



## Forgione Tutoring Newsletter September & October 2025

# Forging Ahead

Hello Families,

“After over 25 years of tutoring test prep and helping students with application essays, I moved my own son into college this fall. It was surreal to talk about all things college for so many years and then muddle through the process as a parent. Being on the other side of the process gave me a fuller perspective of the stresses, uncertainties, complications, and emotions that are part of the journey. Luckily I’m not an empty nester just yet, but I do miss my boy—and he’s only 35 minutes away at Carolina. Go Heels!” ~ Heather

As we settle back into the rhythm of the school year, we want to acknowledge the hard work our students have undergone. Our seniors are wrapping up their college applications, possibly squeezing in another test. Watching you move on to college makes this a bittersweet time of the year! Meanwhile, our juniors are prepping for their first test attempts. Welcome to the next part of your journey. No matter what part of the process you're currently undertaking, remember something important: you got this!

## Table of Contents

<b>Fall 2025.....</b>	<b>1</b>
Fall Season Snapshot.....	1
SAT & ACT Mock and Diagnostic Testing.....	2
Mock & Diagnostic Testing Dates.....	2
<b>UPDATES.....</b>	<b>3</b>
Staff News.....	3
The ACT is Changing.....	3
Optional ACT Science Section.....	4
To Take the New ACT or Not?.....	4
Navigating Test Optional Admissions.....	4

Test Optional / Test Required / Test Preferred Colleges.....	5
Superscoring.....	5
ACT Superscoring.....	5
SAT Superscoring.....	6
National Test Dates, Registration Deadlines, & Release Dates.....	6
ACT ~ ACT ~ACT.....	6
SAT ~ SAT ~ SAT.....	8
<b>REMINDERS.....</b>	<b>8</b>
Lesson Summaries & Lesson Reminders.....	8
Attendance Policy.....	8
Referrals.....	9
Rate Update.....	9
Test Prep Program Details.....	9
Comprehensive Program.....	9
Subject Area Focus.....	9
Discontinuation Policy.....	10
<b>The Team at Forgione Tutoring.....</b>	<b>10</b>

## Fall 2025

### Fall Season Snapshot

Our fall season is underway! We have a short waitlist that we will continue clearing in daily batches. New students contacting us for the first time should be able to start prep by late September or early October. We have some seniors who are taking their final tests in September/October, so we'll have extra slots once they finish.

The new ACT is here! Starting with the September 6th administration, students no longer have the option of taking the old test. Further, the SAT hosted a September test for the first time. Many schools are updating their requirements for submitting an ACT/SAT test. Some previously test-optional schools are shifting to test required. We'll list some of these changes in our Test Optional section, but look at each individual school's requirements!

## SAT & ACT Mock and Diagnostic Testing

Mock and diagnostic tests are offered in our midtown Raleigh and Cary offices at no additional cost to students who pursue tutoring with us.

- For students who are undecided about SAT vs. ACT and are at the beginning stages of preparation, we recommend taking both an SAT and ACT diagnostic, even if they took a PSAT or pre-ACT at the beginning of the previous school year.
- Mock testing measures students' progress and gives us information to help students prepare for the real test. We recommend students take a mock 2-3 weeks before the real test.
- We offer extended time diagnostics and mocks for those approved for this accommodation on Saturdays or days off from school. Extended time tests are scheduled by request.
- Contact a Director, your tutor, or our administrative assistant, Cherie, to schedule a mock or diagnostic test. A list of testing dates will be mass emailed about every two weeks.
- Regular time diagnostic/mock exams run from 9am-12pm for the SAT and 9am-12:30pm for the ACT. Students using extended time accommodations will finish later in the day.

### Mock & Diagnostic Testing Dates

Many of these dates currently say "either." We decide which test to host based on who asks first. Therefore, some of these "either" slots may already be turned into ACT or SAT slots by the time we receive your request. If your child does not have accommodations, look for spots labeled "regular time." If your child has been approved for accommodations, look for spots labeled "extended time." If none of the listed times work with your child's schedule, contact us.

Mock/Diagnostic Date	Midtown Raleigh / Cary
Saturday, September 13 (Extended Time)	Raleigh - ACT
Sunday, September 14 (Regular Time)	Cary - ACT
Saturday, September 20 (Extended Time)	Raleigh - SAT
Sunday, September 21 (Regular Time)	Cary - ACT
Tuesday, September 23 (Regular or Extended Time - WCPSS Holiday)	Raleigh - Regular Time SAT / Cary - Either
Sunday, September 28 (Regular Time)	Raleigh - ACT / Cary - SAT

Sunday, October 5 (Regular Time)	Raleigh - Either / Cary - ACT
Sunday, October 12 (Regular Time)	Raleigh - Either / Cary - Either
Monday, October 13 (Regular or Extended Time - WCPSS Holiday)	Raleigh - Either / Cary - Either (11:30am start for Cary)
Sunday, October 19 (Regular Time)	Raleigh - ACT / Cary - Either
Monday, October 20 (Regular or Extended Time - WCPSS Holiday)	Raleigh - Either / Cary - Either (11:30am start for Cary)
Sunday, October 26 (Regular Time)	Raleigh - SAT / Cary - Either

## UPDATES

### Staff News

One of our longtime tutors accepted an exciting internship opportunity. Ben Morris is a 3rd year PhD student at Duke's Pratt School of Engineering. This fall, he will be interning at the Advanced Micro Devices (AMD) headquarters in Santa Clara, CA. There, he will be responsible for developing advanced GPU programming kernels responsible for driving current and future AI workloads. We wish him success at AMD and look forward to hearing about it when he returns!

### The ACT is Changing

Starting this September, the new ACT with Enhancements was fully rolled out. The new ACT makes the Science section optional, reduces the total number of questions, gives students more time per question, rebalances the reporting categories, and slightly changes the format of some sections. The old test was 3 hours and 15 minutes while the new ACT will be 2 hours and 5 minutes without Science and 2 hours and 45 minutes with Science. Overall, the test will have 44 fewer questions, and students will have, on average, 17% more time per question.

The new ACT was offered in April, June, and July as a digital version. Very few students could try the new ACT, however, because seats were limited for computer testing. That being said, some members of the National Test Prep Association snagged a spot, so we have lots of

information about the new test. Further, Wiley released their 2025-2026 ACT book, with practice tests in the new format. Overall, we see that students will have more time per question, but the content is not changing too much.

## Optional ACT Science Section

A member of the NTPA reached out to over 240 schools and asked them if they want to see a score for the Science section, even though it is not a part of the composite score. The results were illuminating: about a third of the schools polled said they are requiring or strongly recommending students submit a Science score if sending an ACT score. Because of this, we are **strongly** recommending that students taking the ACT take the Science section, so they will have a Science score to send to colleges if necessary.

## To Take the New ACT or Not?

With so many changes, you may be wondering whether it is worth it to take the new ACT. We want to clear up any confusion and give our opinion about the merits of the new ACT. First, the new ACT will be available on paper and digitally. At this time, we recommend that students *avoid* signing up for the digital version. The formatting, which involves scrolling through passages one question at a time, makes the Reading and Science sections hard to navigate. Annotations are wonky and are erased when moving from one question to the next. The good news is that a paper test will continue to be an option, and we have no reason to avoid the paper version.

Next, there is nothing changing in regards to colleges accepting or preferring one test over the other. Every college that accepts the SAT also accepts the ACT, and there is no disadvantage or advantage in picking one test over the other. The only uncertainty is whether schools want to see the optional Science section. Enough schools are requiring or strongly recommending the Science, so we recommend students take it.

Lastly, we have diagnostic material for the new ACT, so we can give students a diagnostic score that can be compared to the student's SAT or PSAT score. The new ACT may or may not be the right choice for students, and the best way to determine that is to try both diagnostics!

## Navigating Test Optional Admissions

Now that North Carolina public universities are test optional for students meeting certain criteria, you will need to decide whether to submit your scores. Students who have a weighted GPA of 2.8 or above can choose to submit their scores or not when applying to a North Carolina public university. The information below equally applies to any other school that is test optional. Ultimately, you should make the decision to submit a score on a case-by-case basis. The general advice is that students should submit theirs to a test optional school if their scores are near, at, or exceeding the 50th percentile (at least above the 25th percentile).

To find the scores that correspond to these percentiles, do a Google search for "Common Data Set: name of school." This will take you to the school's Common Data Set, a compilation of statistics about the college. Select the document for the 2023-2024 or 2024-2025 school year. Find section **C9**, the section that provides information on which SAT and ACT scores correspond to different percentiles. As long as your scores are higher than the 25th percentile and are, preferably, close to the 50th percentile, you should submit them to the school!

## Test Optional / Test Required / Test Preferred Colleges

Test optional schools do not require an ACT/SAT submission (and in the case of NC public universities if certain minimum gpa requirements are met). We've compiled a list of schools that our students frequently apply to and found out whether they are test optional.

**Test Optional:** UNC System (Chapel Hill, Charlotte, Wilmington, ECU, NC State, App State, etc.), Duke, Clemson, UVA, Davidson, University of South Carolina, Virginia Tech, Wake Forest, George Mason University, College of Charleston, Elon, University of Richmond, Ole Miss, Vanderbilt, University of Virginia, University of Miami (stance changing next year), University of Alabama, Emory University, Boston University

**Test Required:** University of Georgia, University of Tennessee, University of Florida, Florida State University (all public universities in FL), Auburn (new change), Purdue (new change)

**Test Preferred:** Michigan

Use this as a guideline but check each individual school's website!

## Superscoring

A composite SAT or ACT “superscore” combines the highest section score achieved, regardless if they are from the same administration (test date) or not. Most colleges allow superscoring, but check with all schools you are applying to to find out their testing policies. The two tests have different ways of getting to a composite score, and they have differences between how the superscores are reported and shown to colleges.

### ACT Superscoring

The ACT composite score (for the old, legacy ACT) is the *average* of four section scores  $((\text{English} + \text{math} + \text{reading} + \text{science}) \div 4)$ . Superscoring on the old ACT means taking the highest English, math, reading, and science scores achieved from any of the student’s test attempts and averaging them to get a new composite superscore.

The ACT also allows students to send a score report with their superscore at the top to all colleges. This score report includes each individual composite score (all scores from one single administration) that has a section included in the student's superscore.

Since the ACT is making the Science section optional, you may be wondering how Superscores will work. *If a student never takes the new ACT with Enhancements, their Science score will still be included in their composite. The moment a student takes the new ACT with Enhancements, ACT will no longer include the Science section in any composite score, superscore or not. For example, if a student takes the September exam and is unhappy with the score, his or her old February exam score will still be readjusted to not include the Science section in the composite calculation.*

Students who take the new ACT will have their tests superscored using only Math, Reading, and English. The highest score for each section will still be reported, so theoretically you can still show off only your highest Science score. However, only the English, Reading, and Math section scores will find their way into the composite.

For each individual section, older scores will still be considered for a superscore. For example, a student with a high Math score can still superscore that Math section with new Reading and English scores that they may have picked up after April, 2025.

### SAT Superscoring

The SAT composite score is the sum of the Reading/Writing and Math scores, and an SAT superscore is the sum of the highest reading/writing score achieved and the highest math score achieved. Almost all colleges superscore the SAT, but the College Board does not actively combine the two highest scores to report the superscore on the actual score report. You decide which tests to send. Since you are only interested in sending your highest section scores, this means that you will – typically – only be sending scores from two SAT administrations to colleges.

## National Test Dates, Registration Deadlines, & Release Dates

### ACT ~ ACT ~ACT

- ACT's Test Information Release (TIR) is now called the My Answer Key (MAK). With My Answer Key, students receive an emailed PDF copy of the test and a report that shows which questions the student got right and wrong. It is available for three tests every year. The next test date that offers MAK is October 2025.
- The ACT's essay is optional, so you do NOT have to sign up for "ACT with Writing." Most schools don't consider the essay.
- The ACT's Science section is optional. While you do not have to sign up for "ACT with Science," many colleges require or recommend a Science score, so we suggest students sign up for the Science section.
- To sign up and for more information, go to <https://www.act.org>

ACT Date	Registration Deadline / Late Registration Deadline	Expected Score Release Date
Sep 6, 2025*	Aug 1 / Aug 19	Sep 16, 2025
Oct 18, 2025**	Sep 12 / Sep 30	Oct 28, 2025
Dec 13, 2025	Nov 7 / Nov 24	Dec 23, 2025
Feb 14, 2026	Jan 9 / Jan 23	Feb 28, 2026
Apr 11, 2026**	March 6 / March 24	Apr 21, 2026
June 13, 2026**	May 8 / May 29	June 23, 2026
July 11, 2026	June 5 / June 24	July 21, 2026

\* Full rollout of new ACT

\*\* My Answer Key date (must sign up / usually releases several weeks after score release)



## SAT ~ SAT ~ SAT

To sign up and for more test information, visit <https://satsuite.collegeboard.org/sat>

National SAT Date	Registration Deadline / Late Deadline	Expected Score Release Date
Sep 13, 2025	Aug 29 / Sep 2	Sep 26, 2025
Oct 4, 2025	Sep 19 / Sep 23	Oct 17, 2025
Nov 8, 2025	Oct 24 / Oct 28	Nov 21, 2025
Dec 6, 2025	Nov 21 / Nov 25	Dec 19, 2025
Mar 14, 2026	Feb 27 / Mar 3	Mar 27, 2026
May 2, 2026	Apr 17 / Apr 21	May 15, 2026
June 6, 2026	May 22 / May 26	June 19, 2026

## REMINDERS

### Lesson Summaries & Lesson Reminders

Parents and students should be receiving lesson reminders 30 hours before each session and lesson summaries written by their tutors within a week of each session. If you are not receiving these emails, let a director know. Sometimes, email addresses are added to a suppression list by our scheduling software company, and if that happens, you will not receive this type of email. We also send updates to families via email that pertain to scheduling and mock/diagnostic testing. If you are not receiving those either, let us know.

### Attendance Policy

Regular attendance is necessary to achieve score gains. Inconsistent attendance will make goal scores much harder to reach and significantly reduce the impact of tutoring. If attendance drops below 50% for a specific time slot in any 4 week period, we may offer the slot to someone else.

## Referrals

Invite your family and friends to receive the same great test prep and tutoring and receive a free session for you! When you refer someone to us, you will receive a free one-hour session once they complete four hours of tutoring. When the new family contacts us, they should mention who referred them.

## Rate Update

Any sessions with new students starting test prep or academic coaching sessions on or after October 1st, 2025 will be at the following rates: \$90/hr with our tutors and \$100/hr with our Directors. Any students who started their test prep prior to October 1st will be grandfathered into the old rates for at least 6 months.

## Test Prep Program Details

The SAT and ACT cover a lot of material, and students can underestimate the time and practice required to see gains. Students typically require at least 8 hours of instruction per test subject in order to see growth of 3-4 points on the ACT or 100-150 points on SAT. A gain of 3 points on the ACT is similar to a gain of 100 points on the SAT. A gain of 4 ACT points is the equivalent of gaining 150 SAT points.

## Comprehensive Program

Our comprehensive program covers all test subjects and requires at least 2 hours per week of tutoring over 12-20 weeks. Many students stretch these hours throughout a 3-9 month period, often taking the test more than once. Comprehensive ACT (4 subjects): 32 hours recommended. Comprehensive SAT (3 subjects): 24 hours recommended.

## Subject Area Focus

Subject Area Focus is an alternative to the comprehensive program that concentrates on 1-2 test subjects at a time, which limits the number of tutoring hours and homework load per week but lengthens the number of weeks required to cover all subjects.

1 test subject: 8-10 hours and 1 hour per week (8-10 weeks)

2 test subjects: 16-20 hours and 1.5-2 hours per week (10 weeks).

## Discontinuation Policy

If you intend to discontinue tutoring for any reason, we require 2-weeks notice. No notify us, email a director or your tutor, and we will confirm receipt. If we do not receive the required 2-weeks' notice, all scheduled sessions in the following 2-week window may be charged to the credit card on file.

## The Team at Forgione Tutoring

Heather Forgione  
Executive Director and Owner  
heather@forgionetutoring.com  
919-800-8663

Cherie Warren  
Administrative Assistant  
cherie@forgionetutoring.com  
919-696-3816

Paul Orza  
Raleigh Director, Raleigh Offices  
paul@forgionetutoring.com  
919-664-0665



Teddy Sforza  
Cary Director, Cary Office  
teddy@forgionetutoring.com  
919-234-1934