

The First Tee Life Skills Lessons

Birdie Level

Birdie Level Life Skill Lesson #1: Dreams & Goals (Goal Setting)

Activity/Lesson: The participant demonstrates his/her understanding of the difference between a dream and a goal by:

1. Developing and writing down a dream for golf
2. Developing and writing down a goal for golf that can help make his/her dream come true
3. Developing and writing down a dream for home or school
4. Developing and writing down a goal for home or school that can help make his/her dream come true

Life Skill Goal: All participants should clearly understand the difference between a goal and a dream. Participants should be asked to think about a goal for both home/school and golf for next class.

Birdie Level Life Skill Lesson #2: GOAL-SETTING (Goal-Setting and Self-Management)

Activity/Lesson: The participant demonstrates understanding and application of the four guidelines for setting reachable goals by:

1. Developing and writing down a golf goal that is
 - Important to him/her
 - Stated positively
 - Stated specifically
 - Under his/her control
2. Committing the time and effort over an extended period of time (as determined mutually by the coach and the participant) to achieve the golf goal that he/she has written down.
3. Developing and writing down a goal for home or school that meets the same four guidelines.

Life Skill Goal: All participants should write in his/her yardage book one goal for both home/school and golf. Participants should write goals based on four guidelines as stated above.

Birdie Level Life Skill Lesson #3: GOAL LADDERS (Self-Management and Goal-Setting)

Activity/Lesson: The participant demonstrates his/her understanding and application of a goal ladder by:

1. Constructing a goal ladder for a golf goal
2. Using a goal ladder to guide his/her practice and/or play over an extended period of time (as determined mutually by the coach and the participant)
3. Constructing a goal ladder for a goal at home or school

Life Skill Goal: Each participant will apply the goal ladder to his/her two goals from previous week.

Birdie Level Life Skill Lesson #4: GOAL LADDERS (Self-Management and Goal-Setting)

Activity/Lesson: The participant demonstrates his/her understanding and application of a goal ladder by:

1. Constructing a goal ladder for a golf goal
2. Using a goal ladder to guide his/her practice and/or play over an extended period of time (as determined mutually by the coach and the participant)
3. Constructing a goal ladder for a goal at home or school

Life Skill Goal: Review everyone's goal. Make sure they meet above four guidelines, have followed the goal ladder, and that each participant feels comfortable with his/her goal for both home and golf.

Birdie Level Life Skill Lesson #5: DEALING WITH CHALLENGES (Interpersonal Skills and Goal-Setting)

Activity/Lesson: The participant understands and uses STAR while practicing and/or playing golf.

5. S: Stops to take a deep breath.
6. T: Thinks of all his/her choices.
7. A: Anticipates what could happen – good or bad.
8. R: Responds by selecting the best choice of what to do.

Life Skill Goal: All participants can recite the four steps of STAR and can utilize them during the golf lesson.

Birdie Level Life Skill Lesson #6: DEALING WITH CHALLENGES (Interpersonal Skills and Goal-Setting)

Activity/Lesson: The participant understands and uses STAR while practicing and/or playing golf.

9. S: Stops to take a deep breath.
10. T: Thinks of all his/her choices.
11. A: Anticipates what could happen – good or bad.
12. R: Responds by selecting the best choice of what to do.

Life Skill Goal: Review STAR. All participants can recite the four steps of STAR and can utilize them during the golf lesson.