



2019-2020 Army JROTC Academic Bowl

Participate in the Academic Bowl and your team may win the opportunity to compete in the Academic Championship (JLAB) in Washington, DC! Thirty-two (32) Academic Teams will qualify to attend JLAB!

There are many benefits of participating in the Academic Bowl:

- Improve SAT/ACT scores
- Increase interest in college admissions
- Demonstrate academic strength of JROTC program
- Boost esprit de corps
- Earn the opportunity to travel to our nation's capital

Dates of Competition

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| OCT 1 – NOV 20, 2019 | Sign Up (all cadets and instructors) |
| OCT 1-25, 2019 | Practice Test (open to all cadets!) |
| OCT 26 – NOV 20, 2019 | Assemble a Team |
| NOV 1-20, 2019 | Level I |
| FEB 1-15, 2020 | Level II |
| JUN 19-23, 2020 | Level III – The Championship in Washington, DC |

IMPORTANT NOTES:

- **Cadets who attended JLAB 2018 or JLAB 2019 on an Academic Team may not participate on the Academic Team in subsequent years but may participate on the Leadership Team.**
- All units may assemble a team for Level I of the Leadership and Academic Bowl – two different tests administered during the same window of dates. For more information on the Leadership Bowl, click on the link for the Leadership Bowl at www.cofcontests.com.
- All units are encouraged to form two teams – a Leadership Team and an Academic Team.
- Cadets may only participate on **one** team during the same school year (2019-20) - either the Leadership team or the Academic team - no crossover between teams.
- Teams with scores in the top 50% in Level I will advance to Level II.
- If your school is prone to winter storms and school closings, please **DO NOT** wait until the last day to participate. Extensions will be granted on a limited basis.



Competition Website

COF Contests – To Sign Up and participate in the Practice Test, Level I, and Level II, go to www.cofcontests.com.

How to Select Academic Team Members

- Academic Team = 4 primary members and 2 alternates (alternates participate in the online competition only)
- Cadets on the 2019-20 Academic Team may NOT participate on the 2019-20 Leadership Team
- Cadets may be juniors (11th grade), sophomores (10th grade) or freshmen (9th grade); NO seniors may participate
- Cadets who have attended JLAB in Washington, DC on an Academic Team may NOT participate on the Academic Team

Each JROTC unit will be allowed one Academic Team consisting of **four cadets** – they may be freshmen, sophomores, or juniors. **Seniors may not participate on the team.** Academic Team members may NOT participate on the Leadership Team. Two alternates may be named and may participate in the online testing; however, alternates are not required. If your unit is eligible to participate in the final competition in Washington, DC, **only four team members may attend JLAB. Alternates are not allowed to attend; however, we will be live streaming many of the main events during JLAB including the Championship.**

Instructors may assess and select potential team members using the following criteria –

- Peer selection boards (e.g. interviews, essays)
- Teacher or school recommendations
- GPA
- Performance on the Practice Test (details below)
- Overall enthusiasm for the competition

PRACTICE TEST (October 1-25)

The Practice Test is open to all cadets and is taken individually, not as a team. It consists of 25 questions (from a bank of 50 questions so cadets may take the test multiple times) similar to those questions in Levels I and II. It is a great way to evaluate your entire unit's understanding of JROTC curriculum and general subjects. We encourage all cadets to take the Practice Test at an internet-accessible computer in the classroom or other convenient location. Instruct cadets to **Sign Up** at www.cofcontests.com. Once their account is created, they can **Sign In** and select **Practice Test** on the dashboard. Cadets may take the Practice Test as many times as they would like and print out their scores to



turn in to the instructor. **COF does not retain Practice Test scores. It is up to each instructor to review the scores and determine members of the team. The cadet's scores will remain on their dashboard under Recent Tests.**

How to Prepare the Academic Team

One of the main goals of the JROTC Academic Bowl is to prepare students for state exit/graduation exams as well as college entrance exams, such as the SAT and ACT. However, many JROTC instructors are understandably interested in measuring how well their cadets are learning the JROTC curriculum. Therefore, we will have a mix of JROTC curriculum as well as English, math, and science questions in each level of the competition. The JROTC curriculum questions will focus primarily on leadership preparation, wellness and fitness, group/team dynamics, and communication skills. A few questions about current events are also included – focusing on national and international news, particularly international relations, politics, business, and science. All of the current events questions will be taken from major media available on television, the internet, and in daily newspapers (see suggested resources below).

Level I includes 25% JROTC questions, 65% SAT/ACT-type questions, and 10% current events questions.

Level II includes 15% JROTC questions, 75% SAT/ACT-type questions, and 10% current events questions.

In both Level I and Level II, a total of 2-3 questions will come from the following USAA Educational Foundation videos:

- Opening Your First Bank Account - <https://vimeo.com/257540781/becc571fb2>
- Making Money Work for You - <https://vimeo.com/257540735>
- How Time Builds Wealth - <https://vimeo.com/269913995>

We encourage all cadets, whether they are on the Academic Team or not, to check out the videos from USAA and to prepare for the ACT, SAT, and ASVAB tests by reviewing English, science, and math coursework. There are several resources available, free-of-charge, to all students.

Websites to review include:

www.cofcontests.com – online SAT/ACT guides (contest information tab)

www.number2.com – a free test prep website

www.march2success.com – a free test prep website

www.khanacademy.org – a free website with math, history, and science lessons

www.foxnews.com/index.html - FOX News



www.cnn.com/cnn10 - CNN Student News
www.npr.org/ - National Public Radio
www.reuters.com/ - Reuters
www.usatoday.com/ - USA Today Newspaper

How to Sign Up

- Between October 1 – November 20, the instructor should go to www.cofcontests.com, click on **Sign Up**, and fill out the requested information. If your school is not in our system, you will need to add your school information.
Please be prepared to answer the following questions when signing up:
High School Name, Address, Phone Number
Instructor Name, Email Address, Phone Number (office and cell)
High School Demographics – Number of students, Number in Free Lunch Program, type of school (suburban, rural, private, public)
- After creating the instructor registration, return to the homepage and **Sign In**.
- After October 25, you will have the option to **Add Students to Team** on the instructor dashboard.
- To add a student to your team, you will use the student's email address.
- If the cadet signed up for the Practice Test, they will have an account associated with their email address.
- If the student did not sign up for the Practice Test or you prefer not to use the student's email address, you may use their first and last name to add them to your team. However, students without an email address in the system will not have access to the free college prep software.
- If the student does not have an account, they may Sign Up at cofcontests.com.
- The team must be formed and in our system prior to competing in Level I.

All teams will be competing against similar teams within each Brigade. Each team will be automatically placed into a Division based on demographics including socio-economic and geographic factors.

How to Participate in Levels I and II (online)

1. Each cadet must review The Guidelines in its entirety prior to participating in Level I
2. The instructor or team captain should logon to www.cofcontests.com
3. The instructor will Sign In using his/her username and password.
4. Once on the Dashboard, click on **Tests**
5. Follow directions on that page and begin the competition



6. Both Level I and II consist of approximately 75 questions and take approximately 1 hour to complete. **This is a TEAM event** – all cadets on the team (including alternates) should sit at one computer and answer questions as a team.
7. **Once a team has begun the test, there is no ability to stop and start over. The competition must be completed in one sitting.**

If your team advances to **Level II** (February 1-15), you will follow the same procedure, **using the Instructor's username and password.**

Level III - The Championship (JLAB)

The top thirty-two (32) teams advancing to the Academic Championship in Washington, DC will be notified by email as soon as results of Level II are verified. If there is a tie in Level II for one of the 32 spots, the tiebreaker will be the Level I – Section 2 score (SAT/ACT portion).

Teams will be allowed to bring four cadets and one instructor to the Championship. Additional male and female chaperones will be on staff at JLAB; however, a female chaperone from the high school may also attend if required by the school administration. Alternates are NOT allowed to attend JLAB 2020.

Travel costs, gas prices, additional airline fees and most importantly, cuts in educational funding, require that we are all as frugal as possible in our travel arrangements. All travel costs directly related to the event will be covered, but we will endeavor to minimize travel costs where possible and we hope the instructors will assist us in that area.

Team travel expenses will be individually calculated based on your location and mode of transportation. Travel expenses that are covered include:

1. airfare if flying or mileage if driving
2. ground transportation to/from Washington, DC airport to competition site
3. incidentals – baggage, tips, etc.

Official Rules of the Online Competition

1. The designated point of contact should be a JROTC instructor with access to email. Most correspondence with teams is through email; therefore, it is essential that instructors check their email and respond as soon as possible. Foundation staff is also available by phone for questions or concerns. (1-888-576-8287 or admin@collegeoptions.net)
2. Each JROTC unit will be allowed ONE Academic Team consisting of four cadets. The team may include juniors, sophomores and/or freshmen. Two alternates may be named and may participate in the online portion of the competition but are not allowed to attend



- JLAB with the team. No seniors may participate on the team. Cadets who attended JLAB 2018 or JLAB 2019 as a member of an Academic Team may NOT compete on an Academic Team in subsequent years. Cadets may compete on a Leadership Team even if they attended JLAB on an Academic Team. Academic Team members may not participate on the Leadership team during the same school year.
3. Level I and Level II are internet-based competitions.
 4. Level I and Level II each require approximately one hour to complete. **Once a team has begun the test, there is no ability to stop and start over. The competition must be completed in one sitting.**
 5. No one is allowed in the room during the competition except for the four members of the team, the two alternates (optional), and one instructor, who will act as proctor for the test. Instructors may not assist the team with questions during the test.
 6. No outside sources or other electronic devices (cell phone, additional computer, dictionary, thesaurus, text book, newspaper, etc.) are allowed. Calculators, pens/pencils and scratch paper are permitted. Do not take screenshots of the questions during the test. Duplication of the questions during the test is NOT permitted and may be cause for disqualification.
 7. No communication about the competition with other JROTC teams or schools is allowed. Teams are not permitted to discuss the questions or design of the competition with anyone outside of the team members and instructors.
 8. All scores will be sent to the Foundation's server automatically. If a team believes there has been an error in scoring, the team must contact the Foundation via phone or email within 12 hours of completion of the test. A written explanation of the problem will be required and should be sent via email (admin@collegeoptions.net).
 9. If your team qualifies to advance to Level II, and your school is prone to winter storms and/or school closings, please DO NOT wait until the last day to participate. Deadline extensions will be granted on a limited basis.
 10. If there is an electrical outage or other technical difficulty during the competition, the team must contact the Foundation via phone or email within 12 hours of the difficulty. A written explanation of the problem will be required and should be sent via email.
 11. The JROTC Academic Bowl relies on the adherence by all teams to the JROTC Code of Honor/Core Values. The Foundation expects that all team members and instructors will abide by all rules.
 12. Finally, we believe the **Number 1 rule in this competition is... Have Fun!** We hope you enjoy this challenge.