



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!

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.



BUZZ

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

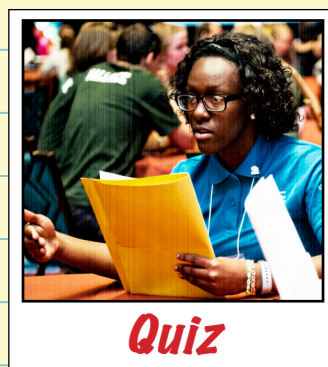


TRAIN

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.

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