**Eagle Study Guide**

Please use the following document, as well as your participant’s Eagle Yardage Book, to help your participant better prepare for the written component of The First Tee Certification Process. Should you need them, we have also provided answers to the questions.

**Life skills and Healthy Habits:**

* Stay Well for Life
  + Wellness involves body, mind, and heart
  + Wellness means:
    - Your body is physically healthy and fit
    - Your mind is sharp and you have a positive attitude and outlook
    - You manage your emotions and feelings in appropriate ways
    - You have a healthy social life, you respect yourself and look for ways to contribute to the health of others
* Building a Go-To Team
  + In pursuing goals and dealing with challenges, we all need the support of other people both on and off the golf course
  + Mya be composed of family members, guardians, teachers, coaches, friends, etc.
* Appreciating Diversity
* Dealing with Conflicts
  + How people response to conflicts:
    - Passive – They withdraw, ignore, deny, or give in
    - Aggressive – They threaten, push, hit, or yell
    - Cooperative – They talk and communicate, list, understand, respect, and explore options
  + Using CARE to resolve conflicts
    - Communicate
    - Actively Listen
    - Review Options
    - End with a win-win solution
* Be a Go-To Person
  + Respect other people
  + Be a good listening
  + Try to feel what others are feeling
  + Help others look for solutions
  + Seek to understand the problem or challenge
* Planning for the Future
  + Self-exploration
  + Academic and career exploration
  + Implementation
* Physical Healthy Habits
  + Play
  + Energy
  + Safety
* Emotional Healthy Habits
  + Family
  + Mind
  + Vision
* Social Healthy Habits
  + School
  + Friends

Community – A group of people with some shared element (such as geography) having common rights, privileges, or interests.

**Life Skills Questions**

What choices can you make to help maintain a healthy body?

* Eating healthy foods
* Staying hydrated
* Staying active
* Getting enough sleep

What is an example of mental wellness?

* Having a positive attitude

Who can make up your Go-to Team?

* Family members, guardians, teachers, coaches, friends, etc.

When resolving a conflict, should you wear down the other person until you get what you want?

* No, you should use CARE to communicate, actively listen, review options, and end with a win-win solution.

When someone asks you for help, what should you do?

* You should be sure you understand the problem or challenge before you try to fix it.

Do all jobs related to golf require you to be an excellent golfer?

* No, not all jobs in the golf industry require you to be an excellent golfer.

What can your Go-to Team to support you?

* Your Go-to Team can support you in reaching your goals.

What are some ways to protect yourself from the sun?

* Wear a hat with a broad brim
* Wearing sunglasses with UV protection
* Apply sunscreen 20-30 minutes before going out into the sun

What does establishing an active lifestyle at an early age help you do?

* Reduce health risks such as heart disease and obesity
* Help your body stay strong, lean, and fit

What defines a Go-to Person?

* They respect other people
* They are a good listener
* They help others look for solutions

If you are modeling the healthy habit of energy, what will you do?

* Eat healthy snacks such as fruits and nuts
* Sleep approximately 8-10 hours each night

Which approach to resolving conflict is most likely to result in benefits for both sides?

* Cooperative

At The First Tee, what does safety include?

* Participating in a warm up at the beginning of class or practice session.
* Using a sunscreen and lip balm with SPF of 30 or higher.
* Using safety zones and following safety rules

What are some examples of diversity?

* Religion
* Golf skills
* Gender

At The First Tee, the five fitness categories you focus on as part of your warm-up are\_\_\_.

* Strength, flexibility and mobility, agility and coordination, balance, and object control.

What are examples of good questions to ask during an informational job interview?

* What is a day at work like for you?
* How did you qualify for this job?
* What do you like most about your job?

When selecting a Go-to Team, you should select team members who\_\_\_\_\_.

* Have some expertise in the area in which you need assistance.

What life skill strategies can you use to help others?

* 4Rs
* CARE
* STAR

What questions should you start to ask yourself as you begin thinking of a career?

* How would you describe yourself?
* What do you enjoy doing?
* What can you do well?

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

* You do not have to be certified to be a Go-to Person.

What should you include when planning for the future?

* Career planning
* Financial planning
* Educational or vocational planning

What is a Diversity Interview?

* You can conduct this while playing golf or in an office setting.

What can STAR be used for?

* Can be used as a technique to be resilient to peer pressure.

What is a guideline for effective conflict resolution?

* Focus on the problem, not the other person

What is a life skills rating?

* A self-assessment tool used for academic and career planning

What is one true statement about The First Tee Code of Conduct?

* You should respect all people, even if they are different than you.

What is one way that will *not* help you develop a healthy body?

* Playing video games constantly

Do teams or groups usually benefit from the varying strengths of team members?

* Yes.

**Golf Skills Questions**

According to the Rules of Golf, what marks can you repair on the putting green in the line of the putt?

* You may repair ball marks or divots, but you may not repair spike marks.

Are you allowed to move out-of-bounds stakes if they interfere with your stance or swing?

* You are never allowed to move the stakes.

Can you look into another PLAYer’s golf bag to determine which club was used for his/her last stroke?

* Yes, you can look, but you cannot ask another PLAYer a question that influences the club you choose.

How long can you search for a ball before it is considered lost?

* Three minutes.

In what situations do you re-drop your ball?

* When the ball rolls into and comes to rest more than two club-lengths from where it first struck the course.
* When the ball rolls into and comes to rest in a hazard.
* When the ball rolls and comes to rest nearer the hole than its original, estimated position, nearest point of relief, or point where is last crossed the margin of the water hazard.

In what situations can you remove a loose impediment?

* On your line of play either by picking it up or brushing it aside with your hand, club, or towel.

What are some examples of loose impediments?

* Natural objects such as stones, leaves, twigs, and branches that are unattached to a tree or bush.

How is the state of the match is correctly expressed?

* All square and number holes to play.

What must you do when dropping a ball?

* Drop the ball in the relief area
* Let go of the ball at knee height
* Drop the ball yourself

In what situations must you re-drop your ball?

* Your caddie drops the ball for you
* You drop the ball from shoulder height
* You stand outside the relief area when dropping the ball and the ball comes to rest outside the relief area

What are some examples of an abnormal course condition?

* Ground under repair
* A hole dug by a rabbit

A temporary accumulation of water is not casual water when it lies where?

* In a penalty area

What are examples of movable obstructions?

* Manufactured ice
* Soda can
* Paper cup

What are examples of immovable obstructions?

* Asphalt cart path
* Irrigation control box
* Sprinkler head

What are examples of loose impediment?

* Snow and natural ice
* Non-replaced divot
* Spider web
* Fallen tree branch when not attached to a tree

Who is responsible for the addition of scores on his/her scorecard?

* The golfer is responsible for the addition of the scores on his/her scorecard