

SSAT Preparation Guide

A parent-friendly starting point

WHAT THE SSAT MEASURES

The SSAT includes verbal, quantitative, reading, and writing components. Preparation should build familiarity, strategy, pacing, and confidence.

A BALANCED PLAN

Use short, consistent practice sessions. Review errors. Teach strategies explicitly. Avoid turning every evening into test preparation.

WHAT PARENTS CAN DO

Protect sleep, reduce unnecessary pressure, support reading, and ask the student to explain strategies rather than only report scores.

WHEN TUTORING HELPS

Tutoring is most useful when preparation needs diagnosis, structure, feedback, or targeted instruction.