



WHY KEEP A JOURNAL?

SINCE THE SAT AND PSAT/NMQT are standardized tests that have recurring patterns, the key to doing well is to practice recognizing the hidden patterns and using strategies to find the correct answers. The Journal for Test Success is a way for you to keep records of how you're progressing. As you take practice exams, you should fill out the journal pages with the questions that you missed.

When you miss a question, it should be your goal to conquer that pattern; the next time you take that particular practice test or when that pattern arises again, you can then know how to conquer it.

These are tests of logic, reasoning and critical thinking. You need to train your mind to look for the correct answer by exposing the patterns and observing the relationships between the question and its answer.

Here is how to use these journal pages

1. Make copies of the journal pages and put them in a notebook.
2. Keep a record of testing dates and scores on the Test Record page.
3. When you miss a question, rewrite it and its answers on the corresponding page noting which wrong answer you picked.
4. Reference the type of question it was. E.g.
 - Reading (Use, Citation, Command, Chart, Passage)
 - Math (TRLTR, Top Heavy vs. Bottom Heavy)
 - Writing (Grammar, Style, Reading)
5. Notate the type of error you made: A, B or C.
6. Rework it correctly; find out why you missed it or worked it the long way.

The Journal for Test Success is a way for you to keep records of how you're progressing.

7. Review the missed questions periodically to ensure you can still answer them correctly and quickly.
 - Once a month (for minimal recall)
 - Once a week (for a good refresher)
 - Nightly (for optimal review)
8. Compare your improvements the next time you take the same test.
9. Practice writing at least one essay a week using published articles in newspapers or online.
 - Reuse and recycle the same key points learned in the program.
 - Make sure it contains all the elements in the acronym.
10. Form a study group with others who will be practicing for the tests.
 - Conduct friendly competitions (weekly, bi-weekly).
 - Divide into groups (boys vs. girls, etc.).
 - Reward the individual and the group with the best improvement.

READING**(Passage-Based Reading)**

Test #	Problem	Answer Choices	Answer Details	Question Type	Error
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		(B)			
		(C)			
		(D)			
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Date Page # Quest. #		(A)			
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MATH

(Multiple-Choice)

Test #	Problem	Answer Choices	Answer Details	Question Type	Error
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		(B)			
Page #		(C)			
Quest. #		(D)			
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MATH

(Student Response)

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WRITING

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PRACTICE ESSAY - Topic

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