

HSPT Test-Day Checklist

Go through this together two days before the test, and again the night before. Items marked **CONFIRM WITH SCHOOL** vary, so check your school's instructions.

The night before

- ☐ Pack the bag (see "What to bring") and leave it by the door
- ☐ Lay out comfortable clothes in layers; test rooms can be warm or cold
- ☐ Check the address, parking and drive time; plan to arrive early
- ☐ Set two alarms
- ☐ No cramming: a short flashcard look at most, then something relaxing
- ☐ Lights out at the usual time or a little earlier

The morning of

- ☐ Eat a normal breakfast with some protein; drink water
- ☐ Leave with time to spare for traffic and parking
- ☐ Use the restroom before check-in
- ☐ Quick reminder: answer every question, skip and come back if stuck
- ☐ Parent: a hug and "I'm proud of how you prepared" is plenty

What to bring

- ☐ Sharpened No. 2 pencils (many schools ask for two or more) **CONFIRM WITH SCHOOL**
- ☐ Good eraser
- ☐ Registration confirmation or admission ticket **CONFIRM WITH SCHOOL**
- ☐ Student ID, if required **CONFIRM WITH SCHOOL**
- ☐ Snack and water for breaks, if allowed **CONFIRM WITH SCHOOL**
- ☐ Simple watch with no alarms or smart features, if allowed **CONFIRM WITH SCHOOL**
- ☐ **Leave at home:** calculators (not allowed), and plan for phones to be put away

At the test

Skip, guess, return

- ☐ **Skip** any question that stalls you for more than a few seconds
- ☐ **Guess** before moving on: mark your best choice so nothing stays empty
- ☐ **Return** to skipped questions if time is left in that section
- ☐ Keep your place on the answer sheet: check the question number every time you skip

Never leave a blank

- ☐ There is no penalty for wrong answers, so a guess can only help
- ☐ With about a minute left in a section, fill in every remaining answer

Halfway checkpoint

- ☐ Know the halfway question and time for each section (see the pacing card on the back)
- ☐ Behind at halfway? Speed up a little and skip more readily; don't panic
- ☐ Ahead? Keep going steadily, and use spare time to check skipped questions

Breathing reset

- ☐ Feeling stuck or rushed? Put the pencil down for one breath
- ☐ Breathe in for 4 counts, out slowly for 6 counts; repeat twice
- ☐ Tell yourself "next question" and move on; one hard question doesn't decide anything
- ☐ Use each break to stretch, drink water and leave the last section behind

HSPT Pacing Card

Each section has its own timer. The **halfway checkpoint** is the question you should be on when half the section's time is gone. Seconds per question is an average: some questions take 5 seconds, others take longer.

SECTION	QUESTIONS	MINUTES	SEC / Q	HALFWAY: QUESTION	AT (ELAPSED)	TIME LEFT
Verbal Skills	60	16	16.0	Q30	8:00	8:00
Quantitative Skills	52	30	34.6	Q26	15:00	15:00
Reading	62	25	24.2	Q31	12:30	12:30
Mathematics	64	45	42.2	Q32	22:30	22:30
Language	60	25	25.0	Q30	12:30	12:30
Total	298	141		about 2.5 hours of testing time		

Times are measured from the start of each section. Example: in Verbal Skills, aim to reach question 30 when 8 minutes have passed (8 minutes left).

Three pacing reminders

- 1 Verbal Skills is the fastest section: read, decide, move. Don't reread.
- 2 Stuck for more than a few seconds? Mark a guess, note the number, keep going.
- 3 Last minute of every section: fill in every empty bubble. Never leave a blank.

Practice it this week. Use the timed online practice tests and skill drills at summitstudyguides.com/hspt to rehearse these checkpoints until they feel automatic. Chapter 3 of the book covers the full test-day toolkit.

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