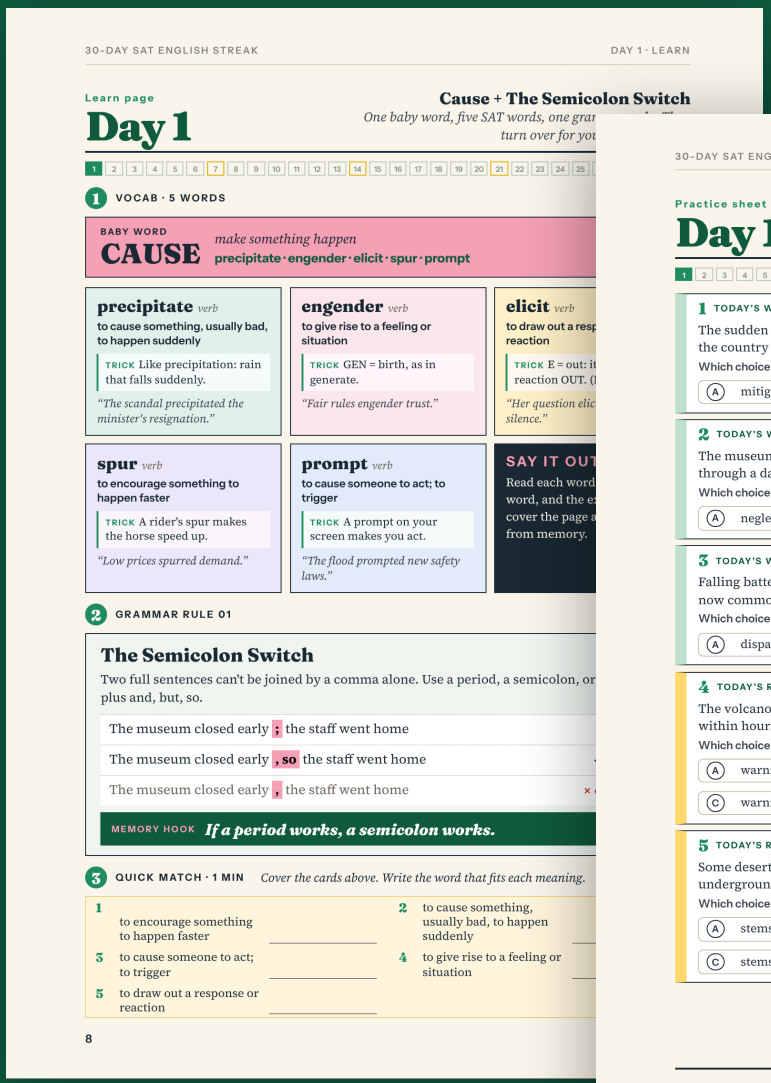
30-Day SAT English Streak

One baby word. Five SAT words. One rule. Five questions. Every day.

Rashmi Sharma

150 WORDS · 30 RULES



30-DAY SAT ENGLISH STREAK — DAY 1 · LEARN

Learn page

Day 1

Cause + The Semicolon Switch

One baby word, five SAT words, one gra… turn over for yo…

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25

1 VOCAB · 5 WORDS

BABY WORD **CAUSE** — *make something happen*

precipitate · engender · elicit · spur · prompt

precipitate *verb*
to cause something, usually bad, to happen suddenly
TRICK Like precipitation: rain that falls suddenly.
"The scandal precipitated the minister's resignation."

engender *verb*
to give rise to a feeling or situation
TRICK GEN = birth, as in generate.
"Fair rules engender trust."

elicit *verb*
to draw out a resp… reaction
TRICK E = out: it… reaction OUT. (…
"Her question elic… silence."

spur *verb*
to encourage something to happen faster
TRICK A rider's spur makes the horse speed up.
"Low prices spurred demand."

prompt *verb*
to cause someone to act; to trigger
TRICK A prompt on your screen makes you act.
"The flood prompted new safety laws."

SAY IT OUT
Read each word… word, and the e… cover the page … from memory.

2 GRAMMAR RULE 01

The Semicolon Switch

Two full sentences can't be joined by a comma alone. Use a period, a semicolon, or… plus and, but, so.

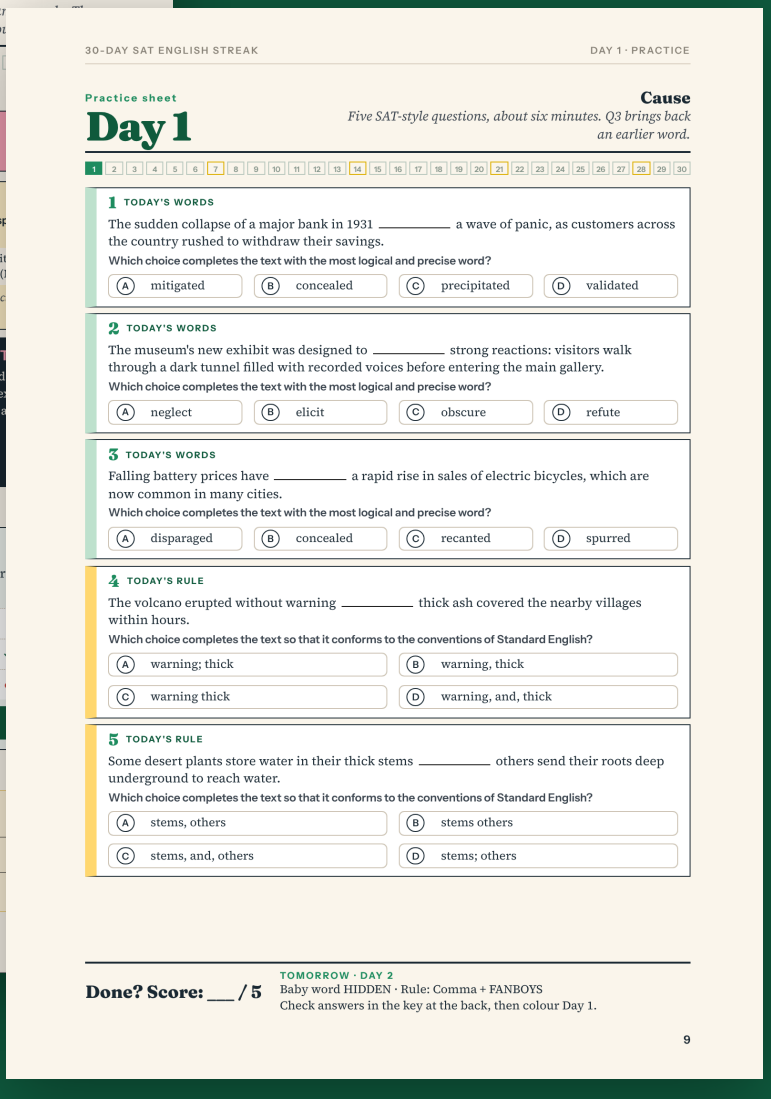
- The museum closed early **;** the staff went home
- The museum closed early **, so** the staff went home
- The museum closed early **,** the staff went home ×

MEMORY HOOK ***If a period works, a semicolon works.***

3 QUICK MATCH · 1 MIN *Cover the cards above. Write the word that fits each meaning.*

1 to encourage something to happen faster _____
2 to cause something, usually bad, to happen suddenly _____
3 to cause someone to act; to trigger _____
4 to give rise to a feeling or situation _____
5 to draw out a response or reaction _____

8



30-DAY SAT ENGLISH STREAK — DAY 1 · PRACTICE

Practice sheet

Day 1

Cause

Five SAT-style questions, about six minutes. Q3 brings back an earlier word.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

1 TODAY'S WORDS

The sudden collapse of a major bank in 1931 _____ a wave of panic, as customers across the country rushed to withdraw their savings.

Which choice completes the text with the most logical and precise word?

(A) mitigated (B) concealed (C) precipitated (D) validated

2 TODAY'S WORDS

The museum's new exhibit was designed to _____ strong reactions: visitors walk through a dark tunnel filled with recorded voices before entering the main gallery.

Which choice completes the text with the most logical and precise word?

(A) neglect (B) elicit (C) obscure (D) refute

3 TODAY'S WORDS

Falling battery prices have _____ a rapid rise in sales of electric bicycles, which are now common in many cities.

Which choice completes the text with the most logical and precise word?

(A) disparaged (B) concealed (C) recanted (D) spurred

4 TODAY'S RULE

The volcano erupted without warning _____ thick ash covered the nearby villages within hours.

Which choice completes the text so that it conforms to the conventions of Standard English?

(A) warning; thick (B) warning, thick
(C) warning thick (D) warning, and, thick

5 TODAY'S RULE

Some desert plants store water in their thick stems _____ others send their roots deep underground to reach water.

Which choice completes the text so that it conforms to the conventions of Standard English?

(A) stems, others (B) stems others
(C) stems, and, others (D) stems; others

Done? Score: ___ / 5

TOMORROW · DAY 2
Baby word HIDDEN · Rule: Comma + FANBOYS
Check answers in the key at the back, then colour Day 1.

9

MEET YOUR TEACHERS

Two teachers. One mission: get you unstuck.



Rashmi Sharma

SAT READING & WRITING · AUTHOR

3 Master's degrees · Gold medallist, LLB & LLM · 10+ years teaching. Has taught law, sociology, history, psychology, political science, and SAT English.

How I teach

The humanities taught me how memory really works. The students who remember are never the ones who crammed. When you understand *why* a rule exists and attach it to a short, sharp trick, the rule stays, even under exam pressure. Fifteen minutes a day, every day, does the rest.



Ronak

SAT MATH

Master's, Applied Mathematics · 8+ years teaching SAT Math. Shows students which questions Desmos solves faster and which are quicker by hand.

Why Stuck in SAT

During our own academic journeys, Ronak and I kept noticing the same thing: students don't fail because the material is impossible. They get stuck at very specific points. Ronak takes Math. I take English. Our job is to find the exact place you are stuck and get you out of it.

RASHMI SHARMA

Logic first. Then a memory hook for every rule.

MY NOTES

HOW THE STREAK WORKS

Two pages a day. Thirty days. Done.

Every day has a learn page and a practice sheet. About fifteen minutes in total. By Day 30 you will have met 150 high-frequency SAT words, 30 grammar rules, and 150 SAT-style questions, and you'll have seen many of them more than once.

1 **Learn page**
Baby word + 5 SAT words with tricks, and one grammar rule with a picture.

2 **Practice sheet**
Five SAT-style questions: two on today's words, one review word, two on today's rule.

3 **Check & colour**
Mark your answers with the key at the back and colour the day on your tracker.

The baby-word method

Cover the options → Say a simple baby word for the blank → Pick the SAT word that means the same

On the SAT, the right answer to a vocabulary question is usually a precise version of a simple idea. Learn the simple idea first, and five hard words become one family you already know.

What each practice sheet holds

Q1–2	Q3	Q4–5
Today's words	A word from an earlier day	Today's grammar rule

Same time every day

Try first, then check the key

Pen on paper, not a screen

Missed a day? Do two tomorrow

By Day 30 you will have

150 SAT words in 30 families

30 grammar rules you can apply in seconds

150 SAT-style questions solved

30 days of streak

MY STREAK

Colour a box every day.

My name _____ Start date _____

My SAT date _____ My target score _____

1 CAUSE __/5	2 HIDDEN __/5	3 VISIBLE __/5	4 PROVE __/5	5 REJECT __/5	6 CLAIM __/5
7 SHOW MORE __/5	8 IGNORE __/5	9 CHANGING __/5	10 FAIR __/5	11 DOUBTFUL __/5	12 DOUBTING __/5
13 MAKE WORSE __/5	14 MAKE BETTER __/5	15 BLOCK __/5	16 EVERYWHERE __/5	17 RARE __/5	18 NEW __/5
19 UNUSUAL __/5	20 ORDINARY __/5	21 SMALL __/5	22 IMPORTANT __/5	23 CAREFUL __/5	24 PRACTICAL __/5
25 PRAISE __/5	26 CRITICIZE __/5	27 COPY __/5	28 LASTING __/5	29 SHORT-LIVED __/5	30 HOPEFUL __/5

Day 7 · Reward: _____ Day 14 · Reward: _____

Day 21 · Reward: _____ Day 30 · Reward: _____

Write your practice score in each box. Gold boxes mark the end of each week: give yourself the reward you wrote.

MY NOTES

YOUR 150 WORDS · DAYS 1–15

30 baby words. 150 SAT words.

Each baby word is the simple idea. The five words beside it are how the SAT says it.

01	CAUSE	precipitate, engender, elicit, spur, prompt
02	HIDDEN	obscure, latent, imperceptible, concealed, elusive
03	VISIBLE	conspicuous, overt, discernible, manifest, prominent
04	PROVE	corroborate, buttress, validate, substantiate, bolster
05	REJECT	refute, repudiate, recant, renounce, dismiss
06	CLAIM	contend, assert, posit, maintain, postulate
07	SHOW MORE	accentuate, illuminate, exemplify, underscore, highlight
08	IGNORE	disregard, discount, neglect, overlook, flout
09	CHANGING	mutable, dynamic, amorphous, volatile, fluid
10	FAIR	impartial, unbiased, disinterested, objective, equitable
11	DOUBTFUL	tenuous, dubious, questionable, inconclusive, unfounded
12	DOUBTING	skeptical, wary, incredulous, cynical, guarded
13	MAKE WORSE	exacerbate, aggravate, compound, undermine, erode
14	MAKE BETTER	ameliorate, mitigate, alleviate, assuage, rectify
15	BLOCK	stymie, impede, hinder, preclude, thwart

MY NOTES

YOUR 150 WORDS · DAYS 16–30

Your 150 words, continued

16	EVERYWHERE	pervasive, ubiquitous, widespread, prevalent, universal
17	RARE	scarce, sparse, paucity, infrequent, sporadic
18	NEW	novel, innovative, unprecedented, groundbreaking, pioneering
19	UNUSUAL	atypical, anomalous, idiosyncratic, aberrant, unorthodox
20	ORDINARY	conventional, orthodox, established, mundane, prosaic
21	SMALL	inconsequential, trivial, negligible, peripheral, superficial
22	IMPORTANT	substantial, significant, considerable, pivotal, paramount
23	CAREFUL	meticulous, prudent, scrupulous, rigorous, painstaking
24	PRACTICAL	pragmatic, utilitarian, feasible, viable, practicable
25	PRAISE	laud, commend, acclaim, endorse, sanction
26	CRITICIZE	disparage, denounce, censure, deride, admonish
27	COPY	mimic, emulate, replicate, reproduce, simulate
28	LASTING	enduring, persistent, perpetual, resilient, steadfast
29	SHORT-LIVED	ephemeral, fleeting, transient, transitory, provisional
30	HOPEFUL	sanguine, optimistic, buoyant, auspicious, encouraging

MY NOTES

YOUR 30 GRAMMAR RULES

One rule a day. Thirty memory hooks.

01 The Semicolon Switch
If a period works, a semicolon works.

02 Comma + FANBOYS
Comma + FANBOYS = a legal joint.

03 Spot the Splice
A comma alone can't hold two sentences.

04 The Colon Reveal
Full sentence first, then the reveal.

05 The Dramatic Dash
One dash = a dramatic colon.

06 Earrings Must Match: Commas
Earrings must match.

07 Earrings Must Match: Dashes
Two dashes or two commas, never one of each.

08 Which One? No Commas
Needed to know WHICH one? No commas.

09 Never Cut the Spine
Never cut the spine.

10 No Speed Bumps
Verb → object: no speed bumps.

11 Intro, Comma, Main Event
Intro first, comma, then the main event.

12 Lists: Commas and Semicolons
Commas inside items? Semicolons between them.

13 Find the Real Subject
Cross out the middle. Match the ends.

14 Each, Every, Neither = One
Each, every, either, neither: always one.

15 Flipped Sentences
Flip it back, then match.

16 AND Adds Up; OR Listens Close
AND adds up. OR/NOR: match the nearest.

17 It or They?
One thing = it. Many things = they.

18 Its / It's · Their / They're
Apostrophe in a pronoun = 'is' or 'are'.

19 Apostrophe = Owner
One owner: 's. Many owners ending in s: s'.

20 The Modifier Magnet
The opening phrase sticks to the next noun.

21 Stay in the Same Time Zone
Stay in the same time zone.

22 The 'Had' Time Machine
Earlier past? Add 'had'.

23 Since, For, So Far → Has/Have
Since / for / so far → has or have.

24 No Main Verb, No Sentence
No main verb, no sentence.

25 'Which' Still Needs a Main Verb
Every 'which' still needs a main verb.

26 Same Job, Same Form
Same job, same form.

27 Names Without Commas
Name needed to say WHICH one? No commas.

28 Contrast or Result?
Relationship first. Transition second.

29 Example, Addition, Time
Zoom in, add on, or move on in time.

30 Not This → Instead That
Not this → Instead that.