

FOOD FOR THOUGHT

- Look carefully at the benefits and disadvantages of extended time, especially on the SAT. With the ACT, weigh the benefits of extended time vs. multi-day testing.
- Be specific and detailed when you describe functional limitations and explain the need for specific accommodations.
- Start accommodation requests ASAP. This gives you time to regroup if your initial request is not approved, or if you discover that different accommodations are needed. This is especially important for the SAT/PSAT, since the accommodations are applicable on any College Board test.
- If you are unsure whether you need accommodations, consider taking the pre-ACT, or PLAN, without accommodations in 9th grade or early 10th grade. Use these test results to help you decide what to do on other tests.
- Make sure to check with prospective colleges as to which test they prefer. If they accept both, do some research on the differences between the SAT and ACT, and play to your strengths.
- Remember, you can take both the ACT and SAT multiple times. Colleges only look at your best scores for each part of the SAT. The ACT allows you to choose which test date results you send to colleges.
- The scoring system on the SAT can be helpful for those who struggle to finish in time. Each correct answer is worth 1 point. Each incorrect answer is -1/4 point. Unanswered questions are worth no points, so skipping questions doesn't help or hurt you.

For More Information on the ACT, visit:
<http://www.actstudent.org>

For more information on the SAT, visit:
<http://student.collegeboard.org>

Contact Narcolepsy Network:

Toll-Free: (888) 292-6522

Tel: (401) 667-2523

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Email: narnet@narcolepsynetwork.org

Find more resources for students and parents at www.narcolepsynetwork.org

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SAT & ACT TEST ACCOMMODATIONS FOR STUDENTS WITH NARCOLEPSY

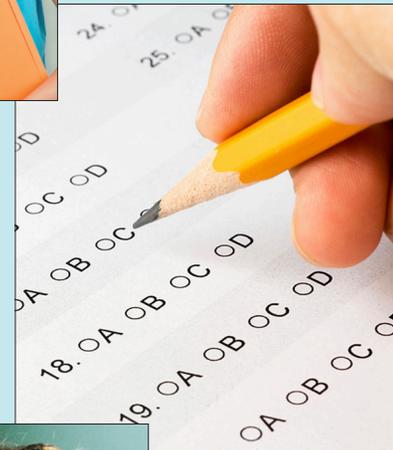
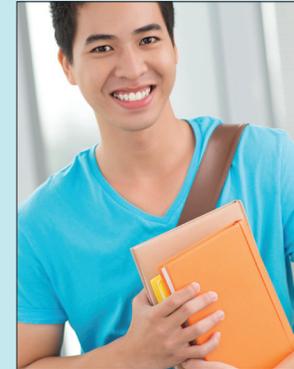


Photo by Alberto G



NARCOLEPSY
NETWORK

REQUIRED DOCUMENTATION

ACT

You must provide full documentation of your narcolepsy diagnosis. The request must include:

- Relevant test results and medical history. You must have received your diagnosis or had it reconfirmed by a qualified medical professional within three academic years of the accommodation request.
- A description of your functional limitations.
- Specific accommodation requests and the reason why you are requesting the accommodation(s).

If you have a reconfirmation of diagnosis from more than three years ago and a past record of receiving accommodations for narcolepsy, you do not need to submit full documentation.

SAT (and other College Board tests)

Including accommodations on an IEP, 504 or Formal Plan does not automatically qualify you for accommodations from the College Board.

To request accommodations:

- Specifically state your diagnosis. You must have been diagnosed within the past five years, and you must have had an evaluation update within one year of the request.
- Provide relevant educational, developmental and medical history.
- Include your doctor's professional credentials such as area of specialization.
- Describe the testing and techniques used to make the diagnosis. Include all test results.
- Describe your functional limitations and explain how the disability impacts your ability to take the test. Be specific.
- Request accommodations such as extra time or two days to take the test. Be specific about the amount of extra time, or the maximum amount testing time for one day. It's also important to state why this particular accommodation is needed for your disability.

SAT TEST ACCOMMODATIONS

The College Board recommends applying for accommodations early in your freshman year. Once accommodations have been approved, you will not need to reapply when you take other College Board tests such as AP exams.

Accommodations may include:

Extended Time: 50% Extended Time (5.25 hours) or 100% Extended Time (7 hours over two days). You must stay for the entire time and may not begin the next section if you complete a section early.

Extra Breaks: Extra five minute breaks

Extended Breaks: longer breaks between test sections (usually a 10-minute break instead of 5 minutes).

Breaks as Needed: are possible, but may not be available at regular test sites or times.

Two ways to request accommodations:

School Verification: A school counselor or Services for Students with Disabilities (SSD) Coordinator confirms that you meet the College Board's criteria and that the school's disability documentation meets the guidelines.

Documentation Review: The College Board reviews your disability documentation. You may also request that the College Board's SSD office make the eligibility determination.

Registration:

Once your accommodations have been approved, you will receive a **SSD Eligibility Code**. Use this number when registering for the SAT. If registering by mail, include a copy of the Eligibility Letter.

If your request for accommodations is approved after you register for the SAT, you must contact the College Board at least two weeks before your test date in order to use the accommodations.

For more information visit: <http://student.collegeboard.org/services-for-students-with-disabilities>

ACT TEST ACCOMMODATIONS

Available Accommodations:

Standard Time with Accommodations: Apply for this option if you don't need extra time on tests, but do need other accommodations such as seating near the front of the room or permission to eat during the test. Testing takes place at a regular testing site.

Extended Time with Accommodations (50% more time): Apply for this option if you need extra time to complete the test and are able to take the test at a regular testing site.

- For the regular ACT, the 50% more time options provides five hours to complete all sections of the multiple choice tests.
- For the ACT Plus Writing, the 50% more time options provides five hours and 45 minutes for the test.
- You are allowed to work at your own pace and in a smaller group of test takers.

Special Testing: This option provides accommodations if you:

- need more than time-and-a-half for the test
- only need extended time on writing test
- require testing over multiple days
- need an alternate format such as a computerized test

Special testing takes place at your school and is only available at certain times.

Registration:

If you are requesting Standard or Extended Time with Accommodations, register as usual then mail in accommodation application and required documentation.

If you are requesting Special Testing, ask a guidance counselor or other school official to fill out the *Request for ACT Special Testing* forms.

For more information, visit:
<http://www.actstudent.org/regist/>