

ANANNT EDUCATION | FREE UAE RESOURCE

UAE PSAT 12-Week Study Plan

A lower-pressure preparation route for students who want more time for concepts, practice and school commitments.

Prepared by Labhesh Lodha, SAT Strategist and Founder
 Reviewed by Anannt Academic Team
 Version 1.0 - 21 June 2026
 Corrections: wecare@anannt.ae

Weeks 1-6: Foundations

Week	Focus	Required output
1	Baseline	Choose the test; take the diagnostic; start an error log.
2	Reading foundations	Central ideas and inference.
3	Evidence	Textual and quantitative evidence.
4	Craft and vocabulary	Words in context, purpose and structure.
5	Expression and grammar	Transitions, synthesis, boundaries and agreement.
6	Algebra	Equations, functions and systems.

Weeks 7-12: Practice and simulation

Week	Focus	Required output
7	Advanced Math	Quadratics, exponents and nonlinear reasoning.
8	Data analysis	Ratios, rates, percentages, probability and statistics.
9	Geometry and Desmos	Geometry, trigonometry and calculator strategy.
10	Mixed timing	Timed modules and error-pattern review.
11	Bluebook simulation	Full official practice and My Practice analysis.
12	Consolidation	Final targeted work and readiness checks.

Weekly rhythm

- One or two skill-building sessions for the lowest domains.
- One timed mixed set only after the relevant concepts are stable.
- One review block devoted to error causes and redos.
- One school-workload check before planning the following week.

Curriculum adjustments

Curriculum	Adjustment
American	Connect results directly to the Grade 10-11 SAT pathway.
IB	Reduce volume during Internal Assessment and exam peaks.
British	Avoid GCSE, AS or A-level mock weeks.
CBSE	Preserve board-exam preparation and schedule English practice consistently.

Official sources

College Board practice: <https://satsuite.collegeboard.org/practice>

Digital PSAT structure: <https://satsuite.collegeboard.org/psat-nmsqt/whats-on-the-test/structure>

Understanding scores: <https://satsuite.collegeboard.org/scores/understanding-scores>

International registration: <https://satsuite.collegeboard.org/psat-10/taking-the-test/international-registrations>

PSAT/NMSQT is a registered trademark of College Board and National Merit Scholarship Corporation. Anannt Education is not affiliated with or endorsed by either organization. This resource contains original guidance and no reproduced official questions.

Continue: <https://anannt.ae/tools/psat-mini-diagnostic-2026/>