

The SAT is More Than a Score. It's a Tool for Planning What's Next.



The SAT® is a trusted, research-based measure of the core skills that matter most for any path after high school. It helps students identify their strengths and areas for growth, explore college and career opportunities, and improve readiness for their next steps.

Whether they're pursuing a four-year college, community college, career training program, military pathway, or are still deciding, the SAT can guide decision making and help open doors.

At many colleges, including those that are test optional, the SAT can provide important evidence of a student's academic potential and may strengthen an application and support scholarship consideration.

But the SAT is more than a final score. As the culmination of the SAT Suite of Assessments, it's part of a connected, multiyear system designed to help students build skills, track growth, and strengthen their future pathways.



Because all assessments in the SAT Suite are built on the same scale, schools can monitor growth over time and gain a clearer picture of student readiness from middle school through graduation.

Together, these assessments provide a consistent view of progress while connecting students to essential feedback, practice resources, and planning support along the way. Whether taken as part of the full suite or on its own, the SAT can help students:



Gain Insight and Build Skills

- Increase understanding of strengths and areas for growth.
- Improve performance and confidence through authentic, free practice resources.
- Accelerate coursework by demonstrating AP® readiness.



Explore Opportunities and Future Pathways

- Receive career insights tied to their skills and interests.
- Access personalized college and career planning tools on BigFuture™ and the BigFuture School mobile app.



Expand Opportunity

- Increase visibility to recruitment, scholarship, and recognition programs.
- Earn a widely accepted, reportable score to strengthen college applications.

SAT is the

#1

taken college
admission test
in the U.S.

Accepted by more than

4,000

colleges and universities
in the U.S.



The SAT's Student-Centered Design:

- Fully digital, delivered on Bluebook™, the same testing app used for AP Exams and PSAT™ assessments.
- Adaptive design that tailors questions based on student performance, creating a shorter and more personalized testing experience.
- Takes just over two hours to complete, with fewer questions than other tests, to allow greater focus and less pressure to rush.
- Includes two sections, Reading and Writing, and Math. (No add-on sections, with science measured across the core sections.)
- Features short reading passages that give students more time to read closely and think critically, reducing test fatigue.
- Math section proven to measure the quantitative skills that support success in STEM-related coursework and careers.
- Includes an embedded calculator as well as other digital test-taking tools.

“The free SAT practice resources available from College Board are amazing. The SAT practice tests, Question of the Day, and Khan Academy resources help motivate and support all students.”

Ester Hall, college and career coordinator,
Indian Hill High School,
Cincinnati, Ohio

A Full System of Free Practice and Support

With the SAT, students have access to one of the most comprehensive free test-preparation ecosystems available, including:



Eight full-length, fully scored practice tests in Bluebook



My Practice portal, with score breakdowns and tailored practice questions



Aligned video modules and prep strategies on Khan Academy®



Small-group peer tutoring sessions on Schoolhouse.world



SAT Question of the Day to build skills readily over time

Learn more about the SAT at: sat.org/why-take.