

# FCAT Tips/Reminders 😊

## *One Week Prior to the Test*

#1 Get a normal nights sleep for each of the five days prior to testing. (Sleep loss is cumulative and losing a small amount of sleep days prior to the test will add up to poor performance on test day)

#2 Warm your brain by reading “just right” books for at least 45 minutes at home on each of the five nights prior to the test.

#3 Use FCAT Explorer- FREE!-Online FCAT Reading Practice for 3<sup>rd</sup> graders [www.fcatexplorer.com](http://www.fcatexplorer.com) or Study Island [www.studyisland.com](http://www.studyisland.com) to practice skills that have been taught and will most likely be tested.

## *Test Day*

#1 Be sure to be present and on time on test days. Students taking tests on make up days tend to score lower.

#2 Eat a good dinner the night before and a good breakfast the morning of the test. Fresh fruit is great for activating the memory. 😊

#3 Listen carefully to all test-taking directions given by the teacher and ask questions about those directions that are not clear.

#4 Relax! All of the hard work is done. Now is just the time to prove that you have been working hard and have learned what is expected of you. Relax. . . don't panic. . . you will do fine.

#5 Think positively; tell yourself that you can do this (to help calm down, breathe in and out slowly and deeply). Remember, I believe in you! 😊