

Name \_\_\_\_\_ School \_\_\_\_\_ Date \_\_\_\_\_

**Do You Have the Mandatory Mindset to Get the ACT or SAT Score You Want™?**

The following assessment is to quantify the essential mindset required to get your optimum SAT or ACT score. How you 'feel' and what you 'believe' about the exam ultimately has a major impact on your score. Answer as honestly as you can the following questions. Check

- 1 if the option is absolutely false
- 2 slightly true
- 3 usually true
- 4 absolutely true

1. I believe that the phrasing of the questions on the SAT or ACT aren't about trying to 'trick me' but about measuring how focused and careful I am.

\_\_\_\_\_

1            2            3            4

2. I understand why a standardized exam is an important factor for college admission.

\_\_\_\_\_

1            2            3            4

3. I am not intimidated by taking a standardized exam.

\_\_\_\_\_

1            2            3            4

4. I realize if I can focus on what I know, rather than what I don't, the test isn't that challenging: "I find it easy to rely on context clues if a question contains a challenging vocabulary word."

\_\_\_\_\_

1            2            3            4

5. Standardized tests are not so much about what you know, but how you are able to deal with what you know: "For the most part, I have the all core knowledge NOW to get the score I deserve."

\_\_\_\_\_

1            2            3            4

6. I can quickly and easily make the distinction between what I *truly* do know vs. what I *truly* don't know when eliminating on a multiple choice test.

\_\_\_\_\_

1            2            3            4

7. I believe that taking a standardized exam is not so much about learning 'tricks' but about improving reading and critical thinking skills.

\_\_\_\_\_

1            2            3            4

8. I realize that with the right training, I can always improve my ability to take a standardized test.

\_\_\_\_\_

1            2            3            4

9. A major factor in doing well on a standardized exam is knowing how to pace through

the questions.

                                     
1        2        3        4

10. I don't allow a challenging question to unnerve me.

                                     
1        2        3        4

**How to score:** Add together all the numbers you checked to get your total. Go to the appropriate conversion table to correlate your score range to the SAT or ACT.

TOTAL \_\_\_\_\_

SAT CONVERSION:

38 - 40 = 1550 - 1600  
35 - 37 = 1500 - 1540  
33 - 36 = 1350 - 1490  
29 - 32 = 1150 - 1340  
25 - 28 = 1060 - 1140  
21 - 24 = 940 - 1050  
17 - 20 = 840 - 950  
13 - 16 = 700 - 830  
10 - 12 = <600

ACT CONVERSION

38 - 40 = 35 - 40  
35 - 37 = 33 - 34  
33 - 36 = 30 - 33  
29 - 32 = 27 - 29  
25 - 28 = 24 - 26  
21 - 24 = 21 - 23  
17 - 20 = 18 - 20  
13 - 16 = 15 - 17  
10 - 12 = <14

SAT score range: \_\_\_\_\_

ACT score range: \_\_\_\_\_

For the projected SAT and/or ACT score potential, contact [harriet@breakthroughtestprep.com](mailto:harriet@breakthroughtestprep.com).