

Helpful Parent & Student Tips For The FCAT For Osceola County Students



For many children, springtime leads to stress-time as the Florida Comprehensive Assessment Test (FCAT) draws closer. In Osceola County, students will take the writing, reading, mathematics, and/or science portions of the FCAT in February and March 2009, depending on what grade they are in.

Most parents are well aware of the pressure, especially as decisions about grade promotion in Grade 3 and graduation for Grade 10 students are based on the outcomes of the test. While it is almost impossible to eliminate the stress completely, the following tips can be offered to parents to help their children make the test-taking process more manageable:

Tip #1: Become Knowledgeable About The Test

The FCAT test assesses a child's knowledge at a particular point in time. It is simply a measuring stick to see how much that they have learned, not how much they have not learned. Ask your school for parent information on the test or about how to find available resources to help your children prepare at home. Parents are encouraged to ask their child's teacher and principal questions about the test as they arise.

Tip #2: Ensure A Good Night Sleep & Attendance

Make sure that your child is in school during the testing sessions. Students should get plenty of rest the night before, and on the morning of the test, make sure your child wakes up in plenty of time so the student does not feel rushed.

Tip #3: Provide A Healthy Breakfast

Be sure to give your child a good breakfast. Studies show that students who have eaten a healthy breakfast score much better on tests than those students who go into a test hungry and unable to fully concentrate.

Tip #4: Encourage Your Child To Do His/Her Best

Remind your student that they have studied hard in school for the FCAT, and that they have every reason to feel confident that they will be successful.

Tip #5: Cell Phone Use

In accordance with the district's School Board Rules, cell phones that are carried by students may not be visible and must be turned off at all times during regular school hours. Violation of this rule may be cause to invalidate a student's test.