

College Prep: A Look at Standardized Testing

Melissa Bellantonio
Director of Undergraduate Admissions
Adelphi University

September 24, 2026

Average annual starting salary
of our 2023 baccalaureate graduates

\$82,539

—that's **30%** higher than the
national average

70



**countries
represented**



**states
represented**

ADELPHI
UNIVERSITY
NEW YORK

5,325



undergraduate students

Ranked a 2025 **Best College** nationwide
and **Best Value School**
by *U.S. News & World Report*

Recognized by The Princeton Review as
a **Best Regional College** for 2025

Named **top college on Long Island** and
one of the nation's top universities
on the *Wall Street Journal's* 2025
Best Colleges in the U.S.

93%



of our 2023 baccalaureate
graduates **were employed** or
continuing their education **one**
year after graduation

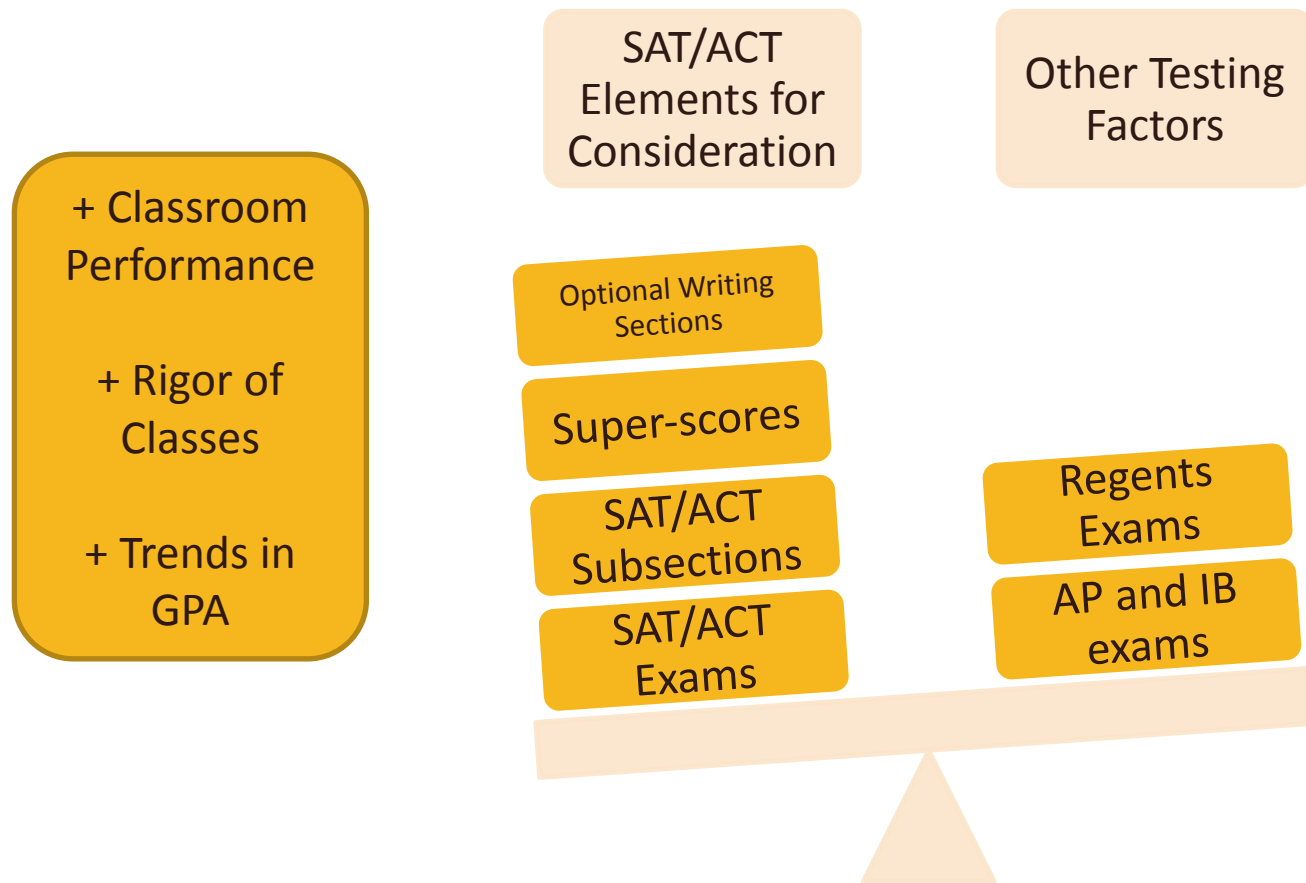
ABOUT ADELPHI

ADELPHI
UNIVERSITY

***HOW DO TEST SCORES FACTOR INTO...
ADMISSIONS DECISIONS?***

How Do Test Scores Factor Into...

Admissions Decisions



How Do Test Scores Factor Into...

Admissions Decisions

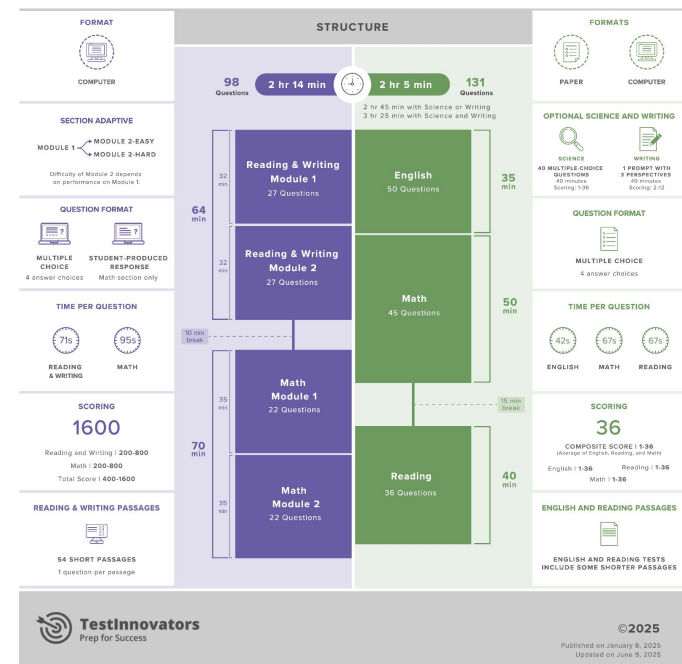
*Is there a preference?
What's the difference?*

Most (if not all!)
schools do not have a
preference between
SAT and ACT exams.

Digital SAT vs Enhanced ACT

Compare the digital SAT to the new ACT to learn the differences between the two tests.
No matter which test you choose, prep for success with Test Innovators.

www.testinnovators.com/sat
www.testinnovators.com/act



DO I REALLY NEED TO TAKE A TEST?

FairTest

The National Center for Fair & Open Testing



2,085 +

Accredited, Bachelor's Degree Granting Colleges & Universities with
ACT/SAT Optional or Test-Free Admission Policies for Students
Seeking to Enroll in Fall 2026 or Beyond

2,010+

ACT/SAT Optional institutions

75+

Test-Free Institutions

But... do your research by school, by
program, and by scholarship requirements!

WHAT ARE TEST OPTIONAL POLICIES?

Test Optional Policies

What does it mean for me?

Does it
make it
easier for
acceptance?

Am I
required to
submit test
scores for a
particular
program?

How do I
indicate if I
want my
scores
considered?

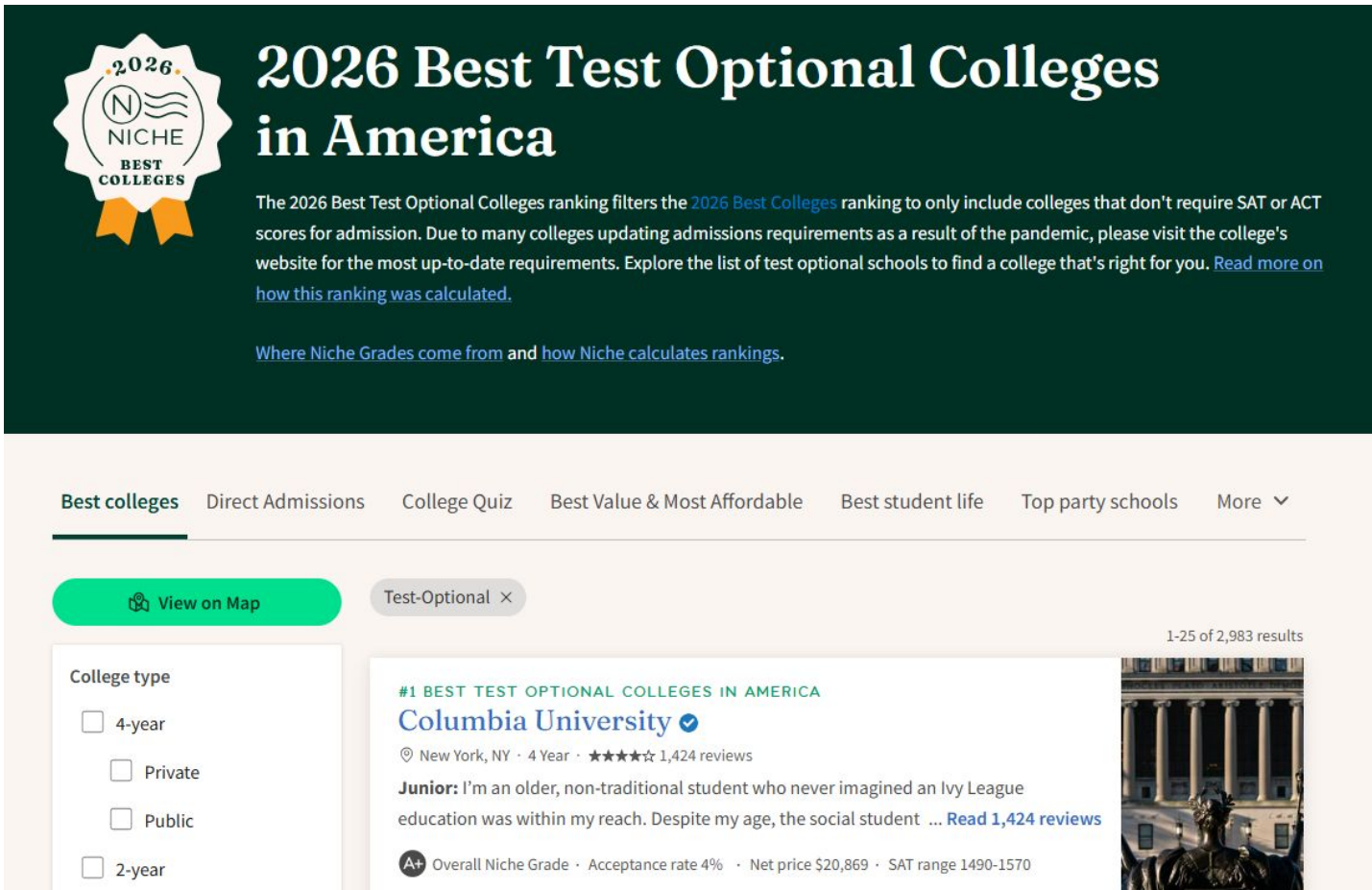
Can I be
considered
for a merit
scholarship
without
scores?

Why do
schools go
test
optional?

...what about test flexible policies?

Test Optional Policies

Where can I find information on test optional schools?



The screenshot displays the Niche website's ranking for '2026 Best Test Optional Colleges in America'. At the top left is the Niche Best Colleges 2026 seal. The main heading is '2026 Best Test Optional Colleges in America'. Below it, a paragraph explains that the ranking filters the 2026 Best Colleges ranking to include only colleges that don't require SAT or ACT scores. It advises visiting the college's website for the most up-to-date requirements and provides a link to 'Read more on how this ranking was calculated.' Below this is another link: 'Where Niche Grades come from and how Niche calculates rankings.'

The navigation bar includes links for 'Best colleges', 'Direct Admissions', 'College Quiz', 'Best Value & Most Affordable', 'Best student life', 'Top party schools', and 'More'. Below the navigation bar, there is a 'View on Map' button and a 'Test-Optional' filter button. On the left, a sidebar for 'College type' includes checkboxes for '4-year', 'Private', 'Public', and '2-year'. The main content area shows the '#1 BEST TEST OPTIONAL COLLEGES IN AMERICA' ranking for Columbia University. It includes the university's name, location (New York, NY), year (4 Year), and a star rating (★★★★☆ 1,424 reviews). A quote from a junior student is featured, along with a link to 'Read 1,424 reviews'. At the bottom, it lists the Overall Niche Grade (A+), Acceptance rate (4%), Net price (\$20,869), and SAT range (1490-1570). A small image of a building is shown on the right.

2026
NICHE
BEST
COLLEGES

2026 Best Test Optional Colleges in America

The 2026 Best Test Optional Colleges ranking filters the [2026 Best Colleges](#) ranking to only include colleges that don't require SAT or ACT scores for admission. Due to many colleges updating admissions requirements as a result of the pandemic, please visit the college's website for the most up-to-date requirements. Explore the list of test optional schools to find a college that's right for you. [Read more on how this ranking was calculated.](#)

[Where Niche Grades come from and how Niche calculates rankings.](#)

Best colleges Direct Admissions College Quiz Best Value & Most Affordable Best student life Top party schools More

View on Map Test-Optional

1-25 of 2,983 results

#1 BEST TEST OPTIONAL COLLEGES IN AMERICA
Columbia University ✓
New York, NY · 4 Year · ★★★★★ 1,424 reviews

Junior: I'm an older, non-traditional student who never imagined an Ivy League education was within my reach. Despite my age, the social student ... [Read 1,424 reviews](#)

A+ Overall Niche Grade · Acceptance rate 4% · Net price \$20,869 · SAT range 1490-1570

Image source:
niche.com/colleges/search/best-test-optional-colleges/

HOW DO TEST SCORES FACTOR INTO... SCHOLARSHIP CONSIDERATION?

How Do Test Scores Factor Into...

Scholarship Consideration

USING TEST SCORES IN THE ADMISSIONS PROCESS

Effective with applicants for the fall 2021 freshman class, the University of Oregon has become a “test-optional” school, allowing applicants for freshman admission the option to be considered for admission without submission of ACT or SAT scores.

Especially during a time of adjustments and test date cancellations due to COVID-19, we have also chosen to be “test-blind” for scholarship consideration. This means that even if you were to provide us with scores from a past sitting, it will not be considered in any merit- or need-based awards.

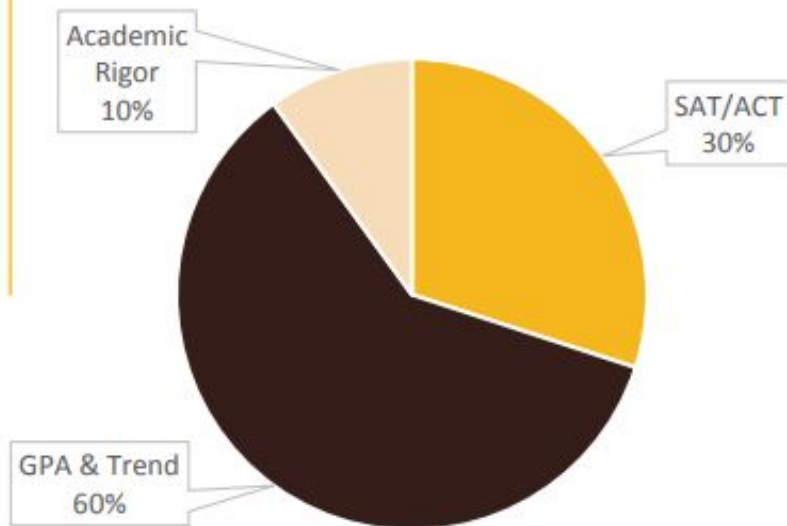
Scholarship	Basis for Award	Additional Application?	Deadlines
Stamps	3.85 GPA or higher on a 4.00 scale; academic and extracurricular	Yes	Apply for admission to UO by November 1 . Stamps Scholarship application due November 15 . All admission application materials must be received by the Office of Admissions by November 15 .
Presidential	3.85 GPA or higher on a 4.00 scale; academic and extracurricular	Yes	Apply for admission to UO by January 15 . Presidential Scholarship application due February 1 . All admission application materials must be received by the Office of Admissions by February 15 .

Example:
University of
Oregon
Scholarships

How Do Test Scores Factor Into...

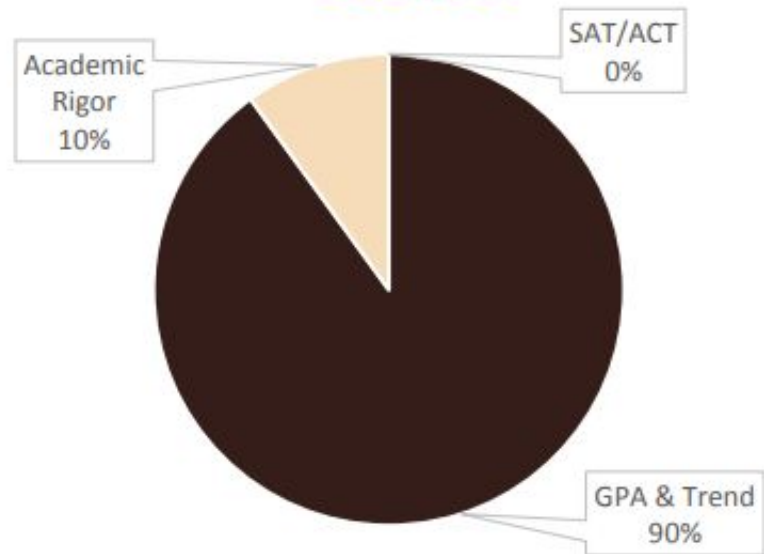
Scholarship Consideration at Adelphi University

Example: With Test Scores



■ SAT/ACT ■ GPA & Trend
■ Academic Rigor

Example: Without Test Scores



■ SAT/ACT ■ GPA & Trend
■ Academic Rigor

***IF I PLAN TO TAKE THE SAT OR ACT,
HOW SHOULD I PREPARE?***

How Should I Prepare?

High School Timeline

Sophomore Year:

- **Take the preliminary Scholastic Aptitude test (PSAT).** Taking the PSAT now is practice for the PSAT test in junior year which allows you to be considered for a National Merit Scholarship. Find out dates and more information through the school counseling office.
- **Polish your study skills.** Improve upon subject areas and identify areas of weakness in order to be proactive.
- **Begin early research phase of college search process.**

Junior Year:

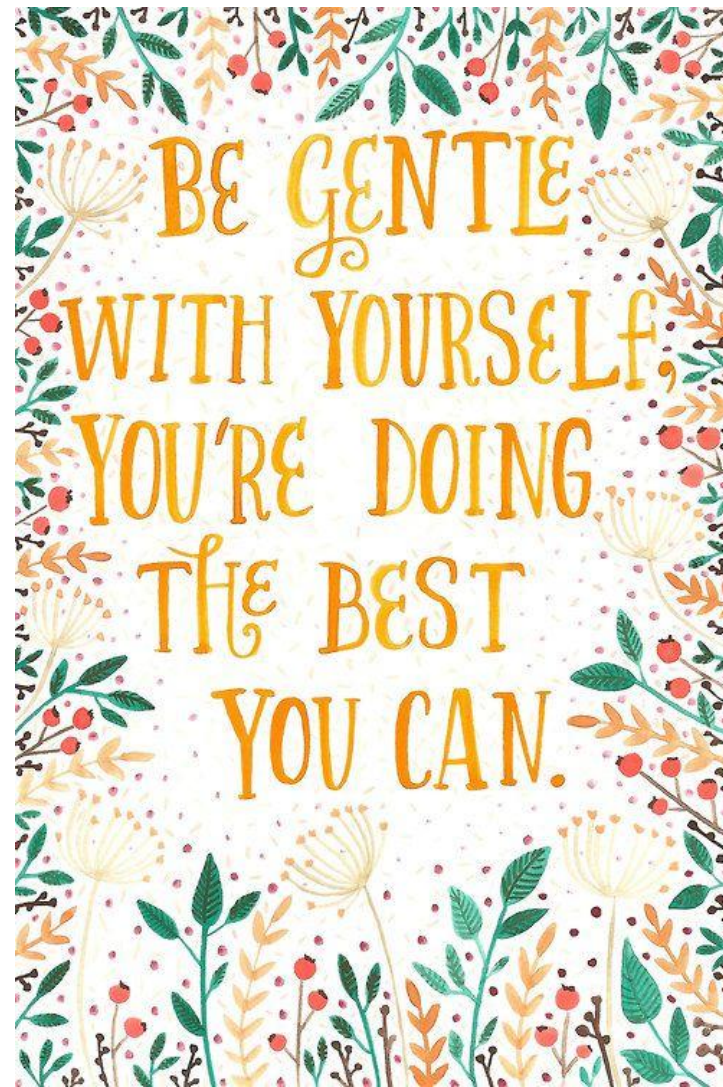
- **Take the preliminary Scholastic Aptitude test (PSAT).** Ask your school counseling office about test dates for the PSAT, ACT and SAT. You'll need to register weeks ahead of time.
- **Dive deeper into the college search process.** Plan college visits, identify schools of interest, and consider attending programs of interest.
- **Sign up for/Access ACT and SAT prep.** Identify free or inexpensive resources available to you.
- **Discuss Advanced Placement options, and adding rigor to your course load.**

How Should I Prepare?

Are AP classes and exams worth it?

AP Course	Minimum Score	Credit Equivalent	Credits	General Education
African American Studies	4	ABC	3	Global Awareness
Art History	3	ARH	6	Arts (2)
Art (Studio)	3	ART	3	Arts
Art Drawing	3	ART	3	Arts
Art 2D Design	3	ART	3	Arts
Art 3D Design	3	ART	3	Arts
Biology	4	BIO111, BIO112	8	Natural Sciences (2), Quantitative Reasoning (2)
Calculus AB	4	MTH141	4	Math, Computing, and Logic, Quantitative Reasoning
Calculus BC	4	MTH141, MTH142	8	Math, Computing, and Logic, Quantitative Reasoning (2)

Added
Rigor
+
Possible
Credit



ADELPHI UNIVERSITY

NEW YORK

mbellantonio@adelphi.edu | 516.877.3064
admissions@adelphi.edu | 1.800.ADELPHI

We hope to see you on campus soon!

