

PSAT/NMSQT: Power Their Path



The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®) measures the knowledge and skills your teen will need whatever their post-high school goals, whether they're thinking about attending a two- or four-year college, a job training program or technical school, or still exploring their options after high school.

Based on their PSAT/NMSQT score, they'll see where they need to practice so they can reach their own target SAT® score based on their college and career goals. But, it's more than just good practice. It helps track progress over time and can be a valuable tool to help guide their journey through high school and beyond.



The PSAT/NMSQT is part of the SAT Suite of Assessments, which measures and guides progress on the reading, writing, and math skills students learn in school and that matter most for any path after high school.

Here's What You Need to Know About the PSAT/NMSQT



Delivered on Bluebook™, College Board's digital testing platform.



2 sections:
Reading and Writing; Math



FREE Official SAT Prep, including full-length practice tests, student question bank, and exclusive Khan Academy® courses.



2 hours, 14 minutes



320–1520 score scale

Here's How the PSAT/NMSQT Can Help Your Teen

- They'll get familiar with the test format—it's on the same digital platform as the SAT and AP® Exams. Historically, students who took the PSAT/NMSQT scored higher on the SAT, on average, than those who didn't.
- Their score report will be relevant, with information about knowledge and skills progress, skills-based career insights, and access to **AP Potential™**—an online tool that uses data to help 9th–11th grade students see which AP courses they're likely to do well in, are offered by their school, and match a future major that may interest them.
- They can get their scores right on their phones, with customized college and career planning guidance, and the opportunity to connect with nonprofit colleges and scholarships in the **BigFuture® School mobile app**—without sharing personal information.
- Students who take the PSAT/NMSQT, usually in 11th grade, may meet requirements to enter the **National Merit® Scholarship Program**, an academic competition for recognition and scholarships administered by [National Merit Scholarship Corporation](https://www.nmsc.org).



Learn more about the PSAT/NMSQT psat.org/nmsqt-student-guide.

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