

SET GOALS. TRACK PROGRESS. ACHIEVE YOUR DREAM

2020

MY SAT STUDY PLANNER



PREPARED BY

WWW.RESOLUTIONTESTPREP.COM



INTRODUCTION

Hello, future college student!

Thank you for downloading this planner! I'm happy to be part of your journey to college. Studying for the SAT can be stressful, overwhelming, and frustrating at times.

So I created this planner as a way of helping you counter some of the stress, cut through the overwhelm, and maintain a positive growth mindset as you study.

Important: You can start this planner at any point in your study. Use the parts you need and ignore the parts that don't apply to you. Reprint pages as you go to help you always stay on track.

I've included spaces for you to reflect on your progress. Studies show that reflecting on your learning helps you meet your goals faster. Use these as opportunities to troubleshoot what may be holding you back, to reset any negative thinking, and to notice what may have contributed to your wins. And CELEBRATE those wins!!

Happy prepping!
Carrie Bach
Resolution Test Prep

PS. My goal is to make this a physical planner in the future, so I welcome any feedback at carrie@resolutiontestprep.com. Thank you!

CONTENTS

INITIAL GOAL SETTING (p. 4-5)

p. 4 – Record your target score and journal to inspire yourself.

p. 5 – Record your diagnostic and key reflections.

MONTH (p. 6-8)

p. 6 – Set your priorities for the month.

p. 7 – Answer the journal questions to help you succeed this month.

p. 8 – Add in the dates and use in whatever way works best for you. List the topics you'll study every day, or check days off when you reach your study goal for the day.

WEEK (p. 9-10)

p. 9 – Review the past week and set the stage for the week to come.

p. 10 – Plan out your tasks for the week.

PROGRESS CHECKING (p. 11-15)

p. 11 – Answer the journal questions to help recenter yourself in your SAT prep.

p. 12 – Add your scores on timed practice tests to the graph. Track your progress, and reflect on major wins.

p. 13-14 – Track your scores on timed or untimed sections. Add your score and any notes about timing that will help you interpret that score later.

p. 15 – Whenever necessary, reflect on your current comfort level with each section and set new priorities.

BONUS (p. 16)

p. 16 – Give yourself a 90-day study challenge! Great to do with a study partner. Don't forget to plan your reward for completing the challenge successfully!

SAT RESOLUTION

Target Score:

I want to achieve this score by _____.
(date)

Getting this score will allow me to ...

Attending my dream school is important to me because...

After reaching my goal, I will feel...

SAT DIAGNOSTIC/PSAT

Diagnostic /
PSAT Score:

Date taken: _____

*A diagnostic is only a starting point,
and does not at all determine an ending point.*

How I felt taking the diagnostic/PSAT:

MY GREATEST STRENGTHS

-
-
-
-
-

MY GREATEST OPPORTUNITIES

-
-
-
-
-

PRIORITIES FOR THE MONTH

Top 3 priorities this month

1st priority:

Details:

2nd priority:

Details:

3rd priority:

Details:

REFLECTING ON MONTHLY GOALS

What help do I need to reach my goals this month?

Who can hold me accountable for my studying?

NAME	CHECK IN DATE

What am I looking forward to doing this month? What can I do if I am feeling overwhelmed by the SAT?

Techniques I'm using to stay productive:

- 1.
- 2.
- 3.
- 4.
- 5.

MONTHLY GOAL TRACKING

Add the dates to the boxes below and start planning your SAT prep.

Sun	Mon	Tues	Wed	Thur	Fri	Sat

Tip:

Did you reach your study goal for the day? Add a check mark in the top right corner for the day.

Remember to plan around school and other activities. You'll make more progress when your plan is realistic!

WEEKLY OVERVIEW

Review of last week

Big wins:

- 1.
- 2.
- 3.

How I'll improve:

- 1.
- 2.
- 3.

Planning this week

Things that will make this week great:

- 1.
- 2.
- 3.

Skills I'm working on:

- 1.
- 2.
- 3.

TOP PRIORITIES THIS WEEK



WEEKLY PLAN

AFFIRMATION FOR
THE WEEK

MONDAY

-
-
-
-
-
-
-

TUESDAY

-
-
-
-
-
-
-

WEDNESDAY

-
-
-
-
-
-
-

THURSDAY

-
-
-
-
-
-
-

FRIDAY

-
-
-
-
-
-
-

SATURDAY

-
-
-
-
-
-
-

SUNDAY

-
-
-
-
-
-
-

NOTES

REFLECTION JOURNAL

How have you been feeling about the SAT recently?

Remind yourself of any progress you've made recently.

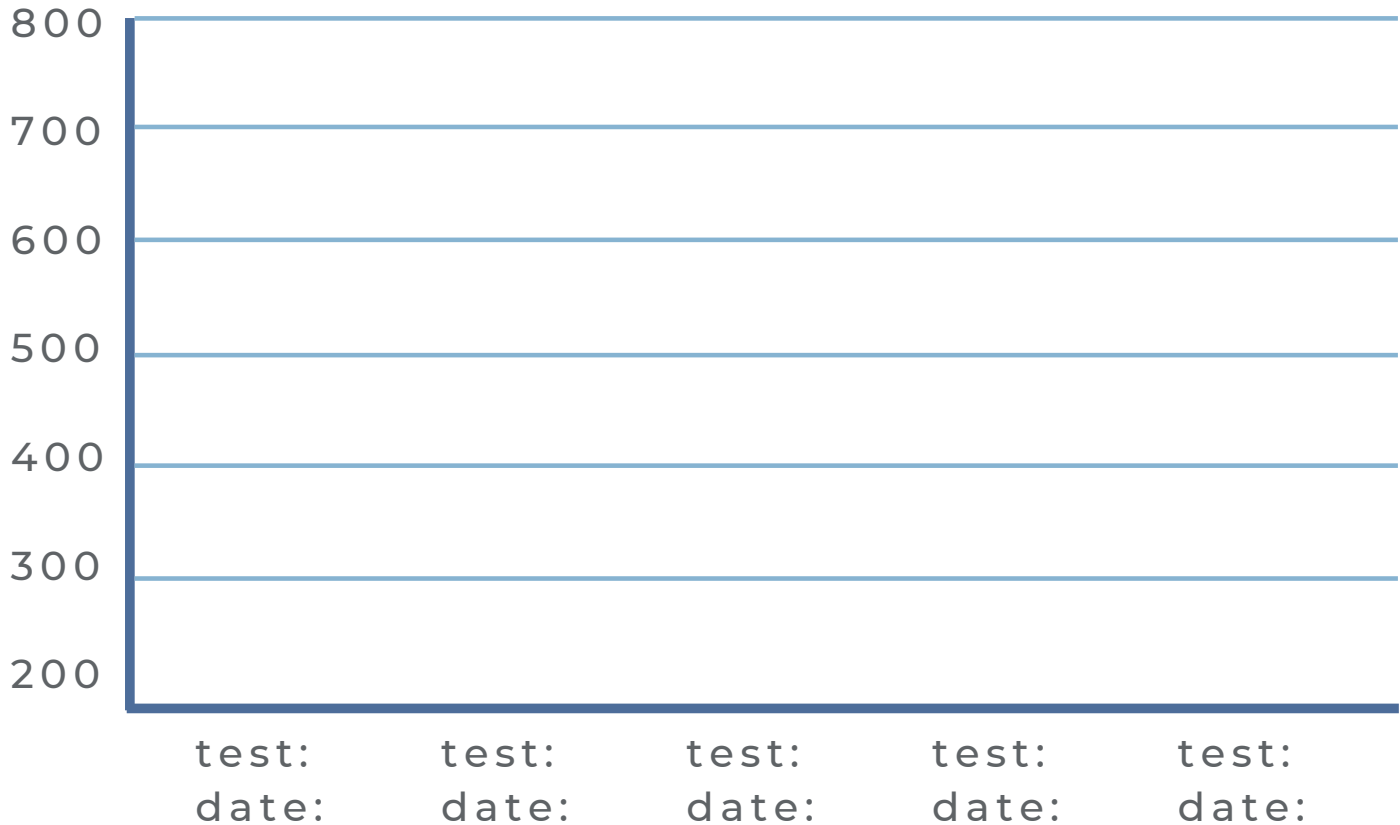
Are there any ways that sleep, nutrition, stress, or school obligations may be affecting your prep? Write about them here.

List 5 things you're grateful for, whether related to the SAT or not:

- 1.
- 2.
- 3.
- 4.
- 5.

PRACTICE TEST SCORE TRACKING

Add your the results from practice tests to the charts below.
Make two bars per test: one for verbal and another for math.



REFLECTION

What factors contributed to your highest scores?

- 1.
- 2.
- 3.

SECTION TRACKING

Reading Comprehension

Date	Practice Test	Score	Timing notes

Writing & Language

Date	Practice Test	Score	Timing notes

REFLECTION

What factors contributed to your highest scores?

- 1.
- 2.
- 3.

SECTION TRACKING

Math Non-Calculator

Date	Practice Test	Score	Timing notes

Math Calculator

Date	Practice Test	Score	Timing notes

REFLECTION

What factors contributed to your highest scores?

- 1.
- 2.
- 3.

SAT SKILLS CHECK IN

Date: _____

Reading Comprehension



I can't do this yet.



I'm ok, but usually need some help.



I can consistently do well.

Writing & Language



I can't do this yet.



I can usually do ok with help.



I can consistently do well.

Math



I can't do this yet.



I can usually do ok with help.



I can consistently do well.

Based on this, I should prioritize:

SAT 90 DAY CHALLENGE

Color in a circle for each day you meet your study goal.

(Tip: At the beginning of each week, set your study goals for that week. Make sure they are realistic and take into account the other events in your life. It's also perfectly reasonable for your goal to sometimes be taking a day off!)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90

Planned reward for
successfully completing
the 90 day challenge:

WANT TO WORK TOGETHER?



I love working with motivated students to get them into the college of their dreams.

And since you've been using this study planner, I think you could be a perfect fit!

**LEARN MORE ABOUT
WORKING WITH ME**



"BOTTOM LINE: CARRIE IS AMAZING!"

Not only does she know the subject matter and how to teach it effectively, she also gave me strategies tailored to the test to increase my efficiency and overall confidence. In the end, I increased my score to a 1540."

- Mira, SAT student in South Carolina