

OFFICIAL SAT® PRACTICE ON KHAN ACADEMY®

# Teacher/Coach Implementation Guide



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**WEEK 1  
BUILDING A  
FOUNDATION**

**WEEK 2  
PRACTICE,  
PRACTICE,  
PRACTICE**

**WEEK 3  
ACTIVE  
READING  
STRATEGIES**

**WEEK 4  
MORE  
STRATEGIES:  
MATH TEST, WRITING  
AND LANGUAGE TEST,  
THE SAT ESSAY, AND  
GENERAL TEST TAKING**

**WEEK 5  
PREPARING  
FOR THE  
REAL THING**

**WEEK 6  
CARRYING  
GOOD HABITS  
FORWARD**

We've created this guide to help you use Official SAT® Practice on Khan Academy®. It outlines an adaptable way to structure practice on the Official SAT Practice website with links to resources you can use in your content course, SAT class, advisory period, or after-school program to help students get ready for test day.

**This guide is designed for one hour per week of guided practice over six weeks**, but we encourage you to modify the recommendations as needed. For example, it may be useful to administer the practice tests in an after-school program. For courses meeting more than once a week, you can follow this guide for one of the days, and schedule practice days when students can work independently on what they've learned.

Coming in 2017, an SAT practice curriculum guide focusing on the Math and Evidence-Based Reading and Writing sections.

## WEEK 1 BUILDING A FOUNDATION

### Objectives:

- Get to know each other and understand the importance of practice.
- Help students set goals for the next week and for the whole program.

Topic	Coach Notes
<b>Getting to know you</b> (5–8 minutes)	<ul style="list-style-type: none"><li>▪ Tell the students a little about yourself, and get to know them with activities like those described below.</li><li>▪ Begin with an ice-breaker activity such as Two Truths and a Lie. (One person tells three things about himself/herself. Two should be true, and one should be a lie. Another person has to guess which was the lie and explain why they thought so.) Or try Four Cs (choose a cartoon character, color, car, and cuisine that best describe your personality, and explain why).</li></ul>
<b>Establish the “why”</b> (10–15 minutes)	<ul style="list-style-type: none"><li>▪ Briefly introduce the idea of <a href="#">growth mindset</a> and why practice is important.</li><li>▪ Discuss academic goals and help students connect those goals to the SAT.<ul style="list-style-type: none"><li>◆ Which colleges or universities are of interest to the students?<ul style="list-style-type: none"><li>- Ask students to make individual lists of these colleges and universities.</li><li>- They can visit <a href="#">BigFuture™</a> for help.</li></ul></li><li>◆ Do students know the average SAT score required at those schools? (if not, help them find out.)</li><li>◆ Do the students have a goal SAT score?</li><li>◆ Are the students opting to take the SAT Essay?<ul style="list-style-type: none"><li>- If a student is unsure, help them <a href="#">determine</a> whether it’s required by your state/district or the colleges/universities on their list.</li></ul></li><li>◆ Do the students have academic goals beyond the SAT?<ul style="list-style-type: none"><li>- If so, help them to see how regular SAT practice will help with those goals as well.</li></ul></li></ul></li></ul>
<b>Expectations</b> (5 minutes)	<ul style="list-style-type: none"><li>▪ Share your expectations for the coming weeks.</li><li>▪ Ask the students to share their expectations of themselves, of you, and of the coming weeks.</li></ul>
<b>The program</b> (3 minutes)	<ul style="list-style-type: none"><li>▪ Give a general overview of the next six weeks (or duration of the course/program).</li><li>▪ Be sure to include the information that one of the goals is to take two full practice tests (at least once in a testlike setting).</li></ul>
<b>Create a study plan</b> (5 minutes)	<ul style="list-style-type: none"><li>▪ Help students decide how they should complete their 2 hours of practice time per week (e.g., two 30-minute sessions and one 1-hour session; four 30-minute sessions; during class; outside of class; etc.). Then help them log the dates when they’ll take at least two practice tests.</li><li>▪ Help students log on to Official SAT Practice, or create an account if they don’t have one, and create a study plan on the platform.</li><li>▪ If time allows, ask students to start practicing their recommended skills if they’ve linked their accounts or start with the diagnostic quizzes.</li></ul>

### Homework:

- Read [Tips for managing your study time](#) and [Building your growth mindset](#) in the [Tips and Strategies](#) section of Official SAT Practice.
- Review the overview videos and articles about the Math, Reading, and Writing and Language Tests and the SAT Essay in [Tips and Strategies](#), if needed.
- Review [Scoring on the SAT](#), if needed.
- Think about a date and time to take the first practice test.
- Practice for 2 hours total.
- Start with recommended practice (after accounts are linked) or diagnostic quizzes.
- Write down any questions you have for your coach.

## WEEK 2 PRACTICE, PRACTICE, PRACTICE

### Objectives:

- Students will start to make practice a part of their routine and understand that they have to put in work to see results.
- Students will identify their strengths and areas they need to focus on.
- Students will plan to take Practice Test 1.

Topic	Coach Notes
<b>Review</b> (10–15 minutes)	<ul style="list-style-type: none"><li>▪ Go over any questions students have about homework and practice from Week 1.<ul style="list-style-type: none"><li>♦ For content-specific questions, help students work through a question explanation, help them find a video that explains the concept, or encourage students to capture the question and review it with you or another content teacher.</li><li>♦ You can also pair students so they can help each other work through questions they find challenging or confusing.</li></ul></li><li>▪ Discuss articles from homework and check for understanding.</li><li>▪ Take a look at these <a href="#">videos on Khan Academy</a> for reinforcement of the growth mindset concept.</li></ul>
<b>This week's topic: Practice, practice, practice</b> (5–10 minutes)	<ul style="list-style-type: none"><li>▪ Help students understand why they shouldn't be discouraged by initial struggles or mistakes.</li><li>▪ Point out that research shows that making initial mistakes is an effective way to learn. When students make mistakes but then correct them or relearn the material, or both, they're more likely to remember that information in the future.</li></ul>
<b>Traffic light check</b> (15 minutes)	<ul style="list-style-type: none"><li>▪ Help students identify "traffic light" areas in their practicing.<ul style="list-style-type: none"><li>♦ Green: Where are you feeling successful? Yellow: What are you feeling just OK about? Red: What are you concerned about?</li><li>♦ Note that these don't have to be academic skills (e.g., I'm concerned about linear equations). They can be overall successes/concerns (e.g., I'm worried about how nervous I'll be on test day).</li><li>♦ Help students come up with strategies for addressing their red (and yellow, if time allows) items.</li></ul></li></ul>
<b>Practice Test 1</b> (10–15 minutes)	<ul style="list-style-type: none"><li>▪ Remind students of the goal to take two practice tests over the course of the program.</li><li>▪ Work with students to figure out how to approach the first practice test.<ul style="list-style-type: none"><li>♦ Remind them that the second practice test should definitely be treated like a real test, but the first one can be completed in a way that works best for each student.</li><li>♦ Ask students if, based on how they felt practicing last week, they have a plan for completing Practice Test 1.</li><li>♦ If not, suggest options such as in a single sitting, in sections over the course of 2–3 days (2–4 days if practicing the SAT Essay), etc.<ul style="list-style-type: none"><li>- You can also administer portions of the first practice test in class over a number of days.</li></ul></li><li>♦ Let students know that, regardless of their approach, they should stick to the time limits and basic conditions (e.g., no checking phones) for each part of the test.</li><li>♦ Students can take the first practice test either digitally or with paper and pencil. If students take the test digitally, they must complete at least a full section per practice session.</li></ul></li></ul>
<b>Weekly goals and homework</b> (3 minutes)	<ul style="list-style-type: none"><li>▪ Help students set a specific goal to be reached by your next meeting.<ul style="list-style-type: none"><li>♦ One goal for this week should be to complete Practice Test 1.</li></ul></li><li>▪ Check in on overall goals and adjust if needed.</li></ul>
<b>Time remaining?</b>	<ul style="list-style-type: none"><li>▪ Use any remaining time for independent practice or to walk through how to start/download Practice Test 1.</li></ul>

### Homework:

- Take your first full practice test using the plan that you worked out with your coach.

## WEEK 3 ACTIVE READING STRATEGIES

### Objectives:

- Students will reflect on taking Practice Test 1 and set new goals.
- Students will learn and practice strategies for the Reading Test.

Topic	Coach Notes
<b>Review</b> (5–10 minutes)	<ul style="list-style-type: none"><li>▪ Discuss the results from Practice Test 1 or the completed portions of Practice Test 1.<ul style="list-style-type: none"><li>♦ How did students feel during the practice test? Were they able to focus?</li><li>♦ What would students do the same way for Practice Test 2? What would they change?</li><li>♦ How do students feel about their score?</li><li>♦ What are the positives? Work with the students to locate successes even if their scores were lower than they wanted (e.g., they successfully followed the plan to take a whole timed test; they didn't check their phone at all; they did well on the science Reading passage, etc.).</li></ul></li><li>▪ If students haven't yet finished Practice Test 1, discuss:<ul style="list-style-type: none"><li>♦ What would they do the same way for the remaining sections in Practice Test 1? What would they change?</li></ul></li><li>▪ Take a look at the Review tab with students and go over any questions they have.</li></ul>
<b>Checking in</b> (5 minutes)	<ul style="list-style-type: none"><li>▪ Discuss the study plan from the previous week and whether it was successful.<ul style="list-style-type: none"><li>♦ Should students consider a different plan? (e.g., two 1-hour sessions, four 30-minute sessions)</li><li>♦ Help the students set up an ideal practice schedule for the following week.</li></ul></li></ul>
<b>Reading strategies</b> (20 minutes)	<ul style="list-style-type: none"><li>▪ Review the <a href="#">reading strategies</a> with students.<ul style="list-style-type: none"><li>♦ Make sure they understand the suggestions and strategies.</li><li>♦ Try out a few strategies as a class on a passage or a passage and items.</li></ul></li></ul>
<b>Goals</b> (3 minutes)	<ul style="list-style-type: none"><li>▪ Help students set a goal to be reached by your next meeting.<ul style="list-style-type: none"><li>♦ One goal for every week should be to practice for a total of 2 hours.</li><li>♦ One goal should be based specifically on the student's progress to date.</li></ul></li></ul>

### Homework:

- Practice for 2 hours, and try out the reading strategies while you practice.

## WEEK 4 MORE STRATEGIES: MATH TEST, WRITING AND LANGUAGE TEST, THE SAT ESSAY, AND GENERAL TEST TAKING

### Objectives:

- Students will reflect on using the Reading Test strategies.
- Students will learn and practice strategies for the Math Test and the Writing and Language Test.
- Students will learn and practice general test-taking strategies.
- Students will get familiar with the SAT Essay.

Topic	Coach Notes
<b>Review</b> (5–10 minutes)	<ul style="list-style-type: none"><li>▪ Discuss the results from Practice Test 1 (if they finished the whole test).<ul style="list-style-type: none"><li>♦ Refer back to week 3 to review Practice Test 1 if students didn't complete Practice Test 1 in week 3.</li><li>♦ What will they do the same way for Practice Test 2? What will they change?</li><li>♦ How do they feel about their score?</li><li>♦ What are the positives? Work with the students to locate successes even if their scores were lower than they wanted (e.g., they successfully followed the plan to take a whole timed test; they didn't check their phone at all; they did well on the science Reading passage; etc.).</li></ul></li><li>▪ Take a look at the Review tab with students, and go over any questions they have.</li></ul>
<b>Checking in</b> (5 minutes)	<ul style="list-style-type: none"><li>▪ Check in with students on the reading strategies.<ul style="list-style-type: none"><li>♦ What did students like/dislike about the new reading strategies?</li><li>♦ Address any follow-up questions about the strategies.</li></ul></li></ul>
<b>Math, Writing and Language, and general test-taking strategies</b> (10 minutes)	<ul style="list-style-type: none"><li>▪ Review the <a href="#">Math, Writing and Language</a>, and <a href="#">general test-taking strategies</a> with students.<ul style="list-style-type: none"><li>♦ Check for understanding.</li><li>♦ Try some of the strategies as a class.</li></ul></li></ul>
<b>Essay</b> (15 minutes)	<ul style="list-style-type: none"><li>▪ If students plan to take the SAT Essay, encourage them to review the resources on the Tips and Strategies tab and get familiar with the prompt (the passage changes, but the prompt is always essentially the same).<ul style="list-style-type: none"><li>♦ Help students locate <a href="#">sample essay prompts</a>, <a href="#">student responses</a>, and the <a href="#">scoring guide</a>.</li><li>♦ If they haven't already, students should practice the essay for homework. (They can take practice tests with essays on Official SAT Practice, then score them with Scan and Score.)</li></ul></li></ul>
<b>Goals</b> (3 minutes)	<ul style="list-style-type: none"><li>▪ Help students set a specific goal to be reached by your next meeting.<ul style="list-style-type: none"><li>♦ One goal for every week should be to practice for a total of 2 hours.</li><li>♦ One goal should be based specifically on each student's progress to date.</li></ul></li></ul>
<b>Time remaining?</b>	<ul style="list-style-type: none"><li>▪ Use any leftover time to practice the Math, Writing and Language, or general test-taking strategies or to review student essay samples.</li></ul>

### Homework:

- Start to think about scheduling the second practice test.
- Practice for 2 hours, and try out the Math, Writing and Language, and SAT Essay tips discussed.

## WEEK 5 PREPARING FOR THE REAL THING

### Objectives:

- Students will get more familiar with the SAT Essay.
- Students will prepare to take Practice Test 2 under test day conditions.

Topic	Coach Notes
<b>Review</b> (5–10 minutes)	<ul style="list-style-type: none"><li>▪ Go over any questions students may have from the homework and practice.</li><li>▪ Take a look at the Review tab with students, and go over any questions they have.</li></ul>
<b>Essay</b> (20 minutes)	<ul style="list-style-type: none"><li>▪ If students completed the SAT Essay for homework, work with them to review their responses with the scoring guide.<ul style="list-style-type: none"><li>♦ How should they score their own response?</li><li>♦ What should they focus on for next time?</li></ul></li></ul>
<b>This week's topic: Preparing for the real thing</b> (3 minutes)	<ul style="list-style-type: none"><li>▪ Explain to students that one way to make sure they're confident and relaxed on test day is to know what to expect and what it feels like to take a whole test from start to finish.</li></ul>
<b>Visualize it</b> (10 minutes)	<ul style="list-style-type: none"><li>▪ Ask students to visualize test day with you.<ul style="list-style-type: none"><li>♦ Remind them that this technique is often used by <a href="#">athletes to prepare for a major game or event</a>.</li></ul></li><li>▪ Go through each step of the day to make sure students have thought about:<ul style="list-style-type: none"><li>♦ How they'll get to the test center.</li><li>♦ What time they'll have to leave home to get to the test center on time</li><li>♦ What time they'll wake up, etc.</li></ul></li><li>▪ Help students create a to-do list for the steps they haven't thought through.</li></ul>
<b>What to know for test day</b> (5 minutes)	<ul style="list-style-type: none"><li>▪ Make sure students are familiar with everything they need to know for test day.</li><li>▪ Visit <a href="#">Taking the Test</a> together and review:<ul style="list-style-type: none"><li>♦ Test Day Checklist</li><li>♦ What to Expect on Test Day</li><li>♦ ID Requirements</li><li>♦ Calculator Policy</li><li>♦ Phone and Electronic Device Policy</li></ul></li></ul>
<b>What would you do?</b> (5 minutes)	<ul style="list-style-type: none"><li>▪ Ask students to list some good "night before" and "morning of" the test tips (e.g., get everything ready the night before, eat a good breakfast, etc.).</li><li>▪ Direct students to additional resources on <a href="#">Test day: what to expect and what to bring</a> and <a href="#">Tips for test day</a>.</li></ul>

Week 5: Continued on next page

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## What's next?

(10–15 minutes)

- Discuss the upcoming homework for Week 5: taking a full-length practice test.
  - ♦ Help students choose a day and a time and place.
  - ♦ Outline how to create a test day experience if it won't be created for them.
    - Find a quiet place where you won't be interrupted, such as a cubicle in the library.
    - Use a timer (suggest that students use something other than their phones because they won't have their phones during the real test).
    - Take brief breaks (like those on test day).
    - Print out an answer sheet, and use a No. 2 pencil to fill in the bubbles, etc.
    - If students are planning to take the SAT Essay, remind them that they should include this in their practice.
  - ♦ Explain to students that they can use the [Daily Practice app Scan and Score](#) feature to get a score and answer explanations once they've completed the test.
  - ♦ Let students know that **they shouldn't be discouraged** if they receive a lower score on Practice Test 2; this is common and is **evidence that they're learning**.

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## Goals and homework

(5–8 minutes)

- Help students set a goal to be reached by your next meeting.
  - ♦ This can be as simple as "Complete and score the second practice test."
  - ♦ Encourage students to identify potential problems/barriers to completing Practice Test 2, then help them think of a strategy or set of strategies they can use to overcome those barriers.
  - ♦ Check in on the overall goals and adjust them if needed.

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## Time remaining?

- Use any remaining time for side-by-side practice.

### Homework:

- Complete a paper-and-pencil practice test downloaded from Official SAT Practice or [sat.org/practice](https://sat.org/practice).

## WEEK 6 CARRYING GOOD HABITS FORWARD

### Objectives:

- Students will look at the results of Practice Test 2 and reflect on their performance.
- Students will plan for the remaining days until test day.
- Students will check in on the progress they've made on their goals.

Topic	Coach Notes
<b>Review Practice Test 2</b> (15 minutes)	<ul style="list-style-type: none"><li>▪ Discuss the results from Practice Test 2.<ul style="list-style-type: none"><li>♦ Ask students to elaborate on how taking Practice Test 2 was different from taking Practice Test 1.<ul style="list-style-type: none"><li>- Were students successful in creating a “test day” experience? Why or why not?</li><li>- How did students feel during the test? Were they able to focus?</li><li>- What will students do the same way on test day? What will they change?</li><li>- How do students feel about their score?</li><li>- What are the positives? Work with the students to locate successes even if their scores went down (e.g., they successfully followed the plan to take a whole timed test; they didn't check their phone at all; they did well on the science Reading passage, etc.).</li></ul></li></ul></li></ul>
<b>What's next?</b> (5–10 minutes)	<ul style="list-style-type: none"><li>▪ Remind students that they should “taper” on the days before the test instead of cramming.<ul style="list-style-type: none"><li>♦ Explain that athletes often taper before a big competition (e.g., a runner runs only a handful of miles in the week leading up to a marathon) so that their muscles are fully rested and ready for competition—the brain works the same way.</li></ul></li><li>▪ Using the information from both practice tests and students' weekly practice helps students decide how to use the remaining days before the test.<ul style="list-style-type: none"><li>♦ What are 2–3 areas of focus?</li><li>♦ What can be accomplished in the time that's left?</li><li>♦ Should students plan to do a few more practice sections, or write another essay?</li></ul></li></ul>
<b>Lessons learned</b> (10 minutes)	<ul style="list-style-type: none"><li>▪ Ask students to reflect on what they've learned or what's changed in the last six weeks.<ul style="list-style-type: none"><li>♦ Help students create a list of things both academic and noncognitive (e.g., I now understand subject–verb agreement, I learned that I need quiet to really focus, etc.).</li><li>♦ What would they like to add to this list in the future (before test day, and/or before the end of the academic year)?</li></ul></li></ul>
<b>Goals</b> (10 minutes)	<ul style="list-style-type: none"><li>▪ Revisit students' overall goals.<ul style="list-style-type: none"><li>♦ Were they met? Why or why not?</li></ul></li></ul>

**Homework:**

- Continue to get ready for test day!

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# Links to Resources

If your students have questions about Official SAT Practice, read through the frequently asked questions below, and click the link or read on to see the answer.

## FAQs

- Can I see a quick overview of the platform?
  - ♦ Yes, there's a video available on the homepage at [satpractice.org](https://satpractice.org) and also in the [Tips and Strategies](#) section.
- What steps should I take to get the most out of the platform?
  - ♦ Link your College Board and Khan Academy accounts to get automatic, personalized recommendations based on your PSAT/NMSQT®, PSAT™ 10, PSAT™ 8/9, or SAT performance, or take diagnostics if you didn't take any of these tests.
  - ♦ Watch videos and read text explanations to learn more about the skills covered on the test.
  - ♦ Be sure to take some full-length practice tests. We recommend taking them without interruption so you know what to expect on test day. Visit [bit.ly/usingOSP](https://bit.ly/usingOSP) to learn more.
- How should I plan my SAT prep using Khan Academy's platform?
  - ♦ The first thing to do is set up your practice schedule on your Dashboard. There are resources in the [Tips and Strategies](#) section under How to Prep for the SAT that help you plan and give tips for effective studying and managing your time. You'll also see tips for test day and details on what you can bring at [bit.ly/planSATpractice](https://bit.ly/planSATpractice).
- How does the platform recommend skills for me to practice?
  - ♦ The platform recommends skills based on what you need to practice most and what appears most frequently on the SAT.
- Should I follow the platform's recommendations or just pick skills I want to work on? Why?
  - ♦ You should follow the platform's recommendations because it looks at your strengths and weaknesses and how often each concept appears on the test.
- How do I share an idea for improving the SAT platform?
  - ♦ We have a place under [Tips and Strategies](#) called [Using Official SAT Practice in the classroom](#) where you can download resources, offer feedback, or ask questions.

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[satpractice.org/k12](https://satpractice.org/k12).

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