

**Recommended Practice Content - 2024**

LifeSmarts covers content in five major areas. The [LifeSmarts.org](https://lifesmarts.org/) web site has many free educational resources, and we encourage you to use the entire site. However, we also want to help you bookend content and make the most of your team’s practice time. This guide will help you quickly find the most pertinent LifeSmarts resources.

1. Competition resources
   1. The [LifeSmarts competition website](https://competition.lifesmarts.org/login) has practice quizzes, and all students on your Norton Wild Card team (4 to 5 members) should have already completed this series of qualifying quizzes (pre-quiz, five category quizzes, and the capstone). *2 teams incomplete*
   2. The team should also have completed the 100 question “Wild Card TeamSmarts 2023-24”quiz together. *2 teams incomplete*
   3. The team can also take the January TeamSmarts Quiz on the Environment as practice as a team by 11:55 PM this evening. If that is not possible, we will reopen for the team captain and they would work as a team to take this together.
   4. [Retired Practice Rounds](https://lifesmarts.org/resources/resources-by-type-top-level/resources-by-type-practice-rounds/)
   5. Vocabulary - <https://lifesmarts.org/resources/content-vocabulary-of-the-week/>

[Previous vocabulary cards are on Pinterest](https://www.pinterest.com/lifesmarts3346/)

* 1. Question-of-the-day LifeSmarts Calendars - <https://lifesmarts.org/resources/resources-by-type-top-level/question-of-the-day-lifesmarts-calendars/>. Retired calendars at the bottom of the page can help you. All of this seasons’ are posted.

1. Health & Safety
   1. Over the Counter Medicine Mentoring Project - <https://lifesmarts.org/otc/>
   2. September 2023 question-a day-calendar (See above)
   3. [Health & Safety Vocabulary](https://lifesmarts.org/resources/content-vocabulary-of-the-week/) (see weeks 1-5)
   4. September TeamSmarts Quiz reopened for your team to take. Team Captain has access under Quizzes tab. Click “View All’ button to see all Quizzes.
   5. LifeSmarts U lessons
      1. [Drug Facts Label](https://lifesmartsu.lifesmarts.org/drug-facts-label/)
      2. [Medicine 101](https://lifesmartsu.lifesmarts.org/medicine-101/)
      3. All the other LifeSmarts U lessons under Health & Safety including Sun Safety
2. Personal Finance
   1. October 2023 question-a day-calendar (see above)
   2. [Personal Finance Vocabulary](https://lifesmarts.org/resources/content-vocabulary-of-the-week/) (see weeks 6-9)
   3. October TeamSmarts Quiz reopened for your team to take. Team Captain has access under Quizzes tab. Click “View All’ button to see all Quizzes.
   4. LifeSmarts U lessons
      1. [Buying a Used Car](https://lifesmartsu.lifesmarts.org/buying-a-used-car/)
      2. [Credit Reports](https://lifesmartsu.lifesmarts.org/credit-reports/)
      3. [Higher Education](https://lifesmartsu.lifesmarts.org/post-secondary-education/)
      4. Other LifeSmarts U lessons
3. Consumer Rights
   1. November 2023 question-a-day calendar (see above)
   2. [Consumer Rights Vocabulary](https://lifesmarts.org/resources/content-vocabulary-of-the-week/) (see weeks 10-14)
   3. November TeamSmarts Quiz reopened for your team to take. Team Captain has access under Quizzes tab. Click “View All’ button to see all Quizzes.
   4. [LifeSmarts U lessons](https://lifesmartsu.lifesmarts.org/)
      1. [College Majors](https://lifesmartsu.lifesmarts.org/collegemajors/)
      2. [Financing Education](https://lifesmartsu.lifesmarts.org/financing_education/)
      3. [Counterfeit Products](https://lifesmartsu.lifesmarts.org/counterfeit-products/)
      4. [Laundry 101](https://lifesmartsu.lifesmarts.org/laundry-101/)
      5. Other LifeSmarts U lessons
4. Technology & Workforce Preparation
   1. December 2022 question-a day-calendar (see above)
   2. [Technology Vocabulary](https://lifesmarts.org/resources/content-vocabulary-of-the-week/) (see weeks 15-18)
   3. December TeamSmarts Quiz reopened for your team to take. Team Captain has access under Quizzes tab. Click “View All’ button to see all Quizzes.
   4. LifeSmarts U lessons on [Resumes](https://lifesmartsu.lifesmarts.org/resume/) and others under Technology and Workforce Preparation
5. Environment
   1. January 2023 question-a day-calendar (see above)
   2. [Environment Vocabulary](https://lifesmarts.org/resources/content-vocabulary-of-the-week/) (see weeks 19-22)
   3. January TeamSmarts Quiz will be reopened for your team to take. Team Captain has access under Quizzes tab. Click “View All’ button to see all Quizzes.
   4. LifeSmarts U lessons
      1. [Cold Water Clean](https://lifesmartsu.lifesmarts.org/cold-water-clean/)
      2. [Protect the Planet](https://lifesmartsu.lifesmarts.org/protect_the_planet/)
      3. [Shop Smart Online](https://lifesmartsu.lifesmarts.org/shop-smart-online-2/)
6. LifeSmarts Adventure - <https://lsadventurestg.wpengine.com/login/>

New adventure will be added.

1. [Capstone Vocabulary](https://lifesmarts.org/resources/content-vocabulary-of-the-week/) – See weeks 23 – 26.
2. Take the Capstone TeamSmarts Quiz during the month of February. Team Captain has access under Quizzes tab. Click “View All’ button to see all Quizzes.
3. Past-years calendars , vocabulary, and remaining lessons in LifeSmarts U (see links above)
4. Consumer Man videos - <https://lifesmarts.org/resources/resources-by-type-top-level/resource-links-by-type-consumerman-videocasts/>
5. We have so many resources on Kahoot, Quizizz, Quizlet, Flippity, Cram and Flash Card Generator. You can search for LifeSmarts.
6. LifeSmarts in a Box – Ryan can mail you a hard copy if you do not already have one. The online version is here: <https://lifesmarts.org/resources/lifesmarts-in-a-box-teaching-toolkit/>
7. Study Smart Guides – will be posted as we approach the National LifeSmarts Championship
8. Other suggestions?