



A Road Map for Adult Educators:

HiSET Exam Resources

Preparing Students for Success

Helping today's learners succeed takes more than teaching academic subjects. Skills like clear communication, problem solving, and using technology are just as important. Employers and colleges often look for these abilities when deciding between applicants.

At the same time, learners need a strong foundation in reading, writing, math, science, and social studies to be ready for college, career, and civic life. The HiSET exam gives adult learners a flexible and trusted way to earn their high school equivalency credential. Since its launch more than 10 years ago, HiSET has become a widely used option in the United States, available on computer or paper, in both English and Spanish.




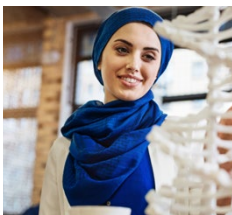



The College and Career Readiness Standards for Adult Education

provide the framework for instruction. These standards help educators focus on the knowledge and skills that matter most for long-term success.

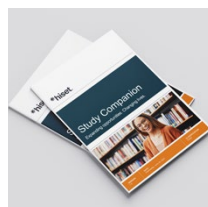
Preparation time depends on the learner's starting point. Someone below the ninth-grade level may need more than a year of study before testing. Learners at higher levels may be ready more quickly. No matter the timeline, becoming familiar with the HiSET test format helps reduce stress and build confidence on test day.

Exam Overview

	SUBTEST	ITEM TYPE	TEST LENGTH
	Language Arts – Reading	100% multiple choice	65 minutes (English), 80 minutes (Spanish)
	Language Arts – Writing	Multiple choice + one essay	120 minutes
	Mathematics	100% multiple choice	90 minutes
	Science	100% multiple choice	80 minutes
	Social Studies	100% multiple choice	70 minutes
	TOTAL TEST TIME		7 hrs., 5 minutes (English) / 7 hrs., 20 minutes (Spanish)

Instructional Resources

The HiSET website offers free tools to help learners know when they are ready to test. Instructors can use these resources in class and guide learners on how to use them effectively.



HiSET Study Companion (PDF):
Helps students organize and manage their study time.



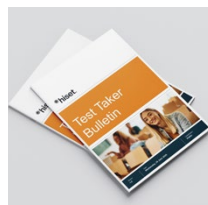
Scoring Guide
(Available in English or Spanish):
The rubric used to grade essays, explaining what scorers expect at each level.



HiSET Practice Tests:
Free tests (including an Interactive Practice Test) let students check progress and identify focus areas. Retaking practice tests after study helps measure readiness.



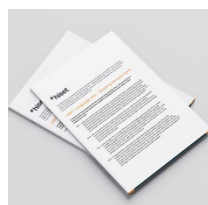
Math Formula Sheet
(Available in English or Spanish):
Reference for key formulas used on the math test.



HiSET Test Taker Bulletin:
Provide details on test structure and policies.



HiSET Adult Educator Resource Hub:
A one-stop webpage with free tools, guides, and updates to support instructors in preparing students for the HiSET exam.



HiSET Sample Test Questions
(Available in English or Spanish):
See what HiSET test questions look like



HiSET Curriculum Blueprint by Essential Education:
Everything You Need to Prepare Students for the HiSET Exam



HiSET Scored Sample Writing Responses
(Available in English or Spanish):
Examples of essays at different score levels

[VIEW RESOURCES](#)



Classroom Strategies



HISET.ORG

Language Arts (Reading & Writing)

- Go over the [Test Taker Bulletin](#) with your students.
- Use the [sample essays](#) and [scoring guide](#) to show what a passing essay looks like.
- Ask: “What are two things every HiSET essay should include to pass?”
Possible answers:
 - A clear and developed position
 - Evidence from the reading passage
 - Context for ideas and claims
 - Multiple perspectives
 - A formal, objective tone
- Have students write practice essays. Review them using the rubric and discuss ways to improve.

Mathematics

- After a practice test, ask a student to explain how they solved a problem. Invite others to share different methods. This helps identify class-wide errors and strengthen skills.
- Use the formula sheet often so students are comfortable using it on test day.

Science & Social Studies

- Build background knowledge so students feel confident with test content. For example, use [The Citizen's Almanac](#) for civics and history.
- Remind students that these tests focus on critical thinking: interpreting data, analyzing text, and evaluating arguments.
- Practice with short passages, charts, and graphs so learners get used to applying knowledge in different formats.



Tips for Educators

- Encourage students to balance classroom learning with online practice.
- Show students how to track their growth by comparing pre- and post-practice test results.
- Remind learners that preparation is different for everyone — some may need more time than others.
- Direct students to check [state-specific testing requirements](#).