Get a good night’s sleep, eat a good breakfast, and drink plenty of water. Your brain needs rest, nutrition, and hydration in order to function at peak levels on test day.

Take the tests seriously. They can affect your admission to John Jay.

Bring a couple of pencils, and ask for scrap paper when you get there. There’s no need to bring a calculator. There will be one on your computer screen while you are taking the test.

Relax and don’t rush. There is no time limit on the test, so take all the time you need to solve each problem carefully. Read the instructions carefully before you begin. You can change your answer to a question before you move on to the next one, but you cannot leave a question and come back to it later.

Don’t forget to check your work. The test is multiple-choice, and the most common wrong answers will be among the answer choices. Read each choice carefully and avoid making simple mistakes that will cost you points.

The test is adaptive, which means it’s a different test for every student who takes it. As you go along, the testing software monitors your performance to determine how many more questions to give you, what types of questions they will be, and how many points they will be worth. If you have friends who have already taken the test, don’t assume your experience will be exactly the same as theirs.

Prepare ahead of time. Your math skills may be rusty, especially if you haven’t had a math class in a while. Exercise your “math muscles” by reviewing topics and taking practice tests. For tutorials to prepare you for the CATM, go to http://www.jjay.cuny.edu/sasp/cat.

Select “Read More” under “How can I prepare for the CAT?”

You can start by trying sample problems published by ACT, the folks who wrote the test. On the other links on this web site you will find additional practice problems and tips for the Pre-Algebra section and the Algebra section.