

EAGLE | LIFE SKILLS AND NINE HEALTHY HABITS KNOWLEDGE
VERSION A



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

1. Making choices such as eating right and staying active can help you have a healthy body. T / F
2. Having a positive attitude is an example of mental wellness. T / F
3. All of the people on your Go-to Team should be adults rather than friends who are your own age. T / F
4. Teams or groups usually benefit from the varying strengths of team members. T / F
5. The best strategy for resolving a conflict is to wear down the other person until you get what you want. T / F
6. When someone asks you for help, you should be sure you understand the problem or challenge before you try to fix it. T / F
7. All jobs related to golf require you to be an excellent golfer. T / F
8. Playing video games constantly will help you develop a healthy body. T / F
9. A Go-to Team can support you in reaching your goals. T / F
10. The First Tee Code of Conduct states you should only respect others who are similar to yourself. T / F

Multiple Choice (Circle only one answer.)

11. All of the following are ways you can protect yourself from the sun EXCEPT _____.
 - (a) wearing a hat with a broad brim
 - (b) drinking water whenever you feel thirsty
 - (c) wearing sunglasses with UV protection
 - (d) applying sunscreen 20-30 minutes before going out into the sun

12. Resolving conflicts with CARE includes the ability to _____.
 - (a) review options
 - (b) clarify what the other person did wrong
 - (c) enjoy the opportunity to talk about your feelings
 - (d) act like the situation doesn't bother you

13. By establishing an active lifestyle at an early age, you can _____.
- (a) reduce health risks such as heart disease and obesity
 - (b) help your body stay strong, lean and fit
 - (c) increase health risks such as diabetes and heart disease
 - (d) both a and b
14. All of the following statements describe a Go-to Person EXCEPT _____.
- (a) respects other people
 - (b) is a good listener
 - (c) is unable to feel what others are feeling
 - (d) helps others look for solutions
15. If you are modeling the healthy habit of energy, you will _____.
- (a) eat healthy snacks such as fruits and nuts
 - (b) drink water and sports drinks
 - (c) sleep approximately 8-10 hours each night
 - (d) both a and c
16. Which approach to resolving conflict is most likely to result in benefits for both sides?
- (a) Cooperative
 - (b) Passive
 - (c) Aggressive
 - (d) All of the above
17. At The First Tee, safety includes _____.
- (a) participating in a warm-up at the beginning of class or practice session
 - (b) using a sunscreen and lip balm with SPF of 30 or higher
 - (c) using safety zones and following safety rules
 - (d) all of the above
18. Examples of diversity include _____.
- (a) religion
 - (b) golf skills
 - (c) gender
 - (d) all of the above

19. At The First Tee, the five fitness categories you focus on as part of your warm-up are _____.
- (a) strength, swing rhythm, flexibility and mobility, agility and coordination, balance
 - (b) strength, flexibility and mobility, agility and coordination, balance, object control
 - (c) balance, clubface and ball contact, swing rhythm, preshot and postshot routines, ball flight
 - (d) balance, strength, flexibility and mobility, agility and coordination, distance-response
20. All of the following statements are examples of good questions to ask during an informational job interview EXCEPT _____.
- (a) What is a day at work like for you?
 - (b) How did you qualify for this job?
 - (c) What do you like most about this job?
 - (d) How much do you get paid?
21. When selecting a Go-to Team, you should select team members who _____.
- (a) have some expertise in the area in which you need assistance
 - (b) are college graduates
 - (c) are older than you
 - (d) are from a similar background as you
22. You can use each of the following life skill strategies to help others EXCEPT: _____.
- (a) 4Rs
 - (b) CARE
 - (c) Honesty
 - (d) STAR
23. Which of the following is not a question to answer when you start thinking about a career?
- (a) What's important to your family?
 - (b) How would you describe yourself?
 - (c) What do you enjoy doing?
 - (d) What can you do well?

EAGLE | LIFE SKILLS AND NINE HEALTHY HABITS KNOWLEDGE
VERSION A (CONTINUED)



24. In order to be a Go-to Person, you must at least be certified at which level?

- (a) PLAYer
- (b) Birdie
- (c) Ace
- (d) You don't have to be certified to be a Go-to Person

25. Planning for the future should include all of the following EXCEPT _____.

- (a) career planning
- (b) financial planning
- (c) party planning
- (d) educational or vocational planning

Matching: (Match one letter in the right-hand column to the correct term or phrase in the left-hand column. Write only one letter in each blank.)

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|---|-------|---|
| 26. Go-to Team | _____ | (a) Exercise increases this |
| 27. Diversity Interview | _____ | (b) Used for proving you are right |
| 28. STAR | _____ | (c) Can help support you in reaching your goals |
| 29. Guideline for Effective Conflict Resolution | _____ | (d) Focus on the other person, not the problem |
| 30. Life Skills Rating | _____ | (e) Can be used as a technique to be resilient to peer pressure |
| | | (f) You only can conduct this in an office setting |
| | | (g) A self-assessment tool used for academic and career planning |
| | | (h) You can conduct this while playing golf or in an office setting |
| | | (i) Focus on the problem, not the other person |

TOTAL SCORE _____

(number of correct answers)

Successfully completed

Re-assess

EAGLE | LIFE SKILLS KNOWLEDGE
VERSION A (ESSAY SECTION)



PLAYer Name _____ Age/Grade _____ Date _____

Optional short answer (*Answer each of the following questions in 1-2 paragraphs.*)

Tell us about a goal you have set in the past year. What was/is the goal? What did you/are you doing to achieve it? (Include a picture of your goal ladder and mark where you currently are on the ladder.) How has pursuing/achieving this goal had a positive impact on your life?

Tell us about one of The First Tee life skills (NOT a Nine Core Value) you use in your everyday life. What is the life skill? How do you use it? How has using this life skill had a positive impact on your life?

Successfully completed Re-assess