



How to Register and Compete Online at LifeSmarts.org

Steps to compete online: coaches register first, the coach creates the team(s), and then students register (or log in if previously registered) and join a team. Coaches then appoint a captain, and students may practice and compete.

1. Coach Registers and Creates Team

- Go to LifeSmarts.org and click the “Register” button in the upper right corner of the LifeSmarts homepage. (Note: if you have previously registered with LifeSmarts simply log in using the username and password you created. Skip the next step.)
- You will create a unique username and password. Remember them. You will use them every time you log in. Be certain that you select “Coach” from the drop down menu. Once you have completed the form, click “Register with LifeSmarts.” In all subsequent visits, click “Login.”
- When you log in the Coach’s Page will appear. To create a team, click on “My Teams” then “add new team.” Coaches must create new teams each program year.
- Be specific when naming a team: “Clover County 4-H Varsity,” “Washington Co. FBLA,” or “BCHS Foods 2” are names that will help you and the state coordinator identify teams. You may create as many teams as you wish.
- In order to compete in LifeSmarts, choose Varsity (9-12 grade) or Junior Varsity (6-8 grade) as your team type. FBLA teams compete in the FBLA competitive event, and FCCLA teams compete in the FCCLA/LifeSmarts Knowledge Bowl.

2. Players Register and Join Teams

- Students use the same “Register” button. If they have registered already, they will simply log in.
- Once the player has registered and logged in, the Player’s Page will appear.
- To join a team, click the “Available Teams” box and select you team from the drop down menu. Once the team is selected, click “Join Team.”
- Students may join one JV or Varsity team, and one FBLA and one FCCLA team. 4-H teams are automatically attributed to Varsity or Junior Varsity as well as 4-H.

3. Coach Appoints Team Captain

- To select (or change) a captain, click on the “My teams” tab, then “Inspect/Edit.”
- Go to the “Captain” box and select the player from the drop down menu. Then, click the “Update Team” button.
- Team Captains are the only players with access to certain quizzes such as monthly TeamSmarts quizzes.

4. Students Compete

- Students login and click “Competitions.”
- Working individually, students first take the 20-question pre-quiz, which they find under the “Pre Quizzes” heading. This covers all topic areas and is not part of the student’s final score. Students may then continue to take practice quizzes under the “Practice Quizzes” tab.
- Next, working individually, students take five 20-question topic quizzes, one on each LifeSmarts subject: the environment, personal finance, health and safety, consumer rights and responsibilities, and technology.
- 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 a student’s final score.
- Once four or more students have completed all six qualifying quizzes, the team achieves a team score and becomes eligible to compete at the next level (depending on your state this may be an online or in-person state competition).