



Answers for
Sailors, Marines & their families

Search

[RSS Feeds](#) | [Feedback](#) | [Site Map](#)

Make LIFELines your homepage.

Brought to you by the Center for Personal Development and Naval Personnel Development Command

► Military Life

In This Section

- [Joining the Navy](#)
- [New to the Military](#)
- [Military Careers](#)
- [Basic Life Skills](#)
- ▼ [Education & Training](#)
 - [Education Benefits](#)
 - [Education Preparation/Readiness](#)
 - [Educational Programs and Services](#)
 - [Scholarships/Financial Assistance](#)
- [Pay and Benefits](#)
- [Personal Finances](#)
- [Personal Health & Safety](#)
- [Emergencies/Trauma/Terrorism](#)
- [Family Life](#)
- [Travel/Recreation/MWR](#)
- [Relocation](#)
- [Housing](#)
- [Deployment](#)
- [Casualty](#)
- [Reserves](#)
- [Retirees](#)
- [Military Transition Assistance](#)

Military Life Resources

Follow these links to special resources outside of LIFELines.

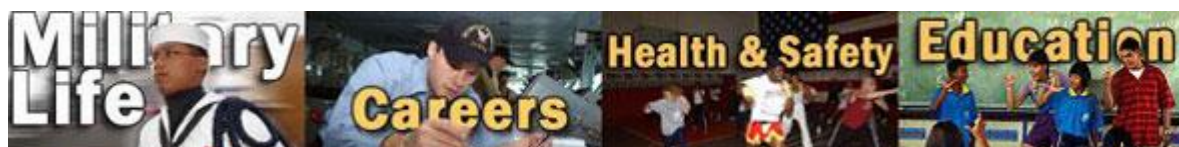
MILITARY ONESOURCE

Combat Stress
Reactions

► News & Events

► Videos & Training

► Family Life



How to Prepare Successfully for the SATs and ACTs

By Jennifer Cornelissen

(Last Reviewed Friday, September 09, 2005)

If nothing stands between you and higher education except a college entrance exam, relax. You can successfully get ready for the SAT or ACT if you prepare carefully, plan sensibly, and study effectively.

Get Test Savvy

Most universities and colleges require that applicants take either the SAT I: Reasoning Test or the ACT Assessment. Check with your target schools to see which they require. Naval officer accession programs accept both.

The [SAT I](#) tests problem solving and critical thinking. Seven sections measure verbal or math aptitude and take three hours to complete. A perfect score is 1600.

The [ACT](#) determines competence in high school curriculum studies. This exam measures English, math, reading, and science reasoning in four sections and takes three and a half hours to finish. Students can earn up to 36 points.

Meet DANTES

Military personnel may take the SAT or ACT through the Defense Activity for Non-Traditional Education Support ([DANTES](#)) examination programs. DANTES offers testing services continuously on military installations worldwide and on 26 ships, says Exam Programs Manager Len Lipp. A test control officer (TCO), usually a [Navy College](#) education specialist, administers exams.



SECNAV Retiree Council

[LIFELines Policy on Links](#)

DANTES authorizes eligible Sailors one free test per lifetime. DANTES offers ACT exams year round, but the SAT exam is not offered during July and August due to the SAT administrative schedule. Off-campus, the exams are offered five to seven times yearly.

Plan Sensibly

Before tackling the test, develop a plan. Lipp recommends that you speak with a Navy College advisor to confirm requirements, take a practice test, and discuss preparation options.

Next, read the free booklets offered by the makers of the SAT and ACT with exam descriptions and sample tests.

Last, prepare a study schedule. List weekly activities to complete, such as practice questions and sample exams. Check your goals off as you complete them.

Study Smarter

You can study effectively regardless of your budget. Pick a study method or combine several to meet your needs:

- | Flash cards offer an inexpensive, focused approach. Write vocabulary words or mathematical concepts on cards and test yourself regularly.
- | Test preparation guides provide broad guidance with sample questions, test-specific strategies, and simulated exams. Guides are available from bookstores or libraries.
- | Practice tests eliminate surprises, build confidence, and pinpoint trouble spots. They are available from the test makers for a fee or from the DANTES TCO for free.
- | Tutoring is offered online, in the classroom, or privately from companies such as Kaplan and Princeton Review. Students receive sample tests, vocabulary lists, and exam tactics. This method can be expensive, beginning at \$299 for online coursework and reaching \$1,200 for private tutoring.

Service members should also visit the SAT and ACT websites for preparation information, according to Lipp.

Whatever your approach, be sure you prioritize and spend time wisely. Whether you study at home or in a berthing space, avoid interruptions and stick to a schedule. Recognize that great scores don't just happen but are earned.

Take the Test

The night before the exam, confirm its location and time. Set your alarm and get enough rest.

In the morning, dress comfortably, eat breakfast, and arrive early. Bring identification and pencils.

During the test, read the directions carefully and pace yourself. Relax — you're on your way to a successful score.

[Printer Friendly](#)[Email This](#)

LIFELines: The Official Quality of Life Delivery Network of the Department of the Navy, serving Sailors, Marines and their families.

[About LIFELines](#) | [Disclaimer](#) | [Privacy](#) | [Feedback](#) | [Help](#) | [Glossary](#) | [Plug-Ins](#) | [US Navy Website](#) | [USMC Website](#)

The Webmaster can be contacted by phone at 202.433.4064 or by [e-mail](#).



LIFELines is funded by the Center for Personal Development, Naval Personnel Development Command, and the Assistant Secretary of the Navy for Manpower and Reserve Affairs.

[Gils Registration Number (UID) 48230]

