FREE • 7 DAYS • ONE CLEAR NEXT STEP

Know what to practise next.

An explanation-first plan for using a practice exam, studying the skills behind mistakes, and checking what changes.

SAT Reading and Writing + Math

Inside this guide

01 **Read the diagnostic without overclaiming**

02 **Follow one lesson and action each day**

03 **Try 12 original checks and review the key**

04 **Keep an error log and repeat the cycle**

Newton is an independent publisher. This guide does not predict or provide an official SAT score.

BEFORE DAY ONE

How this plan works.

The useful unit of progress is a clearer decision on a specific question type. Complete the cycle at your own pace if seven consecutive days do not fit your schedule.

1 • Open free Newton Exam 1

Visit newtonlearninggroup.com and choose "Get free SAT exam access." The current route uses a CA$0.00 checkout, an emailed access link, and account sign-in. No payment is charged.

2 • Save evidence, not just a total

Exam 1 has 54 Reading and Writing questions and 44 Math questions. Review the report, explanations, questions you guessed, and the time you spent. A single exam is a starting sample.

3 • Study, then compare

Days 2-6 turn errors into lessons. Day 7 suggests a fresh exam if ready. Newton Exam 2 is a separate CA$3.99 purchase; official Bluebook tests and Khan practice are free alternatives.

FREE EXAM 1 NEWTONLEARNINGGROUP.COM

Use the link on the home page. Read the account and access instructions before starting; use the same email when enrolling and opening the exam.

Your reason for taking the SAT, and your next test date (if known):

Set a reasonable amount of time each day. The plan works better with deliberate review than with a rushed question count.

READ THE EVIDENCE

A report is a starting map.

A score describes performance on this particular set. It cannot, by itself, explain why an answer was wrong or prove a stable level of mastery.

First: separate sure answers from guesses

Mark each missed or uncertain question. A correct guess still deserves review: could you explain why the right choice works and a plausible alternative fails?

Then: name the exact skill

Group errors by specific task, such as textual evidence, transitions, linear equations, or percent base. Use the eight broad domains on page 4 for orientation.

Finally: check the sample size

If only a few questions represent a skill, call it a question to investigate, not a diagnosis. Compare with fresh practice before concluding that it is a persistent difficulty.

A USEFUL REVIEW SENTENCE

"I missed two questions about percentages because I changed the wrong base. I will revisit the original amount and explain two new examples before trying another timed set."

Write one evidence-based observation about your Exam 1 work:

Newton exams are fixed-form independent practice. They do not reproduce the adaptive routing or official scoring of the SAT. Use official College Board materials alongside this guide.

FIND THE SKILL

The eight broad domains.

College Board groups SAT content into four Reading and Writing and four Math domains. Match the question to the precise skill inside the domain.

READING & WRITING

Information and Ideas

Central ideas, inferences, textual and quantitative evidence.

READING & WRITING

Craft and Structure

Words in context, purpose, structure, and cross-text connections.

READING & WRITING

Expression of Ideas

Transitions and rhetorical synthesis toward a specified goal.

READING & WRITING

Standard English Conventions

Sentence boundaries, form, structure, sense, and punctuation.

MATH

Algebra

Linear equations, functions, systems, and inequalities.

MATH

Advanced Math

Equivalent expressions and nonlinear equations or functions.

MATH

Problem-Solving and Data Analysis

Ratios, rates, percentages, units, data, probability, inference.

MATH

Geometry and Trigonometry

Area, volume, lines, angles, triangles, trigonometry, circles.

Choose at most two priorities at once. A domain is a broad heading; the exact missed decision becomes the next lesson.

My first exact skill: _____ **My second exact skill:** _____

Domain labels and scope: College Board, SAT Content Domains (satsuite.collegeboard.org).

DAY 1

Take one careful baseline.

Choose the mode that serves your purpose. Timed practice helps you observe pacing; untimed practice helps you study reasoning without a clock.

Before you begin

Prepare a quiet workspace. If timed, allow the exam's four modules and break. Keep rough work for Math. Resist checking answers between questions when your aim is a baseline.

During the exam

Mark a question you answer by elimination or guess. Notice when you reread a prompt, lose the thread of a passage, or spend too long on an algebra step. Those moments are data.

After the exam

Save the skill report and take a break. Record the total correct by section only as an observation. Do not convert Newton accuracy into an SAT score.

Reading and Writing: ____ / 54 Math: ____ / 44 Timed / untimed:

Two questions I want to understand, even if I got them right:

Done when: you have a report, marked uncertain answers, and a calm record of what happened.

DAY 2

Turn errors into questions.

The answer key is the beginning of review, not the end. For three missed or guessed questions, write a one-sentence explanation of your choice and the correct choice.

Four useful error labels

Concept: I did not know the rule. Evidence: I overlooked a phrase, unit, or graph label. Choice: I failed to distinguish two plausible options. Time: I rushed or stayed too long.

Use the "because" test

"I chose B because it repeated the passage's topic; A is right because it matches the narrower claim." This identifies the decision to practise. "I was careless" does not.

Question number ____ My answer ____ Correct answer ____

I chose it because:

The correct reasoning is:

The error label and next action:

Done when: you can describe at least one wrong-answer trap in words.

DAY 3

Plan from the pattern.

Choose one or two skills that appear repeatedly or that block several other questions. The number of missed items is useful only when you also inspect their reasoning.

Priority example • Reading and Writing

Three errors share one issue: the answer choice is too broad for the passage. Choose "central idea: scope" rather than "all reading." On day 4, practise matching a claim to exactly what the text says.

Priority example • Math

Two percent problems use the final amount as the base instead of the original amount. Choose "percent change: identify the original base," then explain a fresh example before timing yourself.

Priority 1 (exact skill): _____ **Evidence:** _____

Priority 2 (exact skill): _____ **Evidence:** _____

One strength I will keep using:

THE CONTINUITY PRINCIPLE

Start from a strategy you already use successfully. If you can identify a main idea in a short paragraph, extend that method to a graph claim or paired text. The next step should feel connected, not arbitrary.

DAY 4

Read the exact relationship.

For transitions and evidence questions, name the relationship before seeing the options. Then test each option against the sentence or data, not against a familiar keyword.

Worked example • transition

"The library extended its weekend hours. _____, visits on Saturdays rose in the following month." The second sentence reports a possible result, so "Subsequently" marks sequence. "Nevertheless" would signal a contrast absent here. The data alone do not prove causation.

PRACTICE 1

Mara expected the new path to shorten the route. _____, the final walk took longer because the path curved around the hill.

A Similarly
B However
C For example
D Furthermore

PRACTICE 2

A community survey recorded 42 responses in spring and 58 in autumn. Which claim is directly supported?

A More people lived in town.
B Autumn had 16 more responses.
C The survey caused interest to rise.
D Every resident answered.

PRACTICE 3

The studio had repaired the first camera___ the second camera still needed a new lens.

A ,
B ;
C ; because
D [no punctuation]

PRACTICE 4

Notes: A student compared two methods; one used less water, but took more time. Goal: emphasize the tradeoff. Which sentence best does so?

A Both methods used water.
B The project took time.
C One method conserved water but required more time.
D A student compared methods.

Done when: you can explain one attractive wrong choice for each item. Answers are on pages 12-13.

DAY 5

Name the quantity first.

A reliable calculation begins with a clear model: what is unknown, what amount is the base, and which units must the answer have?

Worked example • percent base

A price rises from 80 to 100. The change is 20, but the original amount is 80. Percent increase = 20 ÷ 80 × 100 = 25%. Dividing by 100 would describe the change as a share of the new price.

PRACTICE 5

If 3x + 7 = 22, what is x?

A 3

B 5

C 7

D 9

PRACTICE 6

A club grows from 40 members to 50 members. What is the percent increase?

A 10%

B 20%

C 25%

D 40%

PRACTICE 7

The ratio of red to blue beads is 3:5. There are 32 beads in all. How many are red?

A 8

B 12

C 16

D 20

PRACTICE 8

A circle has radius 3. What is its area?

A 3π

B 6π

C 9π

D 18π

Done when: every solution names the unknown and checks units or meaning. Answers are on pages 12-13.

DAY 6

Mix the decisions.

Set a gentle time limit, then explain what each problem asks before calculating or selecting an answer. Stop the clock during review.

PRACTICE 9

The report says: "Several seedlings survived the cold night, though the smallest leaves were damaged." Which inference is supported?

A No plants were affected.

B Every seedling died.

C Survival and damage both occurred.

D The cold improved growth.

PRACTICE 10

In "The committee found the proposal feasible," feasible most nearly means:

A affordable

B possible to carry out

C popular

D already completed

PRACTICE 11

For $x^2 - 5x + 6 = 0$, which pair gives the solutions?

A 1 and 6

B -2 and -3

C 2 and 3

D 3 and 5

PRACTICE 12

A bag contains 4 blue and 6 green tiles. One tile is selected at random. What is the probability it is blue?

A 1/4

B 2/5

C 3/5

D 2/3

Time spent: _____ One decision I slowed down to check:

Done when: you can separate a knowledge gap from a pacing problem. Answers are on pages 12-13.

DAY 7

Compare the decision, not a promise.

If you are ready for a fresh set, take a second practice exam. Newton Exam 2 is CA$3.99, sold separately. You can also use free official Bluebook practice.

Make a fair comparison

Use a similar timed or untimed setting. Compare accuracy in the specific skills you studied, noting when the second exam samples a skill only a few times. Avoid converting either Newton result into an official SAT score.

Look for a changed explanation

Can you now say why the correct answer works before looking at the key? Can you name the wrong-answer trap? A better explanation is useful progress even when totals fluctuate.

Skill studied: _____ **Exam 1 evidence:** _____ **New evidence:** _____

What I can now explain more clearly:

Next seven-day cycle (one exact skill, one action):

CONTINUE WITH NEWTON SAT PRACTICE

Visit newtonlearninggroup.com, choose Exam Practice, and check the individual listing for the price and access instructions.

EXPLAIN THE WHY

Practice answers 1-6.

Check the decision that makes the right answer work. Each item also names a tempting wrong move.

1 • B However

The expectation and actual result contrast. Similarly and Furthermore add a related point; For example introduces an illustration, not a reversal.

2 • B Autumn had 16 more responses

58 - 42 = 16. The counts alone say nothing about population, causation, or whether every resident responded.

3 • B Semicolon

Both sides can stand alone. A comma alone splices them; "; because" leaves the following clause dependent.

4 • C Conserved water but required more time

The goal asks for the tradeoff, so both the benefit and cost must appear. The other options omit the central comparison.

5 • B x = 5

Subtract 7: 3x = 15. Divide by 3: x = 5. Check: 3(5) + 7 = 22. Choosing 7 mistakes the constant for x.

6 • C 25%

The increase is 10 from an original 40, so 10/40 = 0.25. Dividing by the final 50 produces 20%, the wrong base.

CHECK YOUR MODEL

Practice answers 7-12.

An answer is useful when you could defend it without the answer list.

7 • B 12 red beads

The 3:5 ratio has eight equal parts. 32/8 = 4 per part; red occupies three parts, or 12. Twenty is the blue count.

8 • C 9π

Area = $\pi r^2 = \pi(3^2) = 9\pi$. The 6π distractor uses the circumference formula 2πr.

9 • C Survival and damage both occurred

The report explicitly says several survived and the smallest leaves were damaged. None of the absolute claims follows.

10 • B Possible to carry out

Feasible means workable in context. Affordable might matter to feasibility, but the sentence does not specify cost.

11 • C 2 and 3

Factor $x^2 - 5x + 6 = (x - 2)(x - 3)$. Both roots make the expression zero; 3 and 5 have the wrong product.

12 • B 2/5

There are 10 tiles, four blue. 4/10 simplifies to 2/5. The 3/5 choice is the probability of green.

BRING THE RECORD FORWARD

Your decision log.

Use one row per meaningful missed or guessed question. The aim is to move from “wrong answer” to a teachable next action.

Question	Exact skill	Why my choice tempted me	What I will check next

WEEKLY REVIEW

The mistake I now recognize sooner:

One reliable strength I will keep using:

KEEP LEARNING CONNECTED

One sensible next step.

Use what you learned this week to choose a resource. More material is useful only when it answers a specific learning need.

If Reading and Writing needs work

Choose a precise task such as evidence, words in context, transitions, or sentence boundaries. Newton's SAT Reading and Writing digital textbook is a separate CA$19.99 purchase.

If Math needs work

Choose the operation or model behind the mistake, not simply "more Math." Newton's SAT Math digital textbook is a separate CA$24.99 purchase.

If you need another practice set

Newton Exams 2-11 are sold individually at CA$3.99 each. The exams are fixed-form, independent practice with explanations and skill reports. Check individual access details before purchase.

FREE OFFICIAL PRACTICE BELONGS IN YOUR PLAN

College Board provides scored Bluebook practice tests, a Student Question Bank, and free Official SAT Prep through Khan Academy. Use these official tools alongside independent Newton resources.

satsuite.collegeboard.org/practice

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