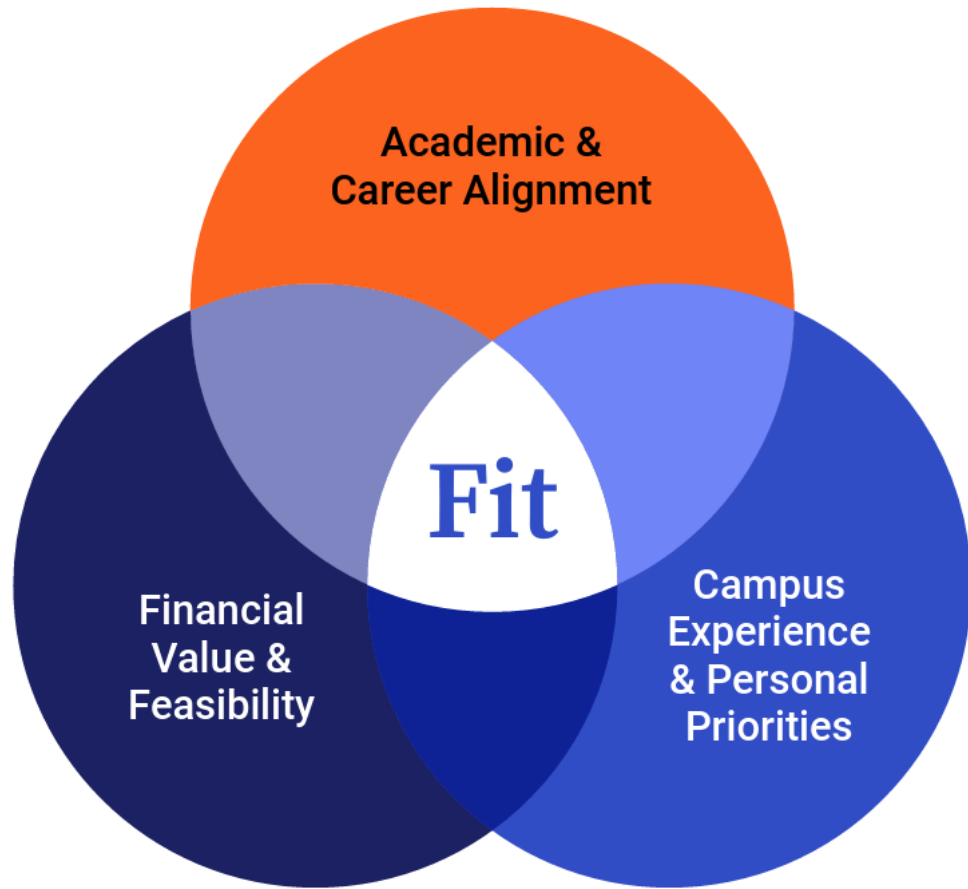


Help Your Teen Make the Most of Their PSAT/NMSQT

Insights, Strategies, and Next Steps

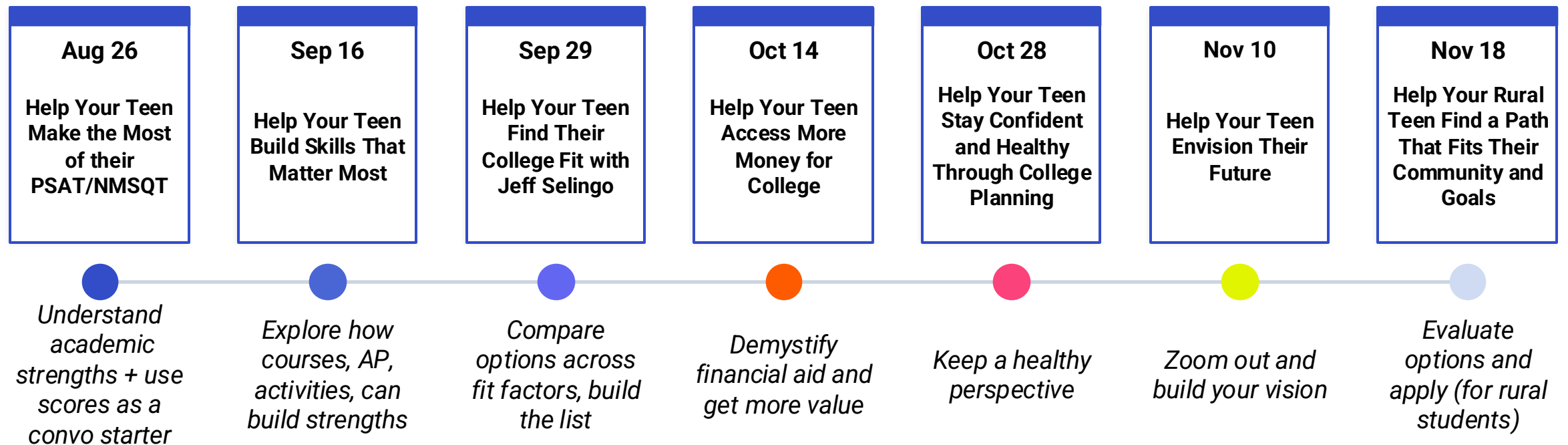
Erin Carlson,
English Teacher, Sandusky High School
August 2026





When students find a good fit—one where they experience academic success and a sense of belonging—they're more likely to graduate within four years.

BigFuture Live: Find Their Fit is here to help you support your teen in finding their unique path.



Meet today's speakers.



Greg Rafal-Brooks
Senior Director, Program Strategy, BigFuture



Erin Carlson
English Teacher, Sandusky High School, Michigan



Dixie Ross
Math Teacher, Concordia High School, Texas



Angela Williams-Pitkonen
AP World History Teacher, Redan High School and AP
U.S Government and Politics Virtual Instructor,
Georgia Virtual School, Georgia

Agenda

Welcome

SAT Suite Overview

Understanding the PSAT/NMSQT

How to Prepare

Scores and Next Steps on BigFuture School

Q&A

The SAT Suite of Assessments Overview

Supporting Students from
Practice to Postsecondary
Planning

Connecting High School Learning to Opportunity



Focused and Predictive: Measures the core reading, writing, and math skills that research shows are critical for success after high school.



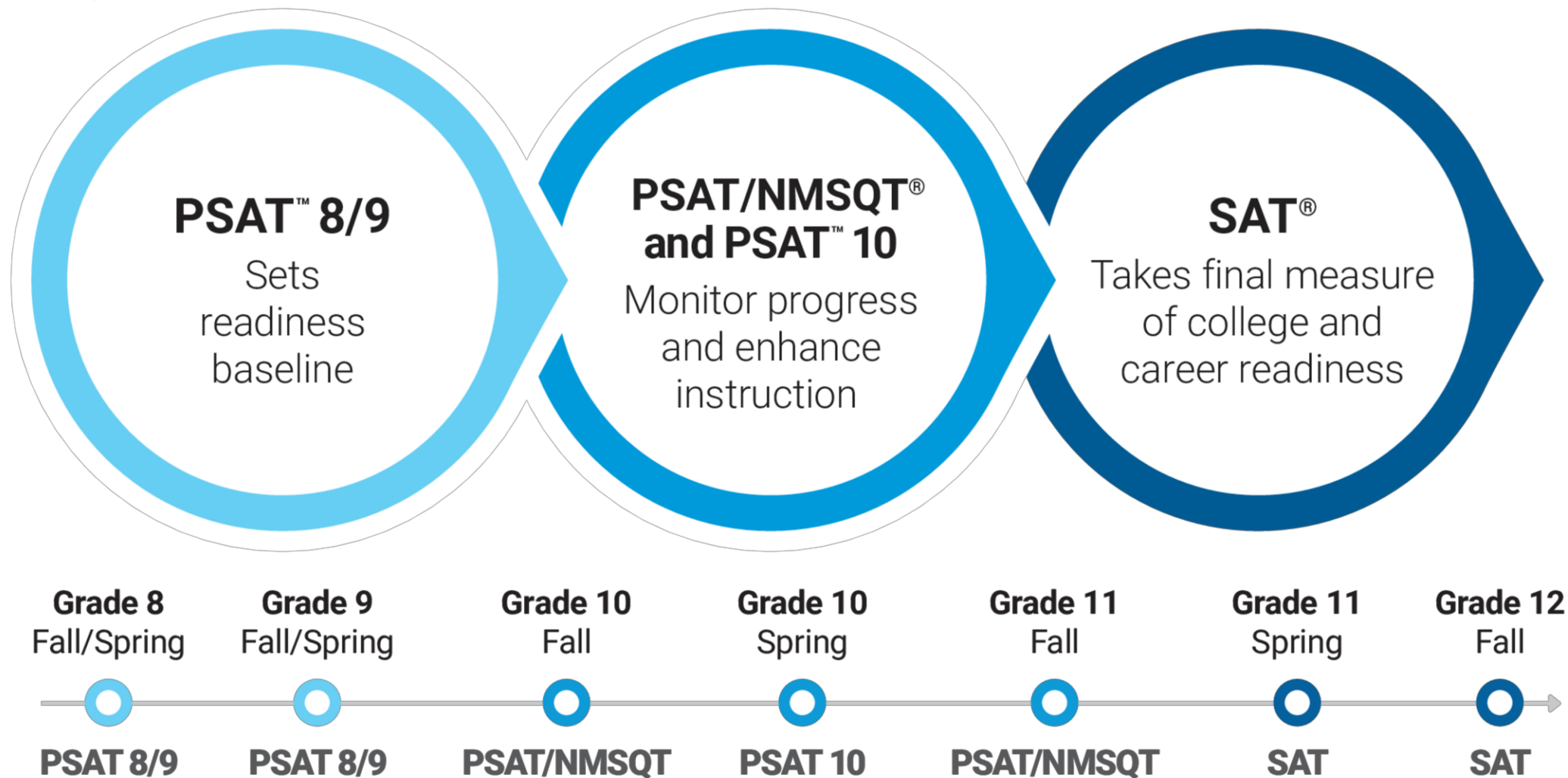
Efficient and Student-Centered: A simpler test design helps reduce stress for students while still providing meaningful results.



Reliable and Trusted: Gives families research-based insights into college and career readiness.



SAT Suite of Assessments



Students gain the insights and support they need to make informed decisions about their future



- **Understand strengths.**
See how they're doing and what to focus on next.
- **Build skills and prepare.**
Use free practice resources to improve and feel ready for what's ahead.
- **Expand their future.**
Discover career possibilities and connect to college, scholarship, and career planning tools.

Understanding the PSAT/NMSQT[®]

What Families Should Know



PSAT/NMSQT Overview

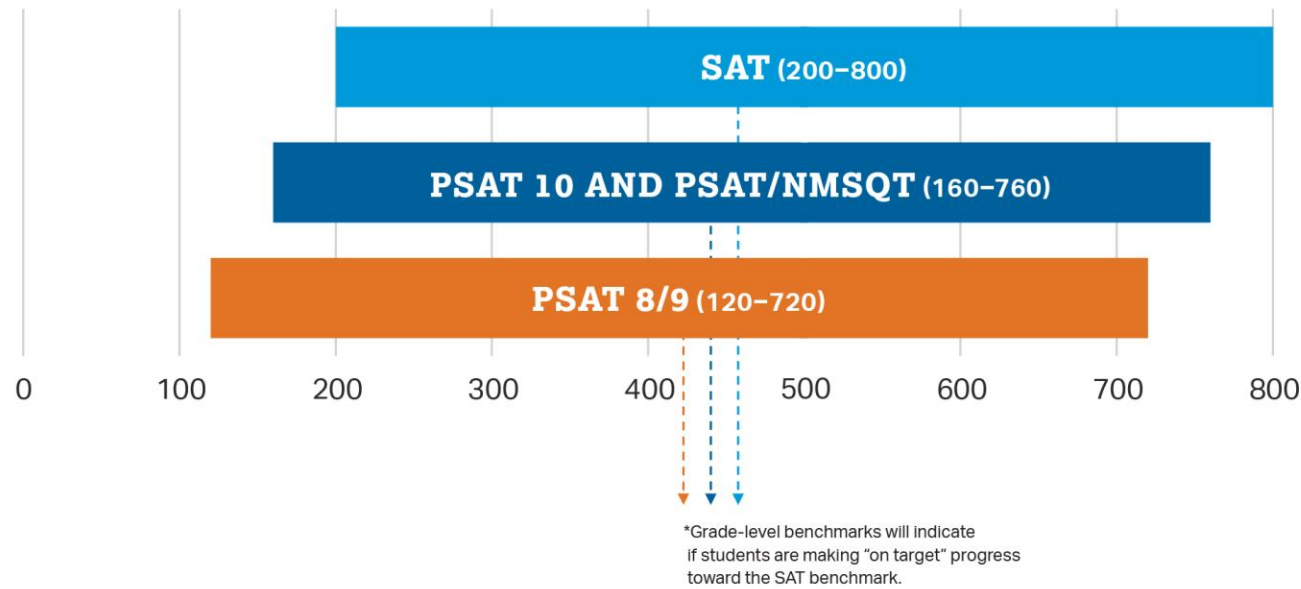
- **Measures** the reading, writing, and math skills most important for college and career readiness at the appropriate grade level
- **Offered** to students in both 10th and 11th grade
- **Helps** students understand their strengths and identify skills they can improve
- **Provides** teachers and counselors with valuable insight on student progress and instructional connections
- **Equips** parents and families with information to guide college and career decisions

PSAT/NMSQT Experience

- Taken on Bluebook, College Board's secure digital testing app
- It has two sections: Reading & Writing, and Math
- Completed in just over two hours (2 hours and 14 minutes)
- Students can use a calculator for the entire Math section, and a built-in calculator is provided in the app



How the PSAT/NMSQT Connects to the SAT



Content and Domain Alignment

All tests in the SAT Suite of Assessments measure the same essential reading, writing, and math skills that are most important

Score Alignment

Every test in the SAT Suite uses a common score scale, so families can see how their student is progressing from year to year.

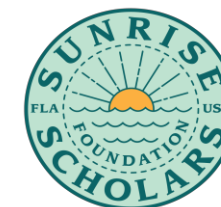
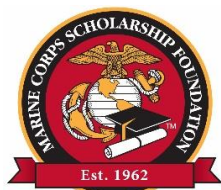
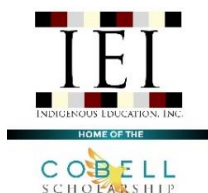
Key Facts

- **Co-sponsored** by the College Board and the National Merit Scholarship Corporation
 - Only 11th grade scores are considered for National Merit recognition
- **Aligns** with the SAT, providing students an opportunity to practice in a low-stakes environment
- **Access** free practice resources through Bluebook and Khan Academy
- **Reveals** students' AP potential
- **Connects** students to colleges and career exploration tools through BigFuture School

Serves as entry point to scholarship dollars.

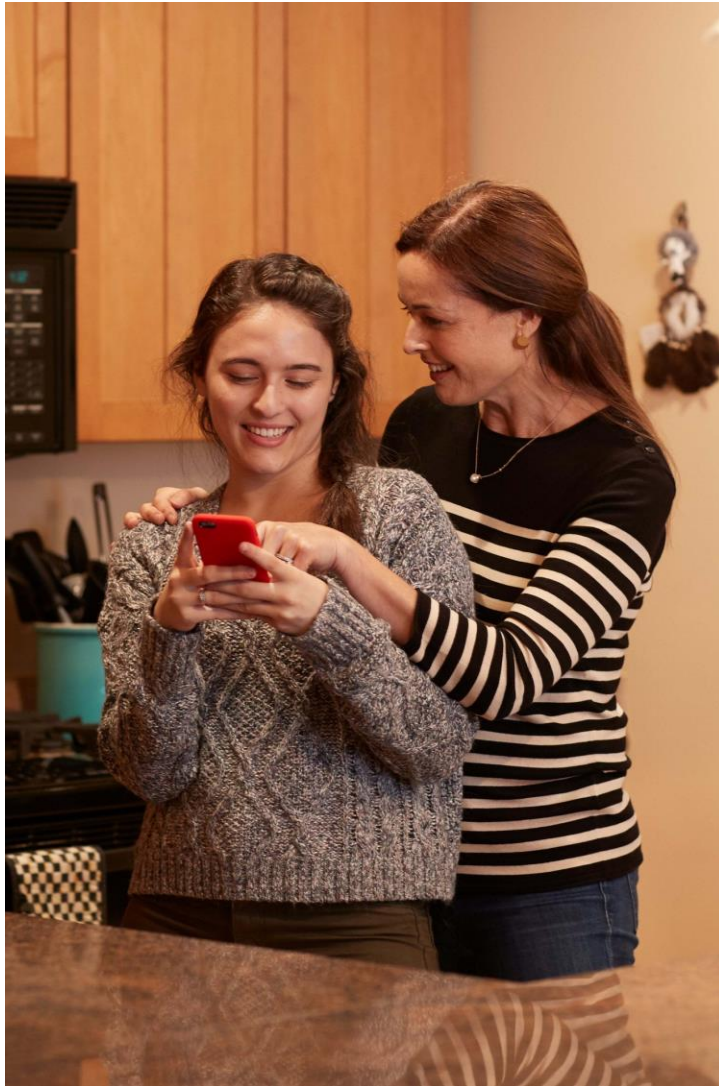
\$300M

Scholarships Start Here



Preparing for the Test

Three Ways to Help Your Student Prepare



Start Planning Early

Encourage your student to begin their PSAT/NMSQT preparation well in advance.



Be Their Biggest Cheerleader

Offer continuous support and encouragement.



Use Quality Practice Resources

Provide access to high-quality practice materials.

Building Readiness Through Free Practice



Bluebook Practice Tests

Build confidence and target improvement with 12 full-length, timed, adaptive practice tests.



My Practice

Review practice test results and create an actionable study plan using other practice resources



Student Question Bank

Access and filter thousands of real SAT questions by skill and level for even more tailored practice.



Educator Question Bank

Use real SAT questions organized by skill and level to reinforce concepts and tailor instruction to what students are learning in the classroom.



Question of the Day

Stay sharp with new daily questions. Earn badges, build streaks and have fun!



Official SAT Prep

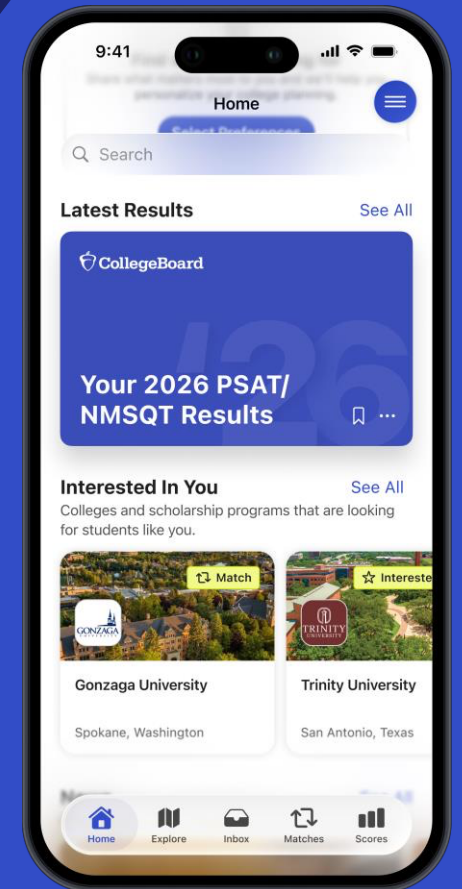
Grow skills with Official SAT Prep with Khan Academy, built in partnership with College Board. Available direct to students and for states, districts, and schools.



Official SAT Tutoring

Participate in live, virtual Official SAT tutoring at Schoolhouse.world through small-group sessions led by trained peer volunteers. Learn skills, ask questions, and build confidence.

Scores and Next Steps on BigFuture School



College and career planning at students' fingertips.

Help students do more with their score with the BigFuture School mobile app.

- **What:** A free mobile app to help students do more with their score and start planning for their future.
- **Who:** Available to students 13 and older in participating U.S. schools, BigFuture School supports both in-school SAT Suite of Assessments test takers and students enrolled in eligible AP courses (starting in this school year).
 - ▬ *At this time, BigFuture School and Connections are not available to students outside of the United States or enrolled in AP in New York.*
- **How:** Students can provide a mobile number during their PSAT/NMSQT exam setup in Bluebook. If a student wants to access at a later date, they can use their SAT Suite test registration number for access and confirm their school and identity.
 - ▬ *Note: Students will receive a download link to securely access the app later in the evening after test day.*

Enter your number to get BigFuture School, a free app that lets you view your scores and get college and career resources.

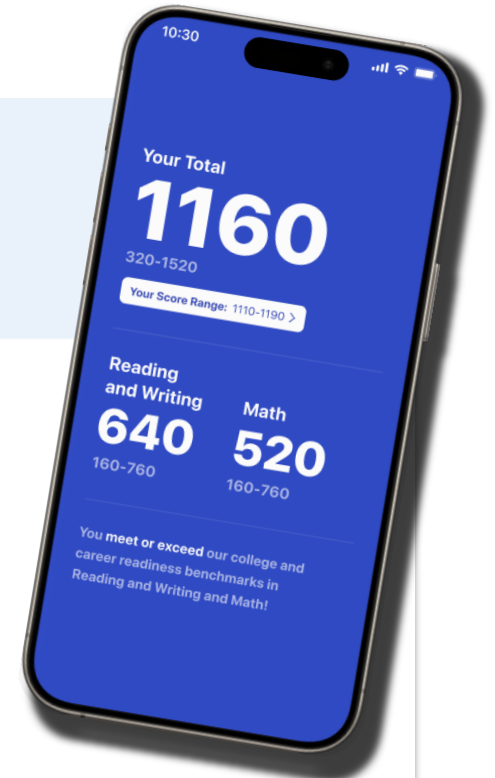
After your test, we'll text you a link to download the app, send you a code you'll use to sign in, and let you know when your scores are ready. **We won't use your phone number for any other reason.**

Already a BigFuture School user? Enter your phone number so we can text you when your score is ready. If you provided a different number before, we'll use this one from now on.

Mobile Phone Number

(____) ____-____

All fields are optional.



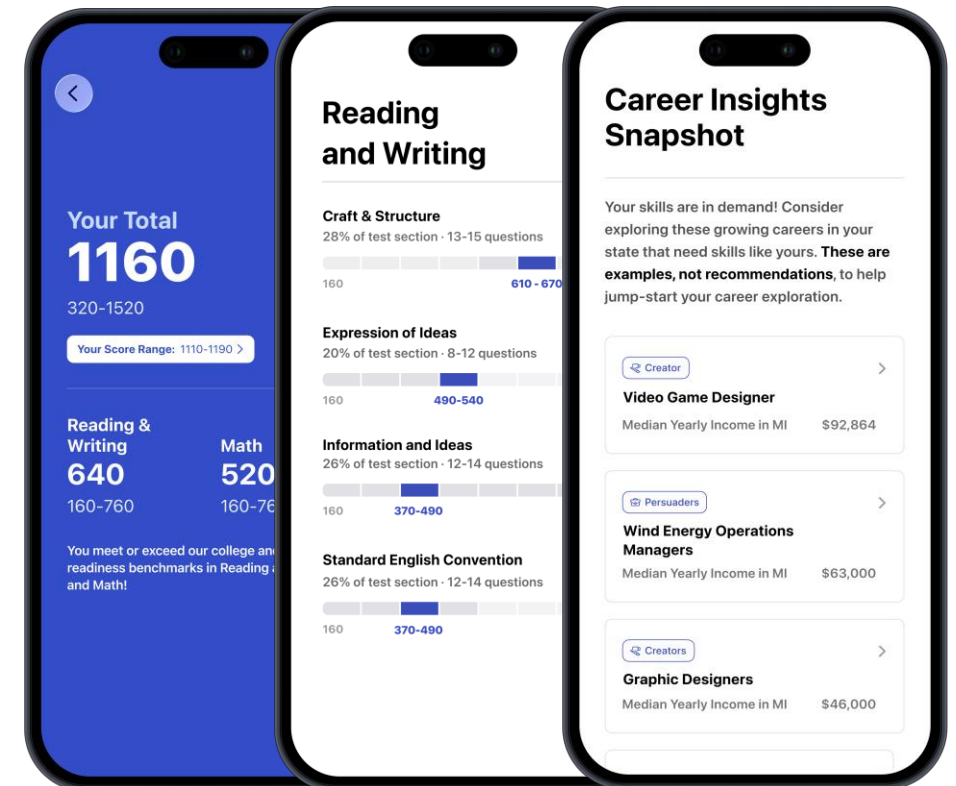
BigFuture School is optional, and a student's personally identifiable information is never shared.

Students can easily view scores and jumpstart their self-discovery.

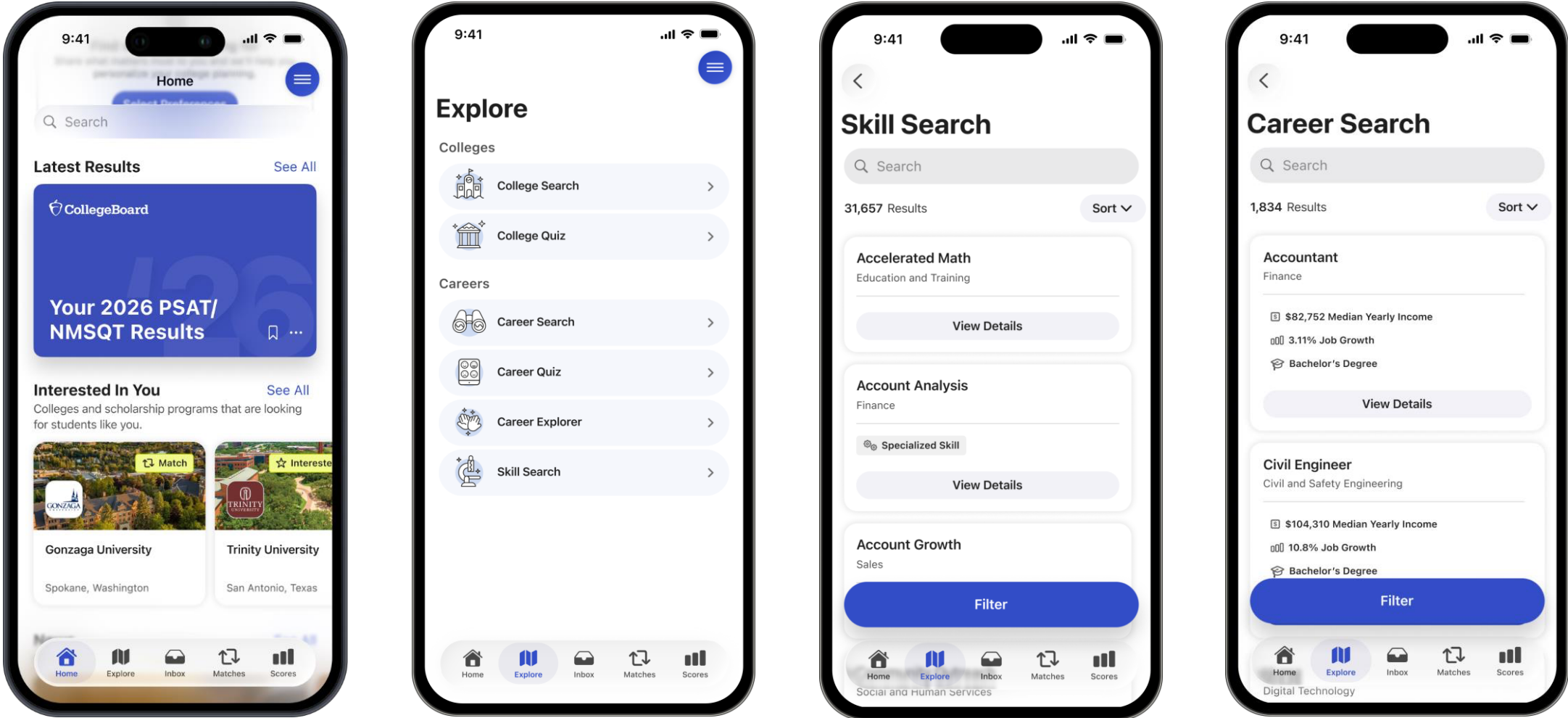
- Students can **access their score report in the app** that shows their strengths and areas for improvement.
- Students can **view Career Insights Snapshot** highlighting six fast-growing careers in their state that match their skills.
- The report includes a score for each section, plus a total score.

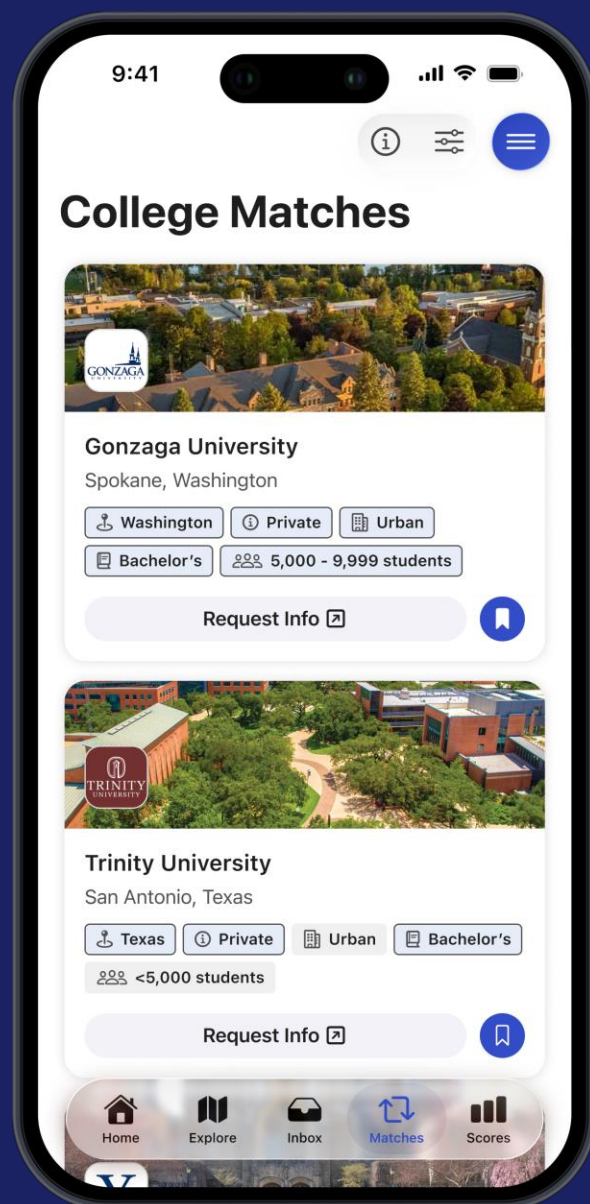
PSAT/NMSQT® Section	Score Range
Reading & Writing	160–760
Math	160–760
Total (Both Sections Combined)	320–1520

The scoring scale is aligned with the SAT, so families can easily see how students are progressing toward college readiness.



BigFuture School helps students explore how the types of academic skills they're developing could lead to future opportunities.





Students can get matched to colleges in minutes with Connections.

We've made it easier for students to discover relevant colleges in Connections when they opt in.

- Students can update their preferences in the app settings or via the College Quiz.
- Preferences include: Location, College Type, Major, Degree Level, Size, Setting
- In the “Matches” section, they'll see colleges that match their preferences **and** indicated an interest in students like them.

Connections is not available to New York students or 8th grade students taking PSAT 8/9. A school, district, or state may choose to not provide access to Connections.

Helpful Resources

Key Information to Support Your Student



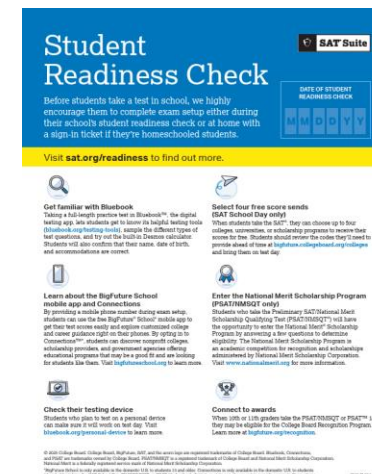
PSAT/NMSQT® Student Guide

Offers test details, sample questions, and preparation tips.



Access the Parent Help Center

Helpful resources for parents and families.



Student Readiness Check

Offers details on completing exam set up before your student takes the test in school.



For Parents

Parents and guardians play an important role in helping teens get ready for life after high school. We've gathered resources and tools to help guide you.

BigFuture for Parents

College and career planning resources for parents and families.



Q&A



You've got questions. We've got answers.



Find resources for college and career planning at bigfuture.org/community.



Watch short videos that answer questions fast.



Read articles packed with expert advice.



Get tips for your teen's college and career planning.



Explore tools that help you plan every step, together.

Upcoming Events

All events begin at 8 p.m. ET / 7 p.m. CT / 5 p.m. PT

Build Skills for the Future

September 16

College Fit With Jeff Selingo

September 29

Paying for College

October 14

Well-Being & College Planning

October 28

Envision Their Future

November 10

Rural Pathways

November 18



Thank You

