



## What's a Parent to Do to Motivate Teens to Prepare for SAT and ACT?

### Peterson's Authors Offer 10 Tips to Tackle Admission Tests

LAWRENCEVILLE, N.J., Sept 19, 2006 /PRNewswire-FirstCall via COMTEX News Network/ -- The process of preparing for college admission tests can be daunting. The SAT and ACT occur in the midst of adolescence when sudden mood shifts and general confusion about life changes attack teens and often lead to tension and friction in the home. Add to that the stress of the college admission process and parents often find themselves at a loss trying to motivate their teens to make it through this critical time.

Here are 10 tips from Linda Bizer, Ed.D. and Geraldine Markel, Ph.D., authors of Peterson's Parent's Guide to the SAT & ACT to ease the anxiety and help parents motivate their teens at SAT/ACT time. Peterson's ([www.petersons.com](http://www.petersons.com)) is a leading provider of education and career guidance information with printed and online resources to help students search, prepare and pay for college.

1. Offer information. Share articles describing the increasing importance of college admission tests and information on the average scores of students admitted to colleges being considered by your teen.
2. Get your teen's attention. Take you teen to a quiet and appealing place where you can talk about college search and selection and a plan to prepare for the SAT and ACT without distractions and interruptions.
3. Get a taste for college-level studies. Visit a variety of colleges, look at the books freshmen use and talk to college students about the types of assignments they are required to complete in their first year of undergraduate studies. This will get your teen serious about preparing for the SAT and ACT and for college in general.
4. Make them an offer they cannot refuse. Provide creative and interesting rewards for progress and effort to recognize your teen's work in preparing for the SAT and ACT.
5. Compare results. Have your teen compare his/her scores with the average scores of accepted freshmen at the schools he/she is interested in. Take practice tests and evaluate results for different sections within the test to identify strengths and weaknesses.
6. Invest in test preparation materials. There are excellent books, courses and online resources to help students prepare for tests. It's important to become familiar with the test format, learn how to make effective use of test time, master test-taking techniques, use practice test to increase confidence, speed and accuracy, and become skilled at managing test-related stress.
7. Work with other parents and your teen's friends. Set the stage for small study groups to learn vocabulary or to solve math problems. Support your teen by creating a positive environment that is conducive to preparing for the SAT and ACT.
8. Make a plan. Keep in mind studying for the SAT is a short-term goal and not a life sentence. Establish brief but consistent study times. For example, twenty minutes three times a week for two months prior to the administration of the SAT or ACT can yield excellent results.
9. Contact the school. Call on counselors and teachers to obtain advice

about available SAT/ACT instruction and review the list of colleges under consideration by your teen.

10. Use humor. Humor reduces stress. Find ways to make your teen smile with surprise notes or silly props.

More about Peterson's, a Nelnet Company

Peterson's ([www.petersons.com](http://www.petersons.com)) is a leading provider of live, online, and print educational solutions for students, families, schools, and educators in the areas of test preparation, admissions, financial aid, and career guidance. Its web site offers searchable databases and interactive tools for contacting educational institutions, online practice tests and instruction, and planning tools for securing financial aid. Peterson's serves 110 million education consumers annually.

More about Nelnet

Nelnet, (NYSE: NNI) is one of the leading education finance companies in the United States and is focused on providing quality products and services to students and schools nationwide. Nelnet ranks among the nation's leaders in terms of total net student loan assets with \$22.4 billion as of June 30, 2006. Headquartered in Lincoln, Nebraska, Nelnet originates, consolidates, securitizes, holds, and services student loans, principally loans originated under the Federal Family Education Loan Program of the U.S. Department of Education.

(code #: nnig)

SOURCE Peterson's; Nelnet

Krisztina Vida, +1-609-896-1800, ext. 3146, for Peterson's and Nelnet

<http://www.prnewswire.com>

Copyright (C) 2006 PR Newswire. All rights reserved.

News Provided by COMTEX