

LifeSmarts Continuing Education Unit Opportunities

LifeSmarts will provide Continuing Education Unit certificates to LifeSmarts teachers / coaches / advisors / agents / volunteers for participating in LifeSmarts professional learning sessions and general education sessions.

1. Learning/ educational opportunities include:

- Coach training webinars, Zoom sessions, conference calls or conference sessions to:
 - Strengthen LifeSmarts team management;
 - Learn about new lesson plans, learning initiatives/opportunities and educational resources in the LifeSmarts program
 - Gain educational insight about national program participation
 - Increase knowledge of integrating LifeSmarts into existing curriculum, classroom, clubs, etc., as a way to focus and enhance student engagement and learning outcomes.
 - Strengthen team management and national program participation and gain methods to integrate LifeSmarts into Family and Consumer Sciences curriculum, Science curriculum, Business and Economics curriculum, etc.
- Writing and submitting questions for LifeSmarts competition

2. Other opportunities for earning Continuing Education Unit certificates include:

- Sharing lesson plans / learning units for possible inclusion in LifeSmarts U
- Teaching / presenting workshops on LifeSmarts within your state or association
- Promoting LifeSmarts within your state or association
- Serving as a LifeSmarts State Coordinator
- Helping host / teaching / presenting at a LifeSmarts State Competition or scrimmage
- Helping host/ teaching / presenting a LifeSmarts educational workshop or training
- Serving as a mentor to new LifeSmarts coaches / teachers or teams

3. Serving as a LifeSmarts Coach:

Continuing Education Unit Certificates can also be earned by serving as a LifeSmarts Team Coach.

Responsibilities can include:

- Registering as a coach and establishing teams
- Registering students and adding them to your team or teams
- Studying LifeSmarts lessons, LifeSmarts U, weekly vocabulary, Question-of-the-day and answer calendars, LifeSmarts in a Box, and other resources, to prepare team for competition
- Leading team in completing educational practice quizzes
- Leading team in completing educational weekly quizzes

Questions? Email the LifeSmarts Program Staff at LifeSmarts@nclnet.org

- Leading team in completing monthly TeamSmarts quizzes to measure knowledge gained
- Conducting educational team meetings, classes, workshops and practices
- Leading students in any special competitions such as 4-H, BPA, FBLA, FCCLA, SkillsUSA, etc., as well as LifeSmarts Varsity or Junior Varsity competitions
- Participating with students in an educational LifeSmarts training or workshop
- Competing in State LifeSmarts Championship as a Varsity or Junior Varsity Team
- Applying to be selected as a LifeSmarts Wild Card Team and meeting all requirements
- Completing requirements to compete in the National LifeSmarts Championship
- Other LifeSmarts coach duties not listed but approved by the LifeSmarts program staff

4. Serving as a LifeSmarts Coach for a team advancing to the National LifeSmarts Championship:

Continuing Education Unit certificates can also be earned by serving as a LifeSmarts Team Coach for a team advancing to the National LifeSmarts Championship.

Responsibilities can include:

- Participation in coach professional learning sessions and general sessions preceding and during the National LifeSmarts Championship
- Completing requirements to compete in the National LifeSmarts Championship including pre-competitions, individual assessments, etc.
- Registering team for the National LifeSmarts Championship
- Conducting educational team meetings, classes, workshops and practices to prepare for Nationals
- Fundraising for the trip to Nationals
- Conducting LifeSmarts educational community service projects to earn travel stipends from LifeSmarts to defray travel expenses to the National LifeSmarts Championship.
- Reporting as required to LifeSmarts for the National LifeSmarts Championship.
- Chaperoning student team to and from the event and during the event
- Leading the team in Reducing Competition Stress activity and/or other LifeSmarts educational lessons and activities prior to the National LifeSmarts Championship
- Leading the team in preparing for their educational sister team competition event
- Attending pre-event online Coach Zoom orientation trainings to gain knowledge as a coach and as required by the LifeSmarts team.
- Other LifeSmarts coach duties not listed but approved by the LifeSmarts program staff

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The Continuing Education Unit – How to Calculate CEUs

One (1) Continuing Education Unit (CEU) equals ten (10) contact hours of learner interaction with the content of the learning activity, which includes classroom, self-paced instruction, pre/post assignments, and/or homework in support of a learning outcome. But how do you calculate the number of CEUs for a learning event? A **contact hour** is one clock hour of **interaction** between a learner and instructor, or between a learner and materials, which have been prepared to cause learning. Contact implies a connection between a learner and a learning source. For purposes of the CEU, that connection is two-way; that is, the instructor or learning source must monitor the learner's progress and/or provide some form of feedback to the learner. This definition applies for face-to-face interaction as well as distance learning programs.

Counting Hours toward CEU's

When calculating the number of CEUs, the number of contact minutes must be totaled and divided by 60 to arrive at the number of contact hours, see chart 1 below. Total contact hours must then be divided by 10 to obtain the number of CEUs. CEUs must be expressed in tenths of a CEU; that is; 17 contact hours equate to 1.7 CEU; a three-contact hour program equates to .3 CEU.

Chart 1

Contact time (hours) =

$$\frac{(\text{total minutes for all activities}) - (\text{total minutes spent on non-allowable activities})}{60}$$

$$\text{*Number of CEUs} = \frac{\text{Contact time (hours)}}{10}$$

*Rounded to nearest tenth

To receive your certificate for completed LifeSmarts CEU's:

**Upon completion of any of the above, go to this [link](#).
Complete the required information on the form including
educational activities completed (from the approved lists in this document
and /or on the website) and CEU's (according to the formula above).**

**Certificate will be emailed to you. (If it does not arrive soon after you submit,
check your spam email folder)**

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