Digital SAT Time Management Guide

Introduction

The Digital SAT is designed to test your ability to work efficiently under timed conditions. Managing your time wisely is crucial for maximizing your score. This guide provides strategies to help you pace yourself and allocate time effectively for each section.

How to Use this Guide

- Understand the structure of the Digital SAT and its timing constraints.
- Apply time management techniques during practice tests.
- Learn when to skip and return to difficult questions.
- Use this guide as a last-minute refresher before test day.

1. Digital SAT Structure & Timing

- **Reading & Writing Section:** 64 minutes (2 modules, 32 minutes each)
- **Math Section:** 70 minutes (2 modules, 35 minutes each)
- **Total Time:** 134 minutes

2. General Time Management Strategies

- Keep track of time using the **built-in digital timer**.
- Spend **no more than 1 minute per question**; flag difficult questions and return later.
- Avoid rereading passages extensively—use **skimming and scanning techniques**.
- Aim to finish with **at least 3-5 minutes left** per section for review.

3. Reading & Writing Section Time Strategy

- **Passages:** Read efficiently; focus on **main ideas, author's purpose, and tone**.
- **Vocab-in-Context & Grammar:** Take no more than **30-45 seconds per question**.
- **Evidence-Based Questions:** Answer the main question first before selecting supporting evidence.
- **Skimming Tip:** Read the **first and last sentence** of each paragraph to grasp the main idea quickly.

4. Math Section Time Strategy

- **Easy Questions First:** Start with straightforward problems to gain momentum.
- **Word Problems:** Underline key numbers and phrases before solving.
- **Use the On-Screen Calculator Wisely:** Don't over-rely; sometimes mental math is quicker.
- **Grid-In Responses:** Double-check calculations and ensure correct format.

5. How to Handle Time Pressure

- If stuck, **guess strategically**—there's no penalty for wrong answers.
- Eliminate **obviously wrong choices** first to narrow down options.
- Use **shortcuts and estimation techniques** for complex math questions.
- Stay calm and move forward—don't dwell on a single tough question.

6. Final Week & Test Day Time Prep

- Take **full-length timed practice tests** under real conditions.
- **Simulate test conditions**: Use an online timer to build endurance.
- Sleep well the night before and **arrive early** on test day.
- Follow a **strategic break schedule**: use breaks to refresh and refocus.

About IvyStrides 🎓

IvyStrides is a premier **SAT preparation academy** dedicated to helping students achieve their dream college admissions through **expert-led instruction, structured learning programs, and data-driven strategies**. We believe that **education should be accessible and effective**, providing students with the right resources to succeed.

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