

Parent's guide to Official SAT Practice

Parents, we're excited that you're helping your child find the best practice available for the SAT and PSAT/NMSQT®.

With Official SAT Practice, students get a 100% free, personalized practice program for the SAT through an exclusive partnership between Khan Academy and the College Board, the makers of the SAT.

By making world-class SAT preparation available to anyone, anywhere, we hope to level the playing field so that every student has equal opportunity for college readiness!

Practice that works

Students who prepare using Official SAT Practice see substantial improvement in their SAT scores.

Studying for 6-8 hours with Official SAT Practice is associated with an average 90-point score gain from the PSAT/NMSQT® to the SAT.

Studying for 20 hours with Official SAT Practice is associated with a 115-point score gain, nearly double the average gain without Khan Academy.

Personalized to your child

With Official SAT Practice on Khan Academy, your child will:

- get a personalized plan tailored to their strengths and weaknesses based on their previous PSAT/NMSQT® or SAT results or our diagnostics;
- hone their skills with thousands of practice questions, hints, and video lessons;
- take up to eight official full-length practice tests [online](#) or on [paper](#);
- receive instant feedback and adaptive recommendations for what to practice;
- set a personalized practice schedule to get reminders for when to practice; and
- review [expert tips and strategies](#) for the test.

Your child's practice schedule

When your child signs up for Official SAT Practice on Khan Academy, we'll prompt them to create a regular weekly practice schedule that works for them.

Our research has shown that students who study daily (e.g. 5 days a week) for short periods of time (15-30 minutes) are able to build a more successful habit of practicing for the SAT.

Encourage your child to create a practice schedule that works for them and then stick to it.

Parents, your child is practicing daily during Advisory.

How can I track my child's progress on Official SAT Practice?

We do not have a specialized way for parents to track their child's progress on Official SAT Practice.

You can ask your child to log into their account and show you their progress directly.

You can also view your child's progress by using the tools we make available to teachers. To do so, visit your [Coach dashboard](#), create an SAT class, and add your child. By looking at the "SAT" tab for that class, you can then follow along with their practice and access related helpful content in the same way a teacher can.

For more information on how to create an SAT class, check out [our overview](#) on the new coach resources for Official SAT Practice.

Check out <https://www.khanacademy.org/resources/parents-mentors-1/helping-your-child/a/parents-guide-to-official-sat-practice>