



LifeSmarts
Learn it. Live it.

Coach's Guide



LifeSmarts.org

A program of the National Consumers League





About the Coach's Guide

Welcome to LifeSmarts! This Coach's Guide provides adult leaders with background about the program, tips on coaching, assistance with the Website, helpful resources, and details about the program and competition. Coaches are integral to the program. Thank you for using LifeSmarts to bring meaningful consumer education to your students!

LifeSmarts is a program of the National Consumers League, which is America's pioneering consumer advocacy organization, representing consumers and workers on marketplace and workplace issues since its founding in 1899. LifeSmarts is fortunate to partner with state-based consumer agencies and organization to run the program at the local level.

LifeSmarts is possible thanks to our many sponsors. For their banner-level sponsorship in 2015, NCL thanks Amazon.com, American Express Company, Comcast NBCUniversal, Experian, Google, Intuit, LifeLock, Microsoft, McNeil Consumer Healthcare, Visa, and Western Union. We also appreciate the ongoing support of many businesses, organizations, and individuals at both the state and national levels.



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Get to know LifeSmarts

LifeSmarts is a comprehensive consumer education program that is free to middle school and high school students and educators. The mission of the LifeSmarts program is to create consumer savvy young people who will be better equipped for adult life in today's complex, global marketplace. LifeSmarts provides teens with skills and knowledge to help them make better choices for themselves and their families.

LifeSmarts teaches consumer literacy by combining uniquely broad consumer content with a vocabulary-building framework. The free resources and competitions provide students with the opportunity to show what they have learned and how they will apply this information to daily life.

That's why at LifeSmarts we say, "Learn it. Live it!"



In 2015, the team representing Florida took the top prize at the National LifeSmarts Championship in Seattle, Washington.

Coach Checklist

- Register online
- Create a team (or teams)
- Students register
- Designate a team captain
- Take the monthly TeamSmarts quiz
- Students compete
- Use the many free resources on the LifeSmarts site
- Coach the team to state and maybe nationals!

Student Checklist

- Register online
- Join a team
- Take the pre-quiz
- Use practice quizzes and other online resources
- Compete! Take 5 category quizzes and the capstone



Why LifeSmarts

Teenagers are active participants in the U.S. economy. In 2013, they spent \$208 billion of their own money, and families contributed an additional \$118 billion for food, apparel, personal-care items, and entertainment for their teens. Young people are also workers; in 2013 they earned \$91 billion.

School administrators, educators, and adult mentors who want to provide students with real-world skills don't always know where to start. That's where LifeSmarts excels. LifeSmarts helps build strong literacy skills and practical knowledge about:



Personal Finance



Consumer Rights and Responsibilities



Technology



Health and Safety



The Environment

LifeSmarts is founded in educational principles

Goals for students include:

1. Learning new concepts to take with them into their "real" life.
2. Creating a framework to use to "store" the new input for future retrieval.
3. Engaging in active learning.
4. Responding to critical thinking questions in lessons and in competition.
5. Moving along the continuum of higher-order thinking from "knowledge" to the "evaluation" of consumer and financial information in the marketplace.

How educators can benefit

LifeSmarts assists educators by:

1. Providing free educational resources at LifeSmarts.org.
2. Aligning our materials with Common Core so that teachers across the country can easily see how our materials fit into a standards-based program.
3. Producing current educational materials that integrate with and supplement high school curricula.
4. Hosting fun and engaging no-cost online team competitions and contests, as well as in-person state and national competitions.

A shout-out to LifeSmarts State Coordinators

LifeSmarts works with State Coordinators who run LifeSmarts at the local level. We currently partner with state Attorneys General, Jump\$Start Coalitions, Councils on Economic Education, Credit Unions, Better Business Bureaus, Cooperative Extension Offices, FCCLA state Advisers, and state 4-H programs. State Coordinators are dedicated volunteers who give generously of their time to our program, and we owe much of our success to them. Coordinators are your best local resource; be sure to get to know yours!

To connect with your State Coordinator, visit LifeSmarts.org, click on "State Programs," then select your state.



What LifeSmarts covers

 Personal Finance	 The Environment	 Technology	 Health & Safety	 Consumer Rights & Responsibilities
Career planning, education, & income	Atmosphere, Water & Land	Communications & social networking	Controlled substances	Citizenship
Credit & debt management	Ecology	Computing	Disease & medicine	Consumer choices & decisions
Financial planning	Energy	Cyberethics	Emergency & first aid	Consumer protection
Financial services	Populations	Cyberspace	Health care	Fraud
Housing	Sustainability	Multimedia	Mental health & relationships	Marketing & advertising
Money management	Waste management	Privacy & security	Nutrition & food safety	Marketplace economics
Risk management	Institutions & regulations	Other technologies	Personal care & the body	Workplace
Smart shopping & decision making	Abbreviations & acronyms	Institutions & regulations	Safety	Institutions & regulations
Taxes		Abbreviations & acronyms	Wellness	Abbreviations & acronyms
Institutions & regulations			Institutions & regulations	
Abbreviations & acronyms			Abbreviations & acronyms	



Why be a LifeSmarts Coach?

LifeSmarts coaches are integral to students' participation and a team's success. Without an adult coach, students cannot participate. Each team must have one adult as the primary coach, and coaching is a big responsibility, so co-coaches are encouraged.

Coaches are responsible for:

- Recruiting and preparing students for competition
- Getting permission and release forms signed and returned
- Keeping the team members and their parents and guardians informed
- Chaperoning and traveling with students to in-person competitions

Coach's calendar

September – January: Online Competition

Students begin as individuals online, where they create an account, use LifeSmarts resources, take practice quizzes, and compete for a final score. Working independently, students take six 20-question quizzes, one on each LifeSmarts topic, followed by a capstone quiz. A team is formed when four or more students have each completed the six quizzes. Students must complete this competition within their state's competition period, generally September through January.

February – March: State Competitions

Qualifying teams advance to compete at the state level, where many State Coordinators host in-person events, and states without Coordinators

have virtual competitions. Most state competitions are generally held in February and March, but check with your State Coordinator. Winning state champion teams then enter into heavy preparation mode for nationals. Many teams also spend this period fundraising to help offset the cost of travel to Nationals.

April: National Championship

State champion teams compete for four days in April, for the national title, at an in-person competition in a major American city. All teams compete multiple times, and top individuals and teams earn scholarships and other awards.

May – Summer: Supplemental LifeSmarts activities

Practice quizzes, the Safety Smart program, and the treasure trove of LifeSmarts resources are available year-round at LifeSmarts.org.

Hear from coaches first-hand why they got involved with LifeSmarts.

“ I hear back from a lot of the students and they are grateful for what they learned in LifeSmarts. They've impressed college professors and employers with their knowledge gained from LifeSmarts. It is a program that helps these young adults become well rounded and able to compete in the marketplace of life. Great program, run by a great staff and lots of volunteers! Thanks NCL!

“ I believe that LifeSmarts is amazing at educating students about life skills.

“ LifeSmarts is an incredible experience which will broaden your horizons and transform young minds into the best possible consumers for the 21st century.



The online competition: LifeSmarts.org

All competition begins online. The steps to compete online are easy:

1. Coach registers and creates team(s)

2. Players register and join teams

3. Coach appoints team captain

4. Students may begin competing

Technology tips (registration instructions on next page)

- Use web browsers other than Internet Explorer and Safari. We recommend Firefox or Chrome.
- Make sure each user logs out before others register on the same device.
- Your registration determines which dashboard you see. For example, if you register as a coach, you are using the coach dashboard. To return to it from anywhere on the site, click the "Coaches" tab in the main navigation bar.
- Delete cookies and clean your computer's cache regularly. They may prevent return users from accessing quizzes.



Steps to register and compete

1. Coach registers and creates team

- Go to LifeSmarts.org.
- The first time using the site, click the "Register" button on the upper right corner of the LifeSmarts homepage. (If you have registered in the past, you will skip the registration process and simply log in.)
- You will create a unique username and password. Remember them. You will use them every time you log in. Once you have completed the form click "Register with LifeSmarts."
- In all subsequent visits, click "Login" to log in.
- When you log in, the Coach's Page will appear. To create a team, click on "My Teams" then "add a team."
- When creating a team name, be specific. "Washington Co. FBLA" or "BCHS Foods 2" will help both you and your State Coordinator keep track of all the teams. You may create as many teams as you wish.
- NOTE: Once you are logged in, click on the "Coaches" tab to return to your dashboard.

2. Players register and join teams

The player registration is nearly identical to the coach registration.

- Students begin by clicking the "Register" button and complete the same registration form. If the student has registered before, the student simply logs in.

- NOTE: Make sure each user logs out before others register on the same device.
- Once the player has registered and logged in, the Player's dashboard will appear.
- To join a team, the student clicks the "My Team" tab and then uses the drop-down menu to select a team. Once the team is selected, click "Join Team."
- Students may join one JV or Varsity team, one FBLA team, and one FCCLA team.
- NOTE: Once a student is logged in, the student clicks on the "Players" tab to return to their dashboard.

3. Coach appoints team captain

Team captains are the only players with access to certain quizzes, such as monthly TeamSmarts quizzes.

- To select (or change) a captain, click on the "My Teams" tab and then click "inspect/edit" next to the team. Click "Team Players (#) +/-" to see a drop-down of all players registered to the team.
- Click the "TC" button next to the student you wish to make the team's captain.
- NOTE: Serving as the team captain is a leadership opportunity.

4. Students compete

To compete, students log in, click on the "Players" tab, and then click "Competitions."

- Working individually, students first take the 20-question pre-quiz, which they find under the heading "LifeSmarts Competition Quizzes." This covers all topic areas and is not part of the student's final score.
- Next, working individually, students take five 20-question topic quizzes, one on each LifeSmarts subject.
- When students finish the five topic quizzes, the capstone quiz will become available. This 20-question quiz covers all topic areas and serves as the final quiz.
- Students must complete the capstone to receive a final score. The capstone quiz score, plus the scores from the five topic quizzes, becomes the student's final score.
- Once four or more students have completed all six quizzes, the team achieves a team score and becomes eligible to compete at the next level (depending on your state this may be an in-person or virtual state competition).
- A coach may monitor student scores to ensure that students are progressing through competition. See the next section for detailed instructions.

Using the Coach's Dashboard

To manage your students' experience, take a few moments to familiarize yourself with the capabilities you have on the Coach's Dashboard. Once you log in, you may:

Create teams

- Click on "My Teams."
- Scroll down to "Add New Team."
- Give the team a name, provide your school or organization name, select the team type.
- Click "Add Team."

Select (or change) a team captain

- Click on the "My Teams" tab.
- Click "inspect/edit" across from the team name.
- Click "Team Players (#) +/-" to see a drop-down of all players registered to the team.
- Click the "TC" button next to the student you wish to make the team's captain.

Add a student to a team

- Click on the "My Teams" tab.
- Click "Inspect/Edit" across from the team name.
- Click "add player" to search a roster of players.
- Click "ok" to all pop-up dialog boxes.
 - Use the drop-down menu to select the player.
 - Click "Add Player."
 - Refresh that page to see your changes.
- NOTE: Usually students add themselves to teams, but coaches also have this capability.

Remove a student from a team

- Click on the "My Teams" tab.
- Click "inspect/edit" across from the team name.
- Click "Team Players (#) +/-" to see a drop-down of all players registered to the team.
- Click "Remove Player" next to any student you wish to remove.
- Click "ok" to all pop-up dialog boxes.
- Refresh that page to see your changes.

Monitor scores

- Click on "Competitions" in the Coach's Dashboard.
- Click "Competition Quizzes" to see how students are progressing and scoring in the online competition.
 - Select "all" or a specific team.
 - Click "load."
- Click the word "Players" next to a team name to see student scores.
 - NOTE: Your team has a final (or "total") score when at least four students have completed all six quizzes.
- Click "TeamSmarts" to see team scores in this monthly quiz.
- Click "FBLA/FCCLA Challenge" if you have a team competing in these competitions. (See page 16 for more information about these competitions.)
- Click "Practice Quiz Scores" to monitor students' use and scores across 15 practice quizzes designed by category and difficulty.

Set your own start date

- Click on "Profile."
- Scroll to the bottom, click the words, "Competition Start Date."
- Use the pop-up calendar to choose a date for your team to begin competing.
 - NOTE: Use this feature to prevent students from competing earlier than you would like.
 - NOTE: If you choose your own start date it must fall within the parameters set for your state.
 - NOTE: Students will be blocked from competition quizzes until the date you set.

Update your profile

- Click "Profile" to update your information on our site.

FAQ

- Click "FAQ" for additional information specific to coaches.



Frequently Asked Questions about using LifeSmarts.org

Q. I registered last year. Do I need to register again?

A. No. Beginning in 2013, LifeSmarts carries over both coach and student registrations.

Q. I forgot my username or password. What do I do?

A. If you cannot remember your password, log in with your username and use the "Lost Your Password" feature to re-set it. If you cannot remember your username, contact LifeSmarts staff who will retrieve it for you.

Q. Where are the official quizzes that count toward our team score?

A. Students will find the quizzes under their "Competitions" tab. Coaches do not have access to the quizzes but can track student scores.

Q. How are scores calculated?

A. Players receive a score for each 20-question quiz they complete. When a student has completed all six quizzes, the student has a final score. The top four scores on your team are combined for your team score. As more students finish their quizzes, your score may go up if a new student has a higher total score.

Q. Do my students need to register to compete?

A. Yes. Your students must register to compete. They may use practice tools such as the "Daily Quiz" without registering.

Q. What practice tools are available?

A. Once they register and log in, students have the ability to take general 20-question quizzes and to select practice quizzes sorted by topic and difficulty. Practice quizzes can be found under the student's "Competitions" tab.

Did you know?

Q. How many questions are answered online every year?

A. 3 million

Q. How many students compete in LifeSmarts nationwide?

A. 125,000

Q. How long LifeSmarts has been educating the next generation of consumers?

A. 22 years

Q. How many students are on a team?

A. An online team may have any number of students on it.

Q. My online team has many students on it. Who competes in-person?

A. Coaches may select 4-5 person teams from among all qualified (finishing) students.

Q. May a player compete on more than one team?

A. Most players will only compete on one team. However, if you have FBLA or FCCLA members, they may compete on one Varsity or JV team, plus one FBLA and one FCCLA team. (For more, see page 16.)

Q. What is the difference between team types?

A. Varsity teams are for high school students in grades 9-12. JV teams are for students in grades 6-8. FBLA teams are for those students competing in the FBLA LifeSmarts competitive event. FCCLA teams are for students competing in the FCCLA/LifeSmarts Knowledge Bowl.

Q. How do I delete a team?

A. Contact LifeSmarts staff to do this for you.





Other LifeSmarts competitions and programs

These LifeSmarts programs won't get your team to Nationals, but they provide additional study, learning, and prize/scholarship opportunities.

TeamSmarts

TeamSmarts is a web-based team competition with prizes and can also serve as a great practice tool for teams. TeamSmarts is not an individual activity. The 100-multiple-choice question TeamSmarts quizzes are open September through January. Teams can participate in a new quiz, focusing on a unique LifeSmarts topic area, each month.

- September – Health and Safety
- October – Personal Finance
- November – Consumer Rights and Responsibilities
- December – Technology
- January – The Environment

How to use TeamSmarts

1. Coach registers with LifeSmarts and creates team(s).
2. Students register with LifeSmarts and join a team.
3. Coach selects a captain for each team.
4. The captain logs in, and finds the monthly TeamSmarts quiz assigned under the player's "Competitions" tab (with a new quiz available each month from September through January).
5. The captain gathers teammates, and together the team takes the TeamSmarts quiz.

Tips for TeamSmarts

- Set up teams based on how many students you want working together on TeamSmarts.
- TeamSmarts is scored based on speed and accuracy. A correct answer given within 10 seconds scores five points, within 11-30 seconds scores three points, and within 31-60 seconds scores one point.
- When they log in, all students have access to the practice TeamSmarts quiz under their "Competitions" tab. All official monthly TeamSmarts quizzes will only show up under the captain's "Competitions" tab.
- Monthly quizzes are open for the entire month, closing at 11:59 p.m. Eastern time the last night of the month.
- Prizes are awarded to one LifeSmarts team, one FBLA team, and one FCCLA team each month that TeamSmarts is open. A school or organization may win one prize per program year.
- NCL uses TeamSmarts in other competition as well, such as the state and national competitions, the FBLA LifeSmarts Challenge, and the FCCLA/LifeSmarts Knowledge Bowl. (For more about these special competitive events, please see page 16.)



Students pose with Timon from Disney's The Lion King.

Safety Smart® Service Learning Project

LifeSmarts has partnered with Underwriters Laboratories (UL) to bring SafetySmart® to our participants. This exciting volunteer/community service opportunity allows teens to become Safety Smart Ambassadors, focus on health and safety curriculum, teach younger children, and give back in their communities.

We provide everything you need: the presentations, the lesson plans, the worksheets, and videos featuring Timon and Pumbaa from Disney's *The Lion King*. You take it from there – you get to present the fun, entertaining content to kids ages 4-10, and you can use it to fulfill whatever community service or service learning requirements you may have. You also have the chance to win prizes and scholarships. Learn more here: lifesmarts.org/safetysmart.



LifeSmarts live competition

Students who do well in the online competitions may have an opportunity to compete in person at local, state, or national events.

General rules

- Four or five students comprise a team. Four team members compete on stage at any one time; the fifth person is considered the alternate and can rotate into competition following a round. It is strongly recommended that you have five players if possible.
- Each team will designate a team captain prior to competition. This does not necessarily have to be the same student who served as team captain during the online portion of the competition. The captain must remain on stage during the competition. The captain will be the official spokesperson for the team during the team round and have other duties as well.
- Two or three teams compete in each buzzer match.
- Teams will be seated on stage as determined by the coordinators of the competition.
- Competition officials run each competition. These usually include a master of ceremonies, a question master, judges, a scorekeeper, a timekeeper, a referee, and room monitors.
- Generally, no more than two teams per coach will be permitted at an in-person competition.
- Permission and release forms must be completed and returned before teams compete.





Live competition format

In-person state and national competitions include these formats:

Individual questions

- These are used at the state level only.
- These are multiple choice questions addressed to one player.
- Students do not confer.
- The question master will ask all players a question, rotating teams.
- Correct answers are worth 5 points.
- The student has 10 seconds to give an answer.

Team questions

- These are used at the state level only.
- These are multiple choice questions addressed to one team.
- The team may confer, and the captain gives the team's answer.
- Questions will alternate from team to team.
- Correct answers are worth 5 points.
- The captain has 10 seconds to give an answer.

Team-plus questions

- All questions are open-ended.
- The first question (the "toss-up") is addressed to the first player on each team. These players compete against one another to be the

first to buzz in and give a correct answer.

- When a student buzzes in, after hearing their name called, they have 5 seconds to answer.
- When a student answers the "toss-up" question correctly, the student's team is asked two additional "add-on" questions on the same topic.
- The team may confer to answer the add-on questions.
- The captain provides the team's answers to the add-on questions.
- The captain has 10 seconds to answer the add-on questions.
- A team must answer the first add-on question correctly to be asked the second add-on.
- The next toss-up question is addressed to the second player on each team, and the process repeats until four toss-up questions have been asked.
- Each correct answer is worth 5 points.

Challenge questions

- All questions are open-ended.
- Any player on stage may buzz in and answer.
- Students do not confer.

- Once the student's name is called, the student has 5 seconds in which to answer.
- If an incorrect answer is given, the question will be re-read and players from the other team(s) on stage have the opportunity to buzz in and answer.
- Challenge rounds generally consist of at least 15 questions.
- Correct answers are worth 10 points.

Tiebreaker questions

- If a tiebreaker is needed, open-ended questions will be used, following the challenge round format.
- Three questions will be asked.
- Correct answers are worth 1 point each.
- If, after one round of tiebreakers there is still a tie, a second set may be used. After that, if there is still a tie, one sudden-death question will be asked.

Other competition elements

- Team activities, "Speed Dating the Experts," and individual assessments all increase the fun, teamwork, and learning at in-person competitions.

Frequently Asked Questions about live competitions

Q. When is the state competition held?

A. Visit your state LifeSmarts program page for details. Competitions are generally held in February and March.

Q. My state does not have a Coordinator. Can we compete?

A. Yes. The National Consumers League will host an online state competition to determine your state's winner to advance to the National LifeSmarts Championship.

Q. May a coach have more than one team?

A. Online, coaches are encouraged to register as many teams as they wish. However, NCL and State Coordinators generally limit the number of teams that may advance to the next level per coach or per organization. This is usually limited to two.

Q. How many students make up a team?

A. Four or five students make up a team that competes live.



7 tips for a winning LifeSmarts team

1. PRACTICE Quiz your teammates using the LifeSmarts daily quizzes and vocab calendars. If there are things you don't know, look them up and add facts to what you learn, so the new information sticks!

2. TRAIN Meet weekly in the fall to practice LifeSmarts lessons and increase to multiple times a week starting in January. Try out different types of questions during practice sessions.

3. BUZZ Use buzzers to simulate live matches and make sure you are following all the rules. Don't forget: students are disqualified if they answer a question before their name is called.



TRAIN

4. LOOK BACK Use questions from previous LifeSmarts competitions during practice sessions. Turn those questions into personal flashcards.

5. READ Follow the news to stay up-to-date on current events. 'Hot' topics in the news might pop up during LifeSmarts competition.

6. USE IT ALL LifeSmarts.org has tons of resources to help students prepare for competition. Don't forget to check out our monthly TeamSmarts quizzes.



Quiz

7. QUIZ Create your own questions at home to quiz yourself. Reinforce LifeSmarts knowledge you learn with your coach and teammates.



Have Fun

Oh yeah...and have fun!

For more LifeSmarts information and resources visit LifeSmarts.org

Check out the LifeSmarts Facebook page (facebook.com/lifesmarts) for helpful tips and hints, like this infographic, to get ahead of the competition.



Special competitions

FBLA and FCCLA Advisers, look no further! In recent years, LifeSmarts has expanded its reach to partner with other student leadership organizations and associations, including FBLA and FCCLA. We are pleased to offer special cross-promoted opportunities for students in these programs.

FBLA/FCCLA TeamSmarts Challenge

In January, all teams registered as FBLA or FCCLA teams have the opportunity to compete to advance directly to the National LifeSmarts Championship in April. FBLA and FCCLA teams take a special 100-question TeamSmarts quiz to determine one at-large winner from each student leadership organization. (For more about TeamSmarts, see page 12.)

How to compete

1. If you are an FBLA or FCCLA Adviser, register a team as FBLA or FCCLA and create a team comprised of FBLA or FCCLA members.
2. Select a team captain.
3. During January the FBLA/FCCLA Challenge will appear in the captain's "Competitions" tab.
4. The team takes this quiz anytime during January.
5. The winning teams will represent their organization (FBLA or FCCLA) at the National LifeSmarts Championship.





FBLA: The FBLA LifeSmarts Challenge

The FBLA LifeSmarts competitive event is available to FBLA Advisers and chapter members only. In this competition FBLA teams comprised of two students compete for the opportunity to advance to the summer FBLA National Leadership Conference where they compete live for two days. The 24 top-scoring teams (12 from each online challenge) advance. Teams may compete in one or both challenges. The fall challenge is held in October and November, and the spring challenge is held in February.

The challenges occur online, with teams of two completing four challenge activities to earn a cumulative score:

- Working independently, the captain completes a 60-question quiz across all LifeSmarts topic areas.
- Working independently, the second team member completes a 60-question quiz across all LifeSmarts topic areas.
- Students work as a team to complete the 50-question TeamSmarts personal finance assessment.
- Students work as a team to complete the 50-question TeamSmarts consumer assessment.

Steps to compete in the FBLA LifeSmarts Challenge

1. The chapter Adviser registers online as a LifeSmarts coach.
2. The Adviser creates teams, choosing "FBLA" as the team type.
3. Students register and join a team.
4. The Adviser selects a captain for each team.
5. Students compete any time during the challenge (which generally runs four weeks), completing all four activities before midnight EST on the final day.
6. When the challenge is complete FBLA will notify Advisers of the teams advancing to the NLC. Read more about the FBLA LifeSmarts partnership at: lifesmarts.org/coaches/new-coaches-fbla/.

FCCLA/LifeSmarts Knowledge Bowl

The FCCLA/LifeSmarts Knowledge Bowl is a competitive event available to FCCLA Advisers and chapter members only. In this competition, FCCLA teams compete at National Cluster Meetings in the fall for the opportunity to advance to the summer FCCLA National Leadership Conference. The top-scoring teams in each region advance to live competition at Cluster Meeting, with top teams from each Cluster Meeting advancing to live competition at the FCCLA National Leadership Conference.

Steps to competing in the FCCLA/LifeSmarts Knowledge Bowl

1. Coaches and students sign up at [LifeSmarts.org](https://lifesmarts.org) to access LifeSmarts content, quizzes, and other resources, and practice as needed.
2. Teams register with FCCLA to compete in Knowledge Bowl at a Cluster Meeting.
3. Teams go to [LifeSmarts.org](https://lifesmarts.org) to complete the first quiz (a TeamSmarts quiz titled, "FCCLA Fall Online Test") which will be available under the Captain's "Competitions" tab.
4. Top teams advance to compete in-person at a Cluster Meeting, with the opportunity to advance to the National Leadership Conference in the summer.
5. Teams have a "second chance" opportunity to advance to the National Leadership Conference by earning a top score on a second TeamSmarts quiz available during January.
6. The top 16 teams compete live at the National Leadership Conference in July.

Read more about the FCCLA LifeSmarts partnership at: lifesmarts.org/coaches/new-coaches-fccla/.



Resources

Resource	URL	Educator Notes	Coach Notes
Online practice quizzes	Available to students once they log in	Students may select a general quiz or create their own practice quiz by choosing a topic and difficulty level Assign students quizzes as make-up assignment or extra credit	Coaches may track quizzes that students take by topic and difficulty
Online Daily Quiz	http://lifesmarts.org/daily-quiz/	Available from the home page, this quiz does not require you to be logged in to use it Five-question quizzes pull randomly and change every time you use it	Great practice tool for teams Use this as an anticipatory set to engage students in LifeSmarts topics
Question of the Day Calendar	http://lifesmarts.org/calendars/	Great review tool for class or teams Use this to pose one LifeSmarts question per day	Use this as a challenge round of competition
Downloadable practice rounds	http://lifesmarts.org/practice-rounds/	Use this as a classroom competition on low-attendance days	Run practice sessions using retired questions; provides the opportunity to practice live competition rules with teams
LifeSmarts U virtual lessons	http://lifesmarts.org/lifesmarts-u/	Assign students these activities (may be used for make-up credit or extra credit) Use PowerPoints and worksheets to reinforce concepts students study	Use LifeSmarts U to go in-depth on specific topics
ConsumerMan videos	http://lifesmarts.org/consumerman	Introduce current consumer topics with provided classroom lessons and extension activities	Great review of content vocabulary
Content vocabulary	http://lifesmarts.org/content-vocabulary	Use vocabulary to focus instruction Use the vocabulary game to reinforce learning	Review vocabulary to focus study time, especially on teams where students specialize in one topic area
Tell Me the Question	http://lifesmarts.org/tell-me-the-question/	Jeopardy-style quizzes Focused classroom activity	Great team prep tool



Additional resources

It is easy to find materials to prepare for competition. Coaches tell us that they use these resources the most:

- View resources by topic:
lifesmarts.org/resources/resources-by-category-top-level/
- View resources by type:
lifesmarts.org/resources/resources-by-type-top-level/
- NEW! “LifeSmarts in a Box” is a toolkit for educators to help jump-start the LifeSmarts experience. It includes dozens of ready-to-go activities to complement curriculum and enhance classroom instruction. It also provides educators with a manageable set of consumer concepts, keywords, critical thinking questions, retired questions, and content vocabulary activities to enliven instruction in family and consumer sciences, business, technology classes, and more. Use the “Contact Us” link at [LifeSmarts.org](https://lifesmarts.org) to submit your mailing address and order a copy
- Government agency websites and free or low-cost publications
- Websites, brochures, textbooks, and other educational resources from consumer groups, trade associations, nonprofits, and businesses

Tips for competition preparation

The coaches on the LifeSmarts Student Advisory Board shared their top tips to help prepare a team for competition:

- Hold regular, engaging team practice sessions
- Ask a wide variety of questions on a variety of topics
- Show your passion for the program
- Establish clear expectations for team practice, attendance, and behavior
- Make team practice very competitive
- Remind the team that LifeSmarts is all about information they NEED to know and help them learn it
- Invest your time, effort, and interest in the program



LifeSmarts is...

-  an academic program
-  a learning resource for high school students
-  a teaching toolbox for educators
-  a treasure trove of current consumer topics
-  a local, state, and national competition
-  aligned with Common Core
-  free to all participants
-  a program full of opportunities with many different partners
-  delivered at the state level by committed partners dedicated to consumer literacy
-  sponsored by companies and organizations that respect educated consumers