Dear LifeSmarts Alumnus,

You have reached a momentous, life-changing milestone as you move from being a high school student and LifeSmarts competitor to a LifeSmarts alum! Though there is so much change in your life right now, we promise that you will always be welcome as a part of LifeSmarts.

You may be wondering how you can stay involved and active with LifeSmarts now that you have graduated. This packet will help you to do just that. You’ve left your mark as a participant in LifeSmarts, and now you have a chance to continue your influence as an alum.

As you’re thinking about how you’d like to stay involved, think about what’s most important to you and what your passions are. Harness your passions and ask how you can use them to serve others. You can lead the way for future LifeSmarts participants. Your hard work and dedication to the LifeSmarts program sets an example that others will want to emulate.

We hope that you find this transition packet helpful as you continue your support for the LifeSmarts program. Congratulations on the exciting journey ahead. Welcome to the LifeSmarts alumni community!

Sincerely,

Lisa Hertzberg
LifeSmarts Program Director

Cheryl R. Varnadoe
LifeSmarts Outreach Coordinator
How LifeSmarts alumni can be involved

**Keep in touch**

*Stay connected* by joining our Alumni groups on LinkedIn and Facebook and following us on Instagram, Facebook, and Twitter. You can submit your stories, photos, and videos about your LifeSmarts experience—great testimonials help us reach more teams and sponsors.

**Spread the word**

*Recruit* others, *mentor*, or *coach* a team. Talk to nearby schools and clubs about your LifeSmarts experience, and encourage students to join and adults to coach. You could even coach or mentor a team yourself.

*Serve on an alumni panel* at a future National LifeSmarts Championship to share what LifeSmarts has meant to you and how it has helped you to be successful.

**Volunteer**

Serve as a *young alumni volunteer* at the National LifeSmarts Championship and help us make it an unforgettable experience for current participants. We also need judges, question masters, timekeepers, scorekeepers, and more. Bring a friend!

*Write questions.* We need more than 3,000 questions each year to run the program. You can write and submit questions of your own or volunteer as a question reviewer to help keep the competition fresh and relevant.

*Work at in-person state competitions.* LifeSmarts is just as fun behind the scenes, and it couldn’t happen without hard-working volunteers.

**Give back**

Serve as a *State Coordinator*. Coordinators market and promote LifeSmarts in their states, serve as the local contact for coaches, and conduct annual in-person or online state competitions. See how to help your state [here](#).

*Intern* at LifeSmarts. The National Consumers League offers internships in the DC office, just blocks from the White House. Students can earn college credit working on important consumer issues like health, fraud, and (of course) LifeSmarts!

*Donate!* We need your financial support. Check with your employer or other local businesses about charitable donations and grants. Any amount helps the next generation of LifeSmarts students.

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