

Resources

ACT vs. SAT – Comparing Tests, and the PSAT

What is the PSAT?

The **PSAT** is the Preliminary Scholastic Assessment Test given in both the sophomore and junior years. It covers the same content as the SAT (without Writing). A student report provides scores in each content area, and an SAT score can be estimated by adding a “0” to your score. A section in this report provides you with a detailed review of how you answered questions on the test, with correct answers given. This allows for identification of your strengths and weaknesses in each subject. National Merit Scholarship semifinalists are selected based on the PSAT score.

There are two opportunities to take the PSAT. First as practice test during the sophomore year and then officially as a Junior. The scores as a Junior are the only scores that count towards qualify towards entrance to the National Merit Scholarship Program (NMSQT)

What is the ACT?

The **ACT** or American College Testing Assessment Test is a college admissions exam given five times a year (September-July). There are four sections: English, Math, Reading and Science with a writing option. Most colleges require writing. Please refer to link for Princeton Review’s Description of the ACT:

<https://www.princetonreview.com/college/act-information>

What is the SAT?

The [SAT](#) or Scholastic Assessment Test is a college admissions exam given seven times a year (August-June). Please refer to this link to see the Princeton Review description of the SAT:

<https://www.princetonreview.com/college/sat-information>

Comparison Chart

For a comparison chart on the two tests, ACT vs. SAT, [click here](#). To see how ACT and SAT scores compare, reference [this chart](#).