

RESOURCES

LIFESMARTS PROGRAMS

LifeSmarts competition

Practice, preparation, and consumer smarts come together in competition. We encourage students to Learn It, Live It, and show what they know! Students compete both online and inperson at the state and national levels. There are special opportunities for members of student leadership organizations as well.

LifeSmarts competition prepares students to be tomorrow's informed, responsible citizens, consumers, and workers. LifeSmarts competition is:

- Fun
- Educational
- Motivating
- Available at the local, state, and national levels
- Free!



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LifeSmarts timeline

Online Competition: September – January

Students begin online, where they use LifeSmarts resources, practice competitions, and compete for a final score. Working independently, students take six 20-question quizzes – one on each LifeSmarts topic and a capstone quiz. A team is formed when four or more students have each completed the six quizzes. Students must complete this competition within their state's competition period, generally September through January.

State Competitions: February – March

Qualifying teams advance to compete at the state level. State organizations partner with LifeSmarts to serve as state coordinators and conduct the in-person state competitions. Virtual competitions are held in states without state coordinators. State competitions are generally held in February and March.

National LifeSmarts Championship: April

State champion teams compete for four days in April, with the national title on the line. The National Consumers League hosts the National LifeSmarts Championship, during which all teams compete multiple times and top individuals and teams earn scholarships.

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TeamSmarts

TeamSmarts is a monthly online competitive learning tool that allows teams of teens to cooperatively investigate important consumer topics and helps teams prepare for live competition. TeamSmarts fosters problem solving, team building, and leadership skills.

Each monthly quiz contains 100 questions and focuses on a specific LifeSmarts topic. Teams have a set time in which to complete TeamSmarts and are scored for speed and accuracy.

Real-World Quiz

Students and educators can join us each month to add this relevant, real-world quiz to their classroom or extra-curricular activities.

TeamSmarts is open to everyone who has registered at LifeSmarts.org.

Coaches and teams may access a personalized answer key containing their actual responses, along with the correct answers for questions they missed, encouraging discussion and further study. Winning teams receive \$100 cash prizes.



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TeamSmarts

How it works

Practice quizzes are available to all students once they register at [LifeSmarts.org](https://www.lifesmarts.org).

TeamSmarts as Competition

In addition to being an excellent practice tool, TeamSmarts is also used by many state coordinators as a pre-competition event for teams attending an in-person state competition. State champion teams advancing to the National LifeSmarts Championship may compete in TeamSmarts before arriving on-site.

For more information

Visit [LifeSmarts.org/TeamSmarts](https://www.lifesmarts.org/TeamSmarts)

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LifeSmarts U

LifeSmarts U, designed for students, coaches, and educators, explores current consumer topics in-depth.

Lessons in this virtual classroom have two components: online modules for independent student learning, and an “unplugged” lesson for educators and coaches.

- Online modules include a pre- and post-test, a relevant reading, topic FAQs, and a content vocabulary game.
- Unplugged lessons are designed for educators to use with a classroom or group, and may include a lesson plan, slide presentations, activities, worksheets, videos, and lesson extensions.



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LifeSmarts.org website

The online home of LifeSmarts has additional resources for students and educators, including:

- LifeSmarts in a Box extensions
- ConsumerMan videos
- Safety Smart,[™] a service learning project
- LifeSmarts U
- TeamSmarts
- The Daily Quiz
- Question-of-the-Day calendars
- Content Vocabulary quizzes
- Practice competition questions
- Slide presentations with notes
- Activities and lesson ideas
- LifeSmarts coaching guides
- Community service projects
- Links to the LifeSmarts alumni group
- Links to scholarship opportunities
- Ideas for promoting your team
- Many consumer study links and resources

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WEB RESOURCES

To learn more about the
LifeSmarts program, visit:

LifeSmarts.org

To learn more about your state
program, visit:

**LifeSmarts.org/
state-competitions**

To learn more about the National
Consumers League, visit:

www.nclnet.org



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OTHER RESOURCES

Other resources

It's easy to find additional resources to supplement LifeSmarts materials and programs. In addition to the LifeSmarts website, coaches use these resources most:

- Government agencies provide a wealth of information on websites and in free or low-cost publications
- Many consumer groups, trade associations, and businesses provide websites, brochures, textbooks, and other educational resources
- Classroom materials and curriculum – LifeSmarts complements courses being taught in Family and Consumer Sciences, Business, Technology, Health, Vocational Education, and more

Visit the LifeSmarts website for links to additional resources.

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COMMON CORE

LifeSmarts aligns with Common Core

LifeSmarts content is aligned with the Common Core State Standards Initiative (CCSS). The Common Core Language Arts Standards place renewed emphasis on academic content vocabulary and the interpretation and evaluation of non-fiction text.

According to CCSS, “key shifts” are required to implement the Language Arts Standards. These shifts include:

- Regular practice with complex texts and their academic language
- Reading, writing, and speaking grounded in evidence from texts, both literary and informational
- Building knowledge through content-rich nonfiction

The LifeSmarts content areas of Personal Finance, Consumer Rights and Responsibilities, The Environment, Health & Safety, and Technology encourage mastery of content vocabulary, the interpretation of informational text and the application of critical thinking. To become “college and career ready,” youth in the LifeSmarts program are introduced to real-world scenarios that require problem solving and the application of core skills. LifeSmarts content is also especially relevant to content literacy in the areas of social studies and science or technical subjects.



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COMMON CORE

Common Core Anchor Standards

LifeSmarts directly relates through content and process to the following Common Core Anchor Standards:

Reading

Key Ideas and Details

Integration of Knowledge and Ideas

Range of Reading and Level of Text Complexity

Writing

Research to Build and Present Knowledge

Speaking and Listening

Comprehension and Collaboration

Language

Vocabulary Acquisition and Use

For more details, visit the LifeSmarts website:
LifeSmarts.org.

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