

90-Day SAT Study Plan

Introduction

This **90-day SAT study plan** is designed to help you gradually build your test-taking skills, reinforce fundamental concepts, and develop effective time management. Follow this structured schedule to maximize your SAT score and stay on track leading up to test day.

Phase 1: Foundation Building (Days 1-30)

Week 1: Diagnostic Test & Study Plan Setup

- ✓ Take a **full-length diagnostic SAT test** to assess your strengths and weaknesses.
- ✓ Set a **target SAT score** based on college admission requirements.
- ✓ Create a **study schedule** based on your weakest areas.
- ✓ Gather study materials: Official SAT Guide, online resources, practice tests.

Week 2-4: Core Concept Review

- ✓ **Math Focus** – Algebra, Linear Equations, Ratios, and Word Problems.
 - ✓ **Reading Focus** – Identifying Main Ideas, Passage Structures, and Inference Questions.
 - ✓ **Writing & Language Focus** – Grammar Rules, Sentence Structure, and Punctuation.
 - ✓ Complete **3-5 practice sections per week** and review mistakes thoroughly.
 - ✓ Learn test-taking strategies for **time management and process of elimination**.
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Phase 2: Skill Reinforcement (Days 31-60)

Week 5-7: Advanced Topics & Timing Strategies

- ✓ **Math Focus** – Functions, Systems of Equations, Data Analysis, and Geometry.
- ✓ **Reading Focus** – Evidence-Based Questions, Paired Passages, and Vocab-in-Context.
- ✓ **Writing & Language Focus** – Parallelism, Logical Transitions, and Verb Tenses.
- ✓ Take a **full-length practice test** every two weeks to track progress.
- ✓ Focus on **reducing careless errors** and improving question accuracy.

Week 8: Pacing & Stress Management

- ✓ Practice **timed sections** to improve speed and efficiency.
 - ✓ Work on **eliminating second-guessing** and trusting your instincts.
 - ✓ Learn effective strategies for handling **difficult questions** under time pressure.
 - ✓ Implement relaxation techniques like **deep breathing and positive visualization**.
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Phase 3: Test Readiness & Strategy Refinement (Days 61-90)

Week 9-10: Full-Length Practice & Review

- ✓ Take a **full-length practice test every week** under timed conditions.
- ✓ Analyse mistakes and fine-tune strategies for weak areas.
- ✓ Review key formulas, grammar rules, and reading strategies.
- ✓ Work on **eliminating test-day anxiety** by simulating real test conditions.

Week 11-12: Final Prep & Test-Day Readiness

- ✓ Review **past mistakes and common traps** in all sections.
 - ✓ Focus on **high-impact questions** that can maximize score improvement.
 - ✓ Take **one last full-length SAT practice test** and evaluate final performance.
 - ✓ Prepare a **test-day checklist** and finalize logistics for the exam.
 - ✓ Get adequate **rest, hydration, and mental relaxation** before test day.
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Final Thoughts

Consistency and practice are the keys to SAT success. Stick to this plan, adapt as needed, and stay confident. Trust your preparation and go into the test ready to perform your best!

About IvyStrides 🎓

IvyStrides is dedicated to helping students achieve their highest potential on the SAT. Our expert instructors, proven strategies, and personalized study plans ensure that students gain confidence and excel in their exams. Enroll in our SAT prep programs today and take the first step toward your dream college!

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Have questions?

Write to us at hello@ivystrides.com and our expert counsellors will guide you through.

Stay Focused & Keep Practicing! 🚀

IvyStrides Team

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