



The Ultimate SAT + ACT Game Plan

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The renowned educator featured in:



Welcome! A few quick notes...

- We'll be covering quite a bit today!
- Usually, I'm a big fan of notes, but today, just focus on listening and getting the big picture.
- I'll provide free follow up notes and resources after the call.
- For now, just sit back and relax!
- Let's get going!

First Things First: Who's This For?

Any student, regardless of grade or level of advancement.

Anyone thinking of taking the SAT or the ACT (I'll show you how to choose in your follow up packet).

US-based and international families (the same lessons will apply equally to both groups!).

The elephant in the room: the myth of “the bad tester”

The myth: some kids are “good testers” and other kids are “bad testers.”

The origin: a fundamental misunderstanding of what the SAT and ACT actually test.

The lie: the concept that these are “intelligence tests” or IQ tests.

The result: kids don’t study out of fear.

The reality: anyone can get incredible SAT and ACT scores.

I've seen hundreds of "hopeless" students get 95th+ percentile scores.

There's not a single fact, formula, or strategy on these tests that you can't learn - IF you give yourself enough time and study properly.

If this is true, why don't people think this way?

What do you need in order to get a perfect score?

About 230 math rules, 90 grammar rules, and 40 composition concepts (material know-how).

Fewer than 100 strategic tricks.

A thorough familiarity of these exams + plentiful practice.

“I’m horrible at speaking Japanese!”

Are you? Or have you never *learned to speak it*?

1. Pick up the vocabulary (material).

2. Learn the grammar (strategy).

3. Actually *speak it* (practice and application).

Suddenly, you’re fluent!

So why are scores plummeting?

SAT scores are dropping and ACT scores are stagnant around the country.

...yet parents are spending *billions* on prep each year.

So what gives? If anyone can do so well on these tests, and we're prepping so much, why are we floundering?

The *Environmental* Factors

Here's what you *can't* control about our plummeting scores:

1. Our education system.
2. Increased competition (remember - this test is SCALED - the well-prepped elite push the less-prepared students off the edge).

The *Prep* Factors

Here's what you *can* control:

1. Most students start prepping *far too late*.
2. Most students have unrealistic expectations re: the tests and their “studyability.”
3. Most students study the wrong things, the wrong way, at the wrong times, with the wrong frequency.

Why are we prepping this way?

The multi-billion dollar prep industry knows a few things:

1. “Crash courses” and condensed seminars are easier and more profitable to sell.
2. Realistic, long-term prep is difficult to standardize and distribute.
3. Desperate parents always pay more.

The Key to Effective Prep: **KEEP IT SIMPLE**

We already know what works:
consistent, light, daily prep on a sane schedule.
Process > Results
Focus on your weakest areas first.
Review > New

Slow and Sane Wins the Race

High-volume, fast-paced prep isn't just ineffective - it's discouraging. Avoid "the cycle."

Any student can find 30-45 minutes a day to prep - and *that's all you need!*

Set realistic, sane deadlines - don't take tests "for the heck of it."

Track progress and set milestones for motivation. *See your results as they develop!*

Mistakes Are Your Best Friends

Wrong answers are *opportunities* - NOT signs that “you don’t have what it takes.”

Your scores are *where you are NOW* - NOT *where you can be*.

Practice tests are *practice tests* - your scores are there for your own enlightenment.

Digesting + evaluating tests and practice problems is THE key to progress.

Focus on what you can't stand!

Because of the “bad tester trap,” students tend to focus on their strongest areas.

But the key to progress is to focus on and relish your *worst* areas!

Your worst sections = your biggest, fastest opportunities for improvement.

Follow the “golden ratio” of weak/strong!

Review is 10X Better Than New

- 1.It's much better to *perfect one test* than it is to “work through” 100 tests.
- 2.New is exciting and fun - but it doesn't teach you much.
- 3.Old problems represent “the bad and the ugly” - and they're your best ally.
- 4.As you study, you should shift your ratio toward review>new heavily and constantly.

The Empowered Student

Students can achieve incredible improvements if they:

Can study wherever they are, whenever they can, for as little or as much as they'd like (consistency).

Have all key resources at their disposal and don't need "the sage on stage."

Know how to tailor their own programs.

Don't need to interrupt their own schedules.

Japanese Lessons: Saturdays Only, from 9am-5pm!

Why most prep programs fail:

- Unrealistic, inflexible time frames, schedules, and access to key lessons.
- A “wait to ask” mentality (sage on stage).
- “One size fits all” mentality.
- Wreak havoc on the average (insane) high school academic and extracurricular schedule.

Allow Consistency!

30 minutes a day, every day, is 10X better than 6 hours a day on Sunday.

Work it into your *everyday routine* and *calendar*.

Work in “toothbrush flashcards.”

Demand that your assistance (tutor, program, etc.) accommodate consistency.

Resources+Facts are Commodities

Every problem in every practice book has an in-depth answer explanation.

Every math fact, grammar rule, and comprehension concept is on GOOGLE!

“Asking for help” should be the last resort -
“*finding your help*” should be the first.

Step one: teach students to teach themselves for massive results.

What's Next!?

Students with *clearly-defined goals, deadlines, and an intense focus on weaknesses* will *always* know what to study next for best results.

You are, by far, *the* best judge of what you need to study - *if* you know how to *decipher your results*.

Consistent evaluation of practice problems + tests and “ratio shifting” is THE key to progress.

This SHOULDN'T BE STRESSFUL!

Every high school student is busy. SAT + ACT prep don't need to make things worse.

If your prep interrupts your life, it's inherently flawed and you'll never stick with it.

Your prep should fit neatly into your life - in terms of both independent study and assistance.

Again, consistency is key! Small little bursts, on your own time, can fit into *anyone's* schedule!

Lead Measures vs. Lag Measures

Lag Measures = results that have *already occurred* (e.g. how much you weigh, how many pushups you can do)

Lead Measures = processes *you can control* (e.g. how many calories you eat per day, how many pushups you do per week)

Empowerment = Lead Measure Focus

Your score is your score - it is what it is. You can't control your score now, at this moment. Your *daily, weekly, and monthly efforts* are totally up to you, completely in your control, and the *ONLY* thing you should focus on!

Disempowered students believe their lag measures “are them.”

Empowered students + effective programs focus on *how you act, not on where you are.*

OK - so what do you *do*?

Let's take a step back.

Now that you know how to prep effectively, it's time to learn how to utilize this knowledge *now* for best results.

Step one: know thy enemy!

Choose Your Own Adventure

If you want to start studying effectively, you need to pick a test.

Fortunately, with the New SAT in town, this process is easier than ever.

But...isn't the New SAT scary?

The New SAT: EVERYONE PANIC! (Just Kidding)

Everyone is terrified of the New SAT. They shouldn't be.

Because the SAT is now *less* popular than the ACT, the College Board basically made an easier replica of the ACT.

The New SAT = a simpler ACT without the science section and a slightly different essay.

The Differences Between the New SAT and ACT

Same math content, same grammar content, nearly identical formats, same reading content and format.

The ACT has a “science” section that isn’t on the New SAT.

Their essays are different (neither one is easier or harder than the other).

The New SAT gives you **WAY** more time per problem!

So should I just take the SAT?

Because both tests are basically the same, but the SAT gives you more time, it's objectively easier - BUT....

It's easier for EVERYONE who takes it!

Because it's graded on a scale, your gain is everyone's gain.

That being said, for *well-prepared* student, it provides a beautiful advantage.

The Final Decision

1. Take a look at an official ACT and New SAT (I'll provide links in your follow up materials).
2. If you think you can handle the ACT in the time provided, consider sticking with it (it's easier to "transfer" to the SAT if it doesn't work out).
3. For everyone else (the vast majority), tackle the New SAT right away and destroy it.

You've picked a test! Now what?

You know the best principles, you've picked a test, and you're ready to get started.

Now it's time for a step-by-step game plan that'll lead you into test day with the best scores possible!

1. Get the proper materials in hand.

No matter how you decide to prepare, you'll want an abundance of practice tests and problems so that you can immediately dive in. I'll give you a list of my favorites in your follow up materials.

High-quality practice materials = your first step toward familiarity and higher scores.

2. Get a practice test under your belt!

If you don't know where you are, you'll never be able to study effectively.

Take a timed, graded practice test under realistic conditions (I'll show you how in the follow up materials).

Remember: your score isn't who you are - it's where you are *at this moment in time*.

2. Set a goal.

What does “improving your scores” mean to you?

Get a small list of your target schools, figure out their “minimum thresholds,” and then figure out how far you are from your target school.

Get granular! “Improving by 400 points” isn’t specific.

“Improving by 260 points in math, 70 in reading, and 70 in writing+language” is much, much better.

(I’ll show you how to find this all out in your materials!)

3. Get a “rough draft deadline.”

Take a look at when the SAT and ACT are offered.

Take a look at how many points you need to gain.

Set a date when you're planning to take the official test. It makes things “real.”

You can always adjust - sooner or further away - based on your rate of progress!

4. Set a small, realistic daily commitment and *put it in your CALENDAR!*

Remember, consistency is key!

Don't aim for "bulk work" - aim for daily, consistent, realistic lead indicators.

30-45 minutes/day is a great place to start.

Break it into chunks to make it even easier!

SCHEDULE the time into specific time slots!

5. START....NOW!

Every minute you wait is another minute that you're *forgetting* key information and creating a more stressful deadline.

Once high school begins, any student is capable of prepping for these tests.

These tests are only “monsters” so long as you wait to study for them. As soon as you begin, you'll gain familiarity, see improvement, and massively enhance your motivation!

6. If necessary, find the assistance that **works best for YOUR child.**

Some kids can study perfectly well on their own. Others prefer structured programs. Others prefer self-guided online programs. Others prefer tutors.

You know your kid better than anybody - if he or she needs help, get the right kind!

Make sure that the assistance you choose falls in line with the key prep principles!

7. Material, then strategy, then speed.

Without material knowledge, no amount of strategy or “timing tricks” will help. Focus on formulas, facts, and figures FIRST!

ANY time you see a fact, formula, or concept you don't know, DOCUMENT IT for later study!

Utilize your books, Google, or chosen assistance to explain tough concepts.

8. Integrate material with strategy by utilizing practice problems over “island facts”

Flashcards, books, etc. that only feature the facts + figures without real context are next to useless.

Instead, “collect” material through actual practice problems. This way, you won’t just get the material - you’ll see **HOW IT’S USED!**

9. Timing comes last. Speed comes from familiarity.

Remember the Tae-Kwon Do lesson: don't kick fast until you can kick slow!

Speed comes with practice, familiarity, and expertise. Don't speed up until you can do it slowly first. It won't be worth the frustration. Once you have a good grasp on material + strategy, you can start to shrink your time limits. But not until then!

10. Review constantly!

Remember: it's far better to review the same problem 10X than it is to do 10 new problems. Document every wrong answer, every tough problem, and every unknown fact into a flashcard for later review (I'll show you how). As you continue prepping, shift your studies toward a higher and higher ratio of review:new.

11. Follow the “Weakness Ratio”

Most of your time should be spent on your weakest areas. Need 300 points in math and 50 points in verbal? You should be spending 6X as much time on math as you spend on verbal!

I'll show you how to calculate your ratio in your materials.

Just remember: there's a law of diminishing returns in effect!

Scoop up points wherever the most happen to be.

RELISH the problems you get wrong and still don't know. When you patch up your biggest weaknesses, it'll have cascading effects on your overall performance.

Don't pat yourself on the back for getting everything right - it means you didn't challenge yourself or learn!

12. Calibrate Constantly

Take routine practice tests to figure out precisely where you stand.

Digest the living daylights out of them - mine them for wrong answers, timing insights, flashcards, etc.

Use your scores to adjust your weakness ratio and spend your study time most effectively.

Use your scores to adjust your target dates, whether you're going sooner or later, or setting your sights higher or lower!

13. You're ready for your test when you're ready for your test!

Your practice test scores will be within ~5% of your actual test scores. Don't take an official test until your practice test scores hit the mark!

Once you're ready, dive in and knock it out of the park!

Use your "improvement trend" accurately.

14. Register for a backup test!

EVERY smart parent will sign their kid up for a backup test.

Backup tests provide variability insurance, confidence, and “just in case” security.

If you hit the mark, you can always cancel without penalty. If you don't, just waltz on in!

The Benefits of Having a Backup:

Insurance (weird tests, bad days, mishaps, other madness)

Statistical variance

Anxiety reduction (It's not *the* test, it's just *a* test)

Thank You So Much!

What's Next?

www.GreenTestPrep.com/YPOWPO

1. Get your free YPOWPO toolkit, materials and explanations on everything we discussed, and a full step-by-step “get started” guide.
2. Exclusive prep opportunities reserved only for YPO and WPO members!