



HYBRID SAT/ACT STUDENT REPORT

SAMPLE STUDENT Y

6/15/20

SAT SCORE:			ACT SCORE:		
Reading and Writing:	600	26	ACT Equivalent	English:	31
<i>Writ. & Lang. subscore (out of 40):</i>	30			Math:	32
<i>Reading subscore (out of 40):</i>	30			Reading:	32
Math:	620	25	ACT Equivalent	Science:	27
R/W & Math Total:	1220	26 - 28	ACT Equiv Range	COMPOSITE:	31
	(out of 1600)				(out of 36)

RECOMMENDATION: **Recommend ACT**

REASONS FOR
RECOMMENDATION:

Your scores indicate that the ACT is the better test for you. Your ACT Reading score indicates that strategy and familiarity should allow you to significantly increase your ACT Science score, because that section is essentially reading comprehension about scientific topics. Moreover, issues pertaining to the redesigned SAT make our recommendation of the ACT even stronger.

PERCENTAGE OF	Content	21%
QUESTIONS MISSED	Carelessness	58%
BECAUSE OF:	High-level Difficulty	21%

Inadequate Sleep: You may want to evaluate the quality and normalcy of your sleep. Work on establishing sleep routines. The Stanford Sleep Clinic recommends that you sleep 8.5 to 10 hours all three days prior to taking an SAT/ACT. Getting optimal sleep will allow you to perform much better and to feel better about it!

Inefficiency: Your indication of time pressure, combined with questions missed due to carelessness, may be a result of problem-solving and test-taking strategies that are insufficient for four-hour tests. Challenge yourself to build best practices that will help you on the SAT or ACT as well as in your studies. Working more efficiently means more time for rest, relaxation, and balance.

Endurance: You made more errors on the second half of the test which indicates a need to build mental endurance. We suggest treating your homework like it is a test to practice working for longer periods without distractions like music, social media, smart phones, etc. Also use a timer to build comfort working under timed conditions.

Hard Questions: You missed over 20% of the problems due to a high level of difficulty. Doing well on the toughest questions requires you to perform at your best which means being well-rested, hydrated, and well-nourished. You also must have personalized best practices and strategies that help you avoid careless errors and that allow you to use problem-solving skills to master the hard questions.

***Please note:** Students who take the Hybrid Diagnostic will receive Chapter One of Bodsat Prep's Guidebook written by Justin Sigars and Megan deVries which offers additional information about key issues that affect students such as stress, nutrition, sleep, overconfidence, endurance, and pacing.



HYBRID SAT/ACT STUDENT REPORT

SAMPLE STUDENT X

6/15/20

SAT SCORE:			ACT SCORE:		
Reading and Writing:	690	31	ACT Equivalent	English:	28
<i>Writ. & Lang. subscore (out of 40):</i>	35			Math:	27
<i>Reading subscore (out of 40):</i>	34			Reading:	26
Math:	680	28	ACT Equivalent	Science:	25
R/W & Math Total: 1370 <i>(out of 1600)</i>			30 - 32	ACT Equiv Range	COMPOSITE: 27 <i>(out of 36)</i>

RECOMMENDATION: **Recommend SAT**

REASONS FOR RECOMMENDATION: Your scores indicate that the SAT is the better test for you. If your SAT goal exceeds 1460, please speak to us about the limited amount of official SAT material.

PERCENTAGE OF QUESTIONS MISSED BECAUSE OF:	Content	17%
	Carelessness	60%
	High-level Difficulty	23%

Stress: You reported experiencing test anxiety during this test and during other tests as well. In a consultation or program, we can discuss effective tools and resources for stress management that you can put to use during your school year as well as on the ACT or SAT.*

Inadequate Food: Based on your decreasing energy levels during the test and what you reported eating, it seems you did not eat enough. We recommend you eat a balanced carb/protein/fat breakfast before taking an SAT/ACT, and balanced snacks during each break. Make sure you don't skip the protein or the snacks!

Overconfidence: Your percentage of missed questions related to carelessness, combined with not marking up your test booklet enough, may be a result of ineffective/poor work habits.

Evidence for Correct Answers: Despite your impression that some answers are subjective, the truth is that every question on standardized tests must have one and only one correct answer. Confirm your answers by finding evidence for your final answer choice, and by eliminating all other answer choices by identifying their flaws. A single word can make an entire answer choice wrong.

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