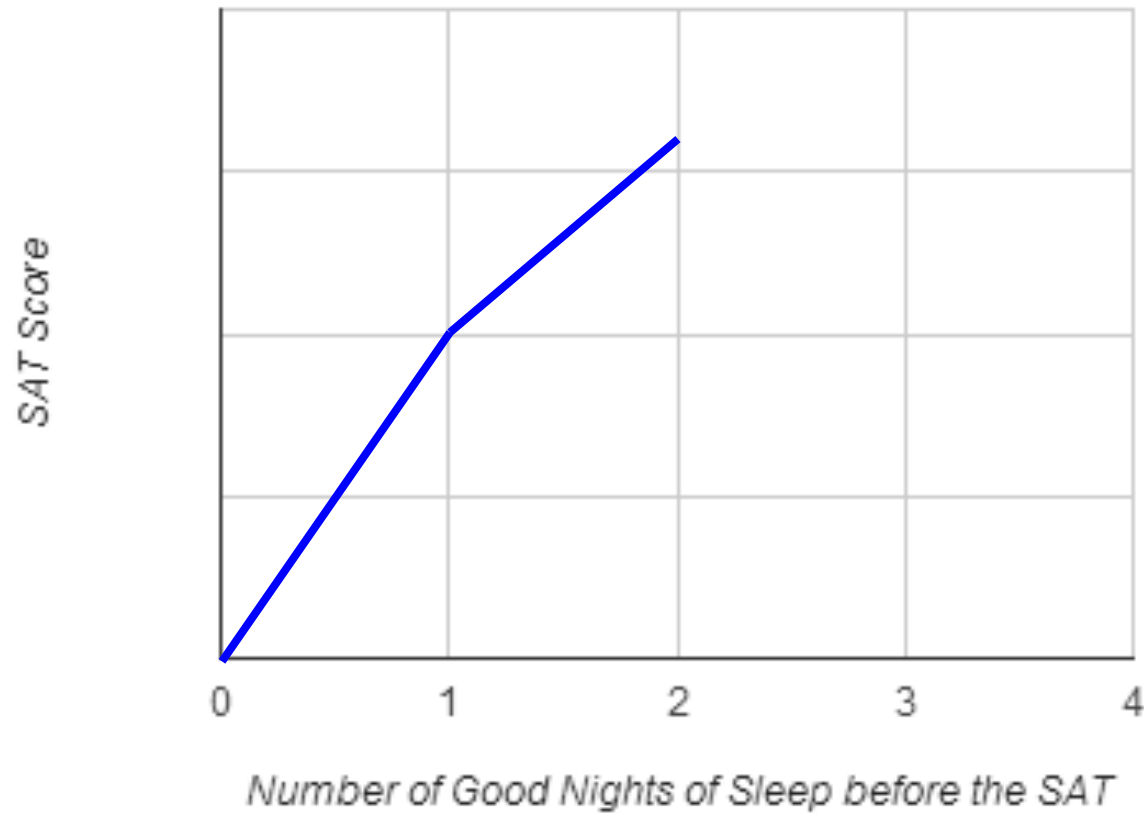
3. Mind and Body

Stanford Sleep Study



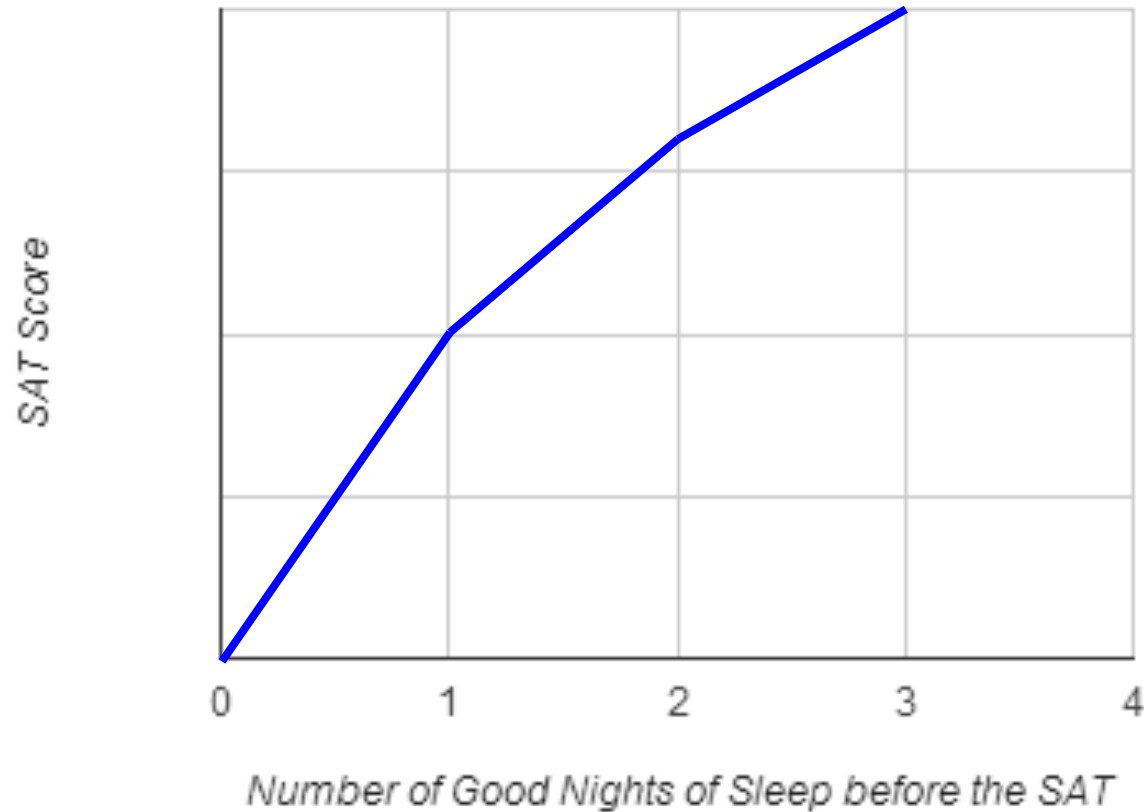
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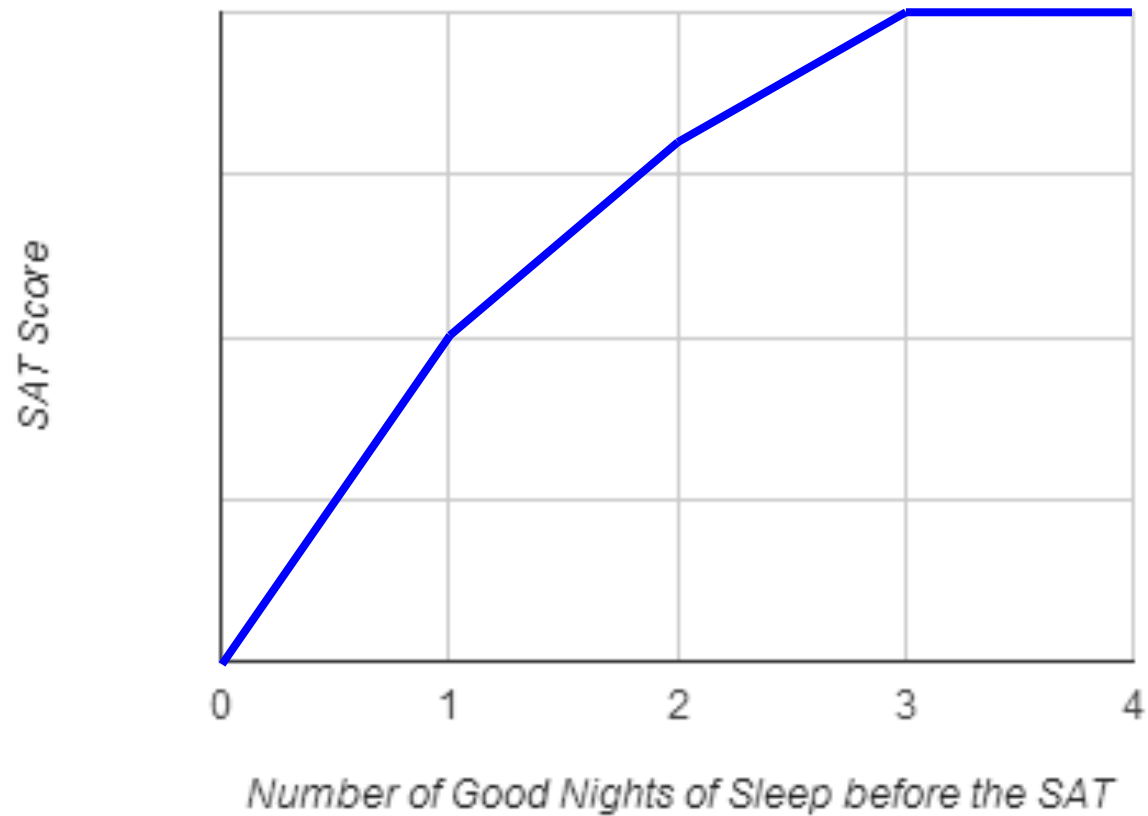
3. Mind and Body

Stanford Sleep Study



3. Mind and Body

Stanford Sleep Study



3. Mind and Body

You need **8.5 to 10 hours** of sleep every night,
on average.

3. Mind and Body

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on average.

- Avoid inconsistent sleep and wake times.

3. Mind and Body

You need **8.5 to 10 hours** of sleep every night, **on average.**

- Avoid inconsistent sleep and wake times.
- Limit screen time near bedtime.

3. *Mind and Body*

You need **8.5 to 10 hours** of sleep every night,
on average.

- Consider yourself to be *in training*.

3. *Mind and Body*

You need **8.5 to 10 hours** of sleep every night,
on average.

- Consider yourself to be *in training*.
- **Choose sleep.**

1. Fundamentals: **check.**
2. Endurance: **check.**
3. Mind and body

1. Fundamentals: **check.**
2. Endurance: **check.**
3. Mind and body: **check.**

Pro tip:

Pro tip:

Smart students usually get good scores.

Pro tip:

Smart students usually get good scores.

The ones who do this stuff get *better* scores.

Summary

1. Fundamentals
2. Endurance
3. Mind and body

Summary

Most students try to fix these three factors by taking a ton of practice tests.

Summary

Most students try to fix these three factors by taking a ton of practice tests.

This is a waste of time and effort.

If your results are lower than you'd like,
look at your school and life habits.

If your results are lower than you'd like,
look at your school and life habits.

Merely working harder isn't the answer.

If your results are lower than you'd like,
look at your school and life habits.

Doing what works is the answer.

If your results are lower than you'd like,
look at your school and life habits.

*Do **you** do what works?*

Let us help you find out.

Let us help you find out.

Join one of us for a consultation meeting.

We'll show you how to be maximally effective
from the very start of your preparation.

Let us help you find out.

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We'll show you how to be maximally effective
from the very start of your preparation.

Call 800 291 4661 to get started.

Let us help you find out.

We can also make it a **teleconference**.

We'll show you how to be maximally effective
from the very start of your preparation.

Call 800 291 4661 to get started.

Which test should you take: **SAT** or **ACT**?

Let us help you find out.

Join one of us for a consultation meeting.

We'll analyze your work and your strengths,
and recommend the right test for you.

Let us help you find out.

Also available by **teleconference.**

We'll analyze your work and your strengths,
and recommend the right test for you.

Call 800 291 4661 to get started.

We've covered three of the four bases.

You now know most of what you need to know to do **very well** on these tests.

This final piece is something you don't do as part of your schoolwork:

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding the SAT or ACT itself.

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding the strategies.

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding the pacing.

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding “dumb” mistakes.

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding carelessness.

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding tricky wording.

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding how good students

4. Understanding the test

This final piece is something you don't do as part of your schoolwork:

Understanding how good students
...get **great scores.**

4. Understanding the test

Learn the methods that are:

4. Understanding the test

Learn the methods that are:

1. Especially helpful on your test

4. Understanding the test

Learn the methods that are:

1. Especially helpful on your test
- and**
2. Especially important for high-scorers

4. Understanding the test

The methods Bodsat Prep teaches are:

1. Especially helpful on your test
- and**
2. Especially important for high-scorers

*Bodsat Prep: the last step
of getting great scores.*

***Bodsat Prep: the last step
of getting great scores.***

We offer SAT & ACT **classes** in the SF Bay Area.

Bodsat Prep: the last step of getting great scores.

We offer SAT & ACT **classes** in the SF Bay Area.

We also offer **private** (one-on-one) programs.

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All private programs are available by **teleconference**.

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Call **800 291 4661** to sign up.

*Bodsat Prep: the last step
of getting great scores.*

4. *Expertise*

*Bodsat Prep: the last step
of getting great scores.*

4. *Expertise: **check.***

1. *Fundamentals: **check.***
2. *Endurance: **check.***
3. *Mind and body: **check.***
4. *Expertise: **check.***

To do

1. *Work smarter.*
2. *Endurance: **check.***
3. *Mind and body: **check.***
4. *Expertise: **check.***

To do

1. *Work smarter.*
2. *Work smarter.*
3. *Mind and body: **check.***
4. *Expertise: **check.***

To do

1. *Work smarter.*
2. *Work smarter.*
3. *Work smarter.*
4. *Expertise: **check.***

To do

1. *Work smarter.*
2. *Work smarter.*
3. *Work smarter.*
4. ***Call*** to begin work with *Bodsat*.

1. *Work smarter.*
2. *Work smarter.*
3. *Work smarter.*
4. ***Call*** to begin work with *Bodsat.*

800 291 4661 / info@bodsat.com



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