



**LifeSmarts**

*Learn it. Live it.*

SmartStart



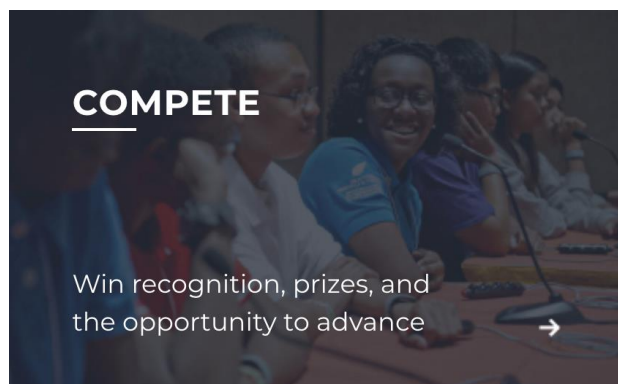
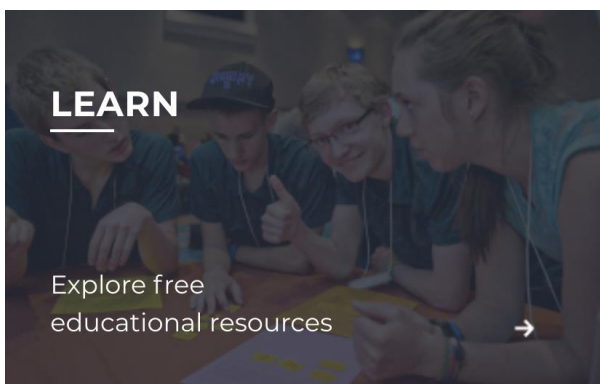
## **LifeSmarts = Essential life skills**

The C.S. Mott Children's Hospital National Poll on Children's Health asked a national sample of parents of teens 14-18 years old about their efforts to support their teens' independence. Nearly all parents (97 percent) reported using at least one strategy to help their teen become more independent, like allowing them to make more choices or pushing them to handle certain things themselves.

However, parents were not very confident that these strategies would be enough: just 8 percent

were confident their teen could make an appointment with a doctor on their own, and only 25 percent thought their teen could dole out the correct dose of an over-the-counter medication. Only 46 percent thought their teen would save money for the future. (Source: [Mott Poll Report](#))

LifeSmarts focuses on these and other essential life skills and supports parents and educators to educate our future consumers with the knowledge they need to be successful in the real world.



### **This month's focus**

This month, our focus at LifeSmarts is on all five topic areas, and we are excited to highlight these educational resources that will be featured in this year's state and national competitions:

### **LifeSmarts U**

[Post-Secondary Education](#)

[Buying a Used Car](#)

[Mint Budgeting Simulation](#)

[Federal Income Tax](#)

[Write a Resume](#)

### **Other resources**

[StudySmart Quick-Start Guides](#)

[Drag and Drop Weekly Quizzes](#)

### **February Capstone TeamSmarts Challenge**

The February Capstone TeamSmarts Challenge quiz focuses on all five LifeSmarts topic categories and is open now through February 28. The quiz features topics that students have focused on this year in LifeSmarts and offers a preview of hot topics we will cover at the National LifeSmarts Championship. If you're coming to Nationals, this will be a great practice quiz! If you're not attending Nationals,

### **State LifeSmarts Champions**

Congratulations to these new LifeSmarts State Varsity Champion Teams:

Connecticut – Crosby Bulldogs, Crosby High School, Waterbury

Missouri – Team Falcon Blair Oaks High School, Wadesville

Oklahoma – Pryor High School, Pryor

Tennessee – Putnam County 4-H, Cookeville, Tennessee 4-H

More State Champions coming soon!

### **State deadlines**

Many LifeSmarts State Championships have extended deadlines and closing dates this month. Be sure to [check out the details for your state here](#). Contact us ([cheryl@nclnet.org](mailto:cheryl@nclnet.org)) if you have questions or need assistance.

### **Deadlines for online state qualifying quizzes**

February 1 – Georgia, Indiana & Wisconsin

February 2 – Virginia

February 4 – Colorado, Pennsylvania & Washington

February 9 – Kentucky

February 11 – South Carolina

February 16 – Illinois & Nevada

February 21 – Delaware & Idaho

February 25 – Louisiana

we have prizes reserved just for you! Our final TeamSmarts awards for the year will go to teams “playing from home” and will be announced during the national championship semifinals and finals on April 24. This is an extra chance to win \$100 for your school or organization's LifeSmarts team. Prizes will be awarded to the top-scoring Varsity, JV, BPA, FBLA, FCCLA, 4-H and SkillsUSA teams who join us by competing during the month of February.

Watch for more dates in the March SmartStart!

### January TeamSmarts winners

Congrats to our January TeamSmarts Challenge winners! Each winning team receives a \$100 cash prize.

Varsity: West Chicago 1, West Chicago High School, Chicago, IL

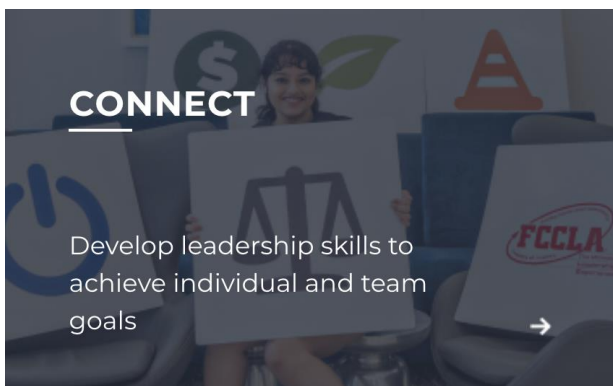
Junior Varsity: Bartow 4-H Juniors, Bartow County, Georgia 4-H, GA

BPA: Pike BPA, Pike High School, Indianapolis, IN

FBLA: BANFBLA, Buffalo High School, Buffalo, WY

FCCLA: Clark Senior FCCLA, Clark High School, Clark, SD

4-H: Oconee County 4-H, Oconee County, Georgia 4-H, GA



### LifeSmarts FBLA Spring Challenge open now until February 25

FBLA teams – now is your chance to compete in the LifeSmarts FBLA Spring Challenge to earn one of the final 13 spots to advance to the live, virtual competitions in May. The challenge is now open until midnight EST February 25. Teams of two students compete online at LifeSmarts.org, taking two TeamSmarts quizzes together and each completing an individual quiz. [Learn more here](#). We encourage FBLA teams to sign up and complete your competition quizzes as early as possible prior to the deadline of February 25. Questions? Contact us: [lisah@nclnet.org](mailto:lisah@nclnet.org).

### Community service scholarship deadline approaching

Coaches, please nominate a stand-out graduating LifeSmarts senior for the [Sarah Weinberg LifeSmarts Memorial Scholarship](#). This scholarship is awarded annually to a LifeSmarts participant who demonstrates a commitment to volunteer service work, like Sarah did. Scholarship applications are due March 14. One \$500 scholarship will be awarded. [Nominate a student here](#).

### Be Safe, Buy Real Digital Poster Contest: March 18 deadline!

Participate in the [NEW LifeSmarts Be Safe. Buy Real Anti-Counterfeiting Digital Poster Contest](#).

### LifeSmarts / BPA Financial Challenge

BPA teams can participate in the brand new BPA Financial Challenge open now until February 28. The highest scoring BPA team will receive a \$100 cash prize. To participate, [coaches should follow the instructions here](#). Additional details are available on our [LifeSmarts BPA page](#). Good luck to all our BPA coaches, students, and teams!

### Volunteers needed for National LifeSmarts Championship

We need volunteer officials for the National LifeSmarts Championship, in Washington, DC. We encourage LifeSmarts supporters, alumni, Advisory Board members, former coaches, and current or former State Coordinators to make plans to join us. We need volunteers on Friday, April 22 and Saturday, April 23. Have friends and colleagues in the DC area that would like to help? Please share this information with them. [Sign up here](#).

The contest is open to all LifeSmarts students in grades 6 -12. Students use information from [UL's anti-counterfeiting campaign, Be Safe, Buy Real](#), to learn about counterfeit goods. Then, students develop and design their own message to communicate and share what they have learned in a digital poster format. Prizes will be awarded to the top middle and high school students. Entries are due **March 18, 2022**. For additional information, [read the full rules](#) and [review the rubric](#).

*Teams attending the National LifeSmarts Championship have a separate opportunity to earn travel stipends for their winning posters.*



**Help LifeSmarts reach even more** students this year! [\*\*Donate today.\*\*](#)

National Consumers League, 1701 K Street, NW, Suite 1200, Washington, DC 20006, United States