

# LIFESKILLS

The LifeSkills Contest is a multi-disciplinary program that uses 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/lifeskills/default.htm>  
Practice Judging Cards under the Region Related section of Judging Teams.

## **Eligibility:**

See the Judging Team Eligibility Table located in the Region Related section under Judging Teams. This judging event is for Junior High audience only.

## **General Rules:**

During the contest, team members will visit four 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.

## **Region Contest:**

The Region Contest will be held in 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 is held only on the Region level. There is no State Contest for this activity.