

LifeSmarts Information for Students

www.lifesmarts.org

Practice Quizzes

Practice quizzes are available at all times. Remember, the first time you use the site this year you will need to register. After you have registered, in subsequent visits you will log in. To take a practice quiz, follow these easy steps (if you have already registered, scroll down for directions):

1. Go to <http://start.lifesmarts.org>.
2. Look for "First Time? Register Here." Click on "Register Here." You will only need to do this once a year. (The next time you will look for "Returning? Login below" Where you will enter your User Name and Password.)
3. Select your state from the drop-down menu and click "Go."
4. Complete the registration form. You will select a user name and password that you will use all year to access both the practice quizzes and the competition quizzes. It is a good idea to write them down. Your coach will have access to these if you forget them. When completing the form, remember that fields in red are required. When you are done click "Register Me."
5. Review your information. If something is incorrect, click "Go Back" to make changes. If the information is correct, click "Save It."
6. You will see a congratulatory message telling you that you are now registered with LifeSmarts.
7. Click on the purple bar that says, "Log in."
8. Login using your user name and password. Click "Enter."
9. When you register you will take a 15-question pre-test. After you finish the pre-test, you can begin using the practice quizzes. You will only take the pre-test once. Click on "Pre-Test Quiz."
10. You'll be asked the questions one at a time, and once you choose your answer a green button will appear that says, "Next Question." Click on that button to move through the quiz.
11. When you are finished you will receive a score and you can review your correct and incorrect answers.
12. Click on "LifeSmarts Home" to begin using the practice quizzes.
13. Click the "Take a Practice Quiz" button.
14. Choose the level of difficulty you want, and click "Start Practice Quiz" to test your LifeSmarts with a 20-question quiz.
15. Click on "LifeSmarts Home" to take another practice quiz, view your self-study links, or begin the competition.
16. Click on "Self Study Links" to see a list of links to help you brush up on topics you missed during the practice quiz.
17. When you are done using the LifeSmarts Web site, click "log out" so that no one else can access LifeSmarts using your user name and password.

If you have already registered this year, follow these steps to return to the practice quizzes:

1. Go to <http://start.lifesmarts.org>
2. Fill in your User Name and Password and click "Enter."
3. Click on "Take a Practice Quiz."
4. Choose the level of difficulty you want, and click "Start Practice Quiz" to test your LifeSmarts with a 20-question quiz.
5. You'll be asked the questions one at a time, and once you choose your answer a green button will appear that says, "Next Question." Click on that button to move through the quiz.
6. When you are finished you will receive a score and you can review your correct and incorrect answers.
7. Click on "LifeSmarts Home" to take another practice quiz, view your self-study links, or begin the competition.

8. Click on "Self Study Links" to see a list of links to help you brush up on topics you missed during the practice quiz.
9. When you are done using the LifeSmarts Web site, click "log out" so that no one else can access LifeSmarts using your user name and password.

Competing in LifeSmarts

If you have not yet registered, follow these steps (those who have already registered scroll down for directions):

1. Go to <http://start.lifesmarts.org>.
2. Look for the words, "First time? Register here." Click on "Register here."
3. Select your state from the drop-down menu and click "Go."
4. Complete the registration form. You will select a user name and password that you will use all year to access both the practice quizzes and the competition quizzes. It is a good idea to write them down. Your coach will have access to these if you forget them. When completing the form, remember that fields in red are required. When you are done click "Register Me."
5. Review your information. If something is incorrect, click "Go Back" to make changes. If the information is correct, click "Save It."
6. You will see a congratulatory message telling you that you are now registered with LifeSmarts.
7. Click on the purple bar that says, "Log in."
8. Login using your user name and password. Click "Enter."
9. When you register you will take a 15-question pre-test. After you finish the pre-test, you can begin using the practice quizzes or the competition quizzes. You will only take the pre-test once. Click on "Pre-Test Quiz."
10. You'll be asked the questions one at a time, and once you choose your answer a green button will appear that says, "Next Question." Click on that button to move through the quiz.
11. When you are finished you will receive a score and you can review your correct and incorrect answers.
12. Click on "LifeSmarts Home" to begin using the competition quizzes.
13. Click on "Join the Competition."
14. Scroll down and select your team from the drop-down menu. Only the teams registered in your state will appear. (If your team does not show up, stop and verify the name with your coach. You cannot begin competing until your coach has registered and created the team. If your team has not yet been created, you may still take practice quizzes.)
15. Enter the Team code provided by your coach. It is important to enter it exactly in this format, for example: GA-Team044. Do not include any spaces.
16. Click "Enter Competition."
17. If you want to take Round 1 of the Competition Quiz, read the instructions, and click "Start Round 1." There are 20 questions in each round. Remember that all online quizzes must be done individually. You should work independently to answer the quiz questions.
18. You'll be asked the questions one at a time, and once you choose your answer a green button will appear that says, "Next Question." Click on that button to move through the quiz.
19. After you successfully complete round 1, you will have the option to review your correct and incorrect answers.
20. You may immediately start round 2. Or, if you prefer, you may come back and take round 2 another time. Just remember, you must complete all three rounds in order for your score to be included in your team's score. Teams with the highest-scoring players will advance to the state in-person competition.
21. When you are ready for round 2 you will get another 20 questions.
22. After you successfully complete round 2, you may immediately start round 3. Or, if you prefer, you may come back and take round 3 another time.

23. After you complete the three rounds you can see your score and how it compares to other students across the country.
24. When you are done using the LifeSmarts Web site, click "log out" so that no one else can access LifeSmarts using your user name and password.
25. Your team will be made up of qualifying players that complete all three levels of the online competition. Good luck!

If you've already registered, but now you want to compete, follow these directions:

1. Go to <http://start.lifesmarts.org>.
2. Enter your user name and password and click "Enter."
3. Click "Join the Competition."
4. Choose your team from the drop-down menu and enter your team code. Click "Enter Competition."
5. If you want to take Round 1 of the Competition Quiz, read the instructions, and click "Start Round 1." There are 20 questions in each round. Remember that all online quizzes must be done individually. You should work independently to answer the quiz questions.
6. You'll be asked the questions one at a time, and once you choose your answer a green button will appear that says, "Next Question." Click on that button to move through the quiz.
7. After you successfully complete round 1, you will have the option to review questions that you got wrong.
8. You may immediately start round 2. Or, if you prefer, you may come back and take round 2 another time. Just remember, you must complete all three rounds in order to qualify for your team. Teams with the highest-scoring players will advance to the state in-person competition (or directly to nationals in those states without state coordinators).
9. When you are ready for round 2 you will get another 20 questions.
10. After you successfully complete round 2, you may immediately start round 3. Or, if you prefer, you may come back and take round 3 another time.
11. After you complete the three rounds you can see your score and how it compares to other students across the country.
12. When you are done using the LifeSmarts Web site, click "log out" so that no one else can access LifeSmarts using your user name and password.
13. Your team will be made up of qualifying players that complete all three levels of the online competition. Good luck!

Retrieve Student User Names and Passwords

If you cannot remember the user name and password that you created, and you entered an email address when registering, you may retrieve this information by requesting an email reminder. Follow these steps:

1. Go to <http://start.lifesmarts.org>
2. At the bottom of the light blue box on the right-hand side, look for the words, "Lost your User Name or Password? [Retrieve them here.](#)" Click on "Retrieve them here."
3. Enter the email address you used when you registered for LifeSmarts, and click "Request Login Info."
4. An email will be sent to that email address with the User Name and password.