



GAIN EXPERIENCE



TRAVEL



GIVE BACK



MAKE CONNECTIONS



LifeSmarts
Celebrating 25 Years!

Young Alumni Guide



LifeSmarts

Learn it. Love it.

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,

A handwritten signature in black ink that reads "Lisa Hertzberg". The script is fluid and cursive.

Lisa Hertzberg

LifeSmarts Program Director

A handwritten signature in black ink that reads "Cheryl R. Varnadoe". The script is fluid and cursive.

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.



Cheryl Varnadoe, LifeSmarts Outreach Coordinator

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