

LIFE SKILLS

The Life Skills Contest is a multi-disciplinary program that uses a skillathon and quiz bowl to expand the decision-making skills related to a variety of Family and Consumer Science topics. 4-H members learn:

- How to identify and use the color wheel and other interior design concepts.
- How to identify the nutritional value of foods and make healthy food choices.
- How to properly set a table for a specific menu.
- How to deal with specific issues affecting teens.
- How to make wise career choices.
- How to properly manage personal finances.

Publication(s): Resources are available on the Family and Consumer Science Web page: <http://fcs.tennessee.edu/> . Click on LifeSkills under Multi-disciplinary Programs. Links to various web sites can be accessed from the FCS site.

Specialist(s): Dr. Denise J. Brandon, Family and Consumer Sciences Dept., Knoxville, 865-974-7193, Email: dbrandon@utk.edu

Eligibility: See the Judging Team Eligibility Table at the end of this section. Some Regions offer this activity to both Junior and Jr. High audiences.

General Rules:

During the Skillathon, team members will visit six stations and complete individual and team tasks related to a variety of Family and Consumer Science topics. A team is composed of a minimum of three members and a maximum of four members. A LifeSkills Quiz Bowl will also be offered. The number of teams competing in, as well as the date and location for, the Quiz Bowl is determined by the Region Office. Visit the above web site for additional information.

Region Contest:

The Region Contest will be held in August or September. The number of teams that can be brought is only limited by the facilities and the time available for the contest. This may vary in each region and will be determined by the regional staff. Check the Region Calendar for date and location.

State Contest:

The LifeSkills Contest stops on the Regional-level. There is no State Contest for this activity.