

Why More Schools and Districts Choose the SAT

While the SAT® and ACT are both rigorous, research-based exams widely accepted by colleges and universities, the tests have important differences. Many schools choose the SAT because of its more student-centered approach, reliable infrastructure, connected readiness system, and extensive free practice resources.

SAT

ACT



Modern, student-centered experience

The SAT has a streamlined, intuitive design, along with a digital environment students already know.

- Fully digital on Bluebook™, creating a consistent, familiar experience
- Adaptive design improves relevance and measurement precision
- Fewer questions, allowing more time per item and less pressure to rush
- No add-on sections, reducing fragmentation and fatigue (Science score built in)
- ~2 hours total

- Digital or paper format, depending on test center or school
- Linear, or fixed, design does not adjust to student performance
- 33 more questions than the SAT on core exam, giving students less time per question
- Optional, add-on Science and Writing sections add time and costs
- ~3 hours (with add-on sections)

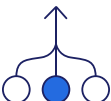


Secure and reliable administration

The SAT's integrated infrastructure reduces operational friction.

- Highly secure Bluebook testing app, also used for PSAT assessments and AP® Exams
- Proven at scale, with 15 million digital tests successfully taken since 2023
- Months-long testing windows, supporting local planning and reducing disruption
- Scores available within two weeks after testing, critical for student planning

- Varied, fragmented delivery systems and platforms
- Digital testing option is limited in both availability and experience
- Schools required to choose narrow set of dates within testing window
- Scores available "within a few weeks," with longer processing times for paper tests



Connected readiness ecosystem

The SAT is part of an integrated, continuous system designed to strengthen student pathways.

- Part of the SAT Suite, a connected sequence of assessments with instructional and practice supports
- Results align to AP course opportunities through web-based AP Potential™ tool
- Integration with BigFuture® School for personalized college and career planning

- Pre-ACT exam options, with limited instructional integration and practice resources
- Limited research on identifying students for AP, no advanced coursework offering
- Less robust, less integrated college and career planning resources



Free practice, continuous improvement

The SAT's best-in-class practice resources—all free—support confidence and skill building for all students.

- Eight free, full-length, scored practice tests in Bluebook
- Question of the Day, plus student and teacher question banks
- Score breakdowns and tailored practice through My Practice portal
- Aligned video modules and strategies through Khan Academy®
- Small-group peer tutoring through Schoolhouse.world

- Two free full-length practice tests
- Sample questions, practice quizzes, and one free-trial intro class
- Paid practice options available through test-prep partners

Learn more at satsuite.org/why-sat.

