

2022 PSAT Test Dates

The PSAT NMSQT is offered in October to 10th and 11th graders. There are three PSAT test dates in fall 2022:

- Primary: October 12, 2022
- Weekend: October 15, 2022
- Alternate: October 25, 2022

The PSAT is administered by each high school on an individual basis. This means that high schools get to decide which date to offer to students.

The College Board recommends that schools choose October 12 for administering the PSAT in 2022. October 15 is the Saturday option and October 25 is a secondary date that schools might use in circumstances where they can't hold the test on the 12th. You will have to take the test on the date offered at your school.

How to Prepare for the PSAT

Take a practice test and see how you fare—then you can focus on improving in any weak subject areas.

For the PSAT, one of the best things you can do to prepare is just pay attention in your classes and do some challenging outside reading. Developing your logical reasoning and reading comprehension skills as well as basic math knowledge will be key to doing well on this test and on the real SAT.

Learning these things over time organically will make them stick in your brain much better. You'll find that skills that were once difficult become second-nature with accumulated practice. This is much better than cramming right before the test, which might help a little but won't give you the same level of confidence.

Countdown for the Real SAT

If you take the PSAT in 2022, you will be a sophomore or a junior. Depending on which grade you're in now, you might have more or less time between the PSAT and the SAT.

For Sophomores

How much time you have before the real SAT will depend on how early you decide to take it! For instance, you could decide to take the SAT in the spring or summer after your sophomore year to become familiar with the test format and have plenty of time to study based on your weak areas before retaking. You could also wait until your junior fall to take it for the first time, if you are hoping to avoid a retake and want to get some studying in over the summer.

You may have up to a year between the PSAT and the first time you take the SAT, depending on your preferences about when you want to get started and how many times you plan on taking the test. Generally, we recommend taking the SAT for the first time your junior fall. If you decide to wait until then, you'll still have plenty of time to improve your scores!

For Juniors

If you're taking the PSAT as a junior, you have less time before the SAT. It can be advantageous to take the PSAT as a junior, however, because you will have learned more material in school by then and will have a more solid grasp of all the concepts that are tested.

A couple of months between the PSAT and the SAT should be enough time to study and achieve a modest bump in your scores. If you don't do as well as you hoped, you can take the SAT again in fall of your senior year.

Predicted Future PSAT Dates

Year	Regular Date	Alternative Date	Saturday Date
2023	Wednesday, October 11	Wednesday, October 25	Saturday, October 14
2024	Wednesday, October 9	Wednesday, October 23	Saturday, October 12
2025	Wednesday, October 8	Wednesday, October 22	Saturday, October 11