

# SAT Free Study Guide

Original preparation book by ExamAtlas.

This free guide is designed for students who want a clear and practical starting point for SAT preparation.

It helps you understand how to study, what to practice, how to review mistakes, and how to avoid common preparation problems.

Use this guide with the exam page, study guides, free books, and mock tests available on ExamAtlas.

Website: [examatlas.online](http://examatlas.online)

# 1. Understanding SAT

Before preparing for SAT, start by understanding the exam purpose, main sections, question style, and scoring logic.

A strong preparation plan starts with knowing your current level and then improving weak areas step by step.

Do not begin with too many resources. Start with one clear plan, then practice and review your mistakes.

## 2. How to Build a Study Plan

A good study plan is simple, realistic, and measurable.

Divide your preparation into short sessions. Each session should include learning, practice, correction, and review.

At the end of every week, check what improved and what still needs focused practice.

## 3. Practice Strategy

Practice is not only about solving many questions. The real improvement comes from understanding why each answer is correct or wrong.

Keep a mistake log. Write the question type, the reason for the mistake, and the action you will take to avoid it next time.

Repeat similar questions after a few days to confirm that the weakness has improved.

## 4. Time Management

Many students understand the content but lose marks because of time pressure.

Start without timing when learning a new skill. Then gradually add time limits as your accuracy improves.

In the final stage of preparation, use full timed practice to simulate the real exam experience.

# 5. Common Mistakes

Mistake 1: Studying without a clear target score.

Mistake 2: Using too many resources at the same time.

Mistake 3: Solving questions without reviewing mistakes.

Mistake 4: Ignoring timing until the last week.

Mistake 5: Depending only on memorization instead of building real skills.

## 6. 30-Day Study Plan

Days 1-7: Understand the test format and complete short practice activities.

Days 8-14: Focus on weak areas and build a mistake log.

Days 15-21: Practice with time limits and review your performance.

Days 22-30: Complete mock tests, revise key notes, and avoid starting many new resources.

# 7. Revision Checklist

Can you explain the structure of the exam?

Do you know your weakest question types?

Have you practiced with time limits?

Have you reviewed your most repeated mistakes?

Have you completed at least one realistic practice session?

## 8. Final Week Advice

The final week should focus on review, confidence, and accuracy.

Do not start a completely new resource unless it is necessary.

Review your mistake log, repeat important practice questions, and sleep well before the test.

## 9. Next Step

After reading this book, visit the SAT page on ExamAtlas.

Use the related study guides and mock tests to continue your preparation.

Your goal is not only to get a result, but to understand how to improve it.

Continue learning at: <https://examatlas.online>