

BIRDIE | LIFE SKILLS KNOWLEDGE

VERSION A



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

- 1| A dream and a reachable goal are the same thing. T / F
- 2| You are likely to work harder for goals that other people have set for you. T / F
- 3| The way you state a goal has a lot to do with whether you reach it. T / F
- 4| The "hardest step" of a goal ladder should be the "first step." T / F
- 5| You can use STAR to overcome wellness or physical activity challenges. T / F
- 6| Both "your attitude" and "how other people act" are under your control. T / F
- 7| Basing your goal on things you cannot control gives you the best chance to reach your goal. T / F
- 8| Anticipating the consequences of a choice can help you make a good decision. T / F

Multiple Choice (Circle only one answer.)

- 9| STAR can be used _____.
 - (a) Only when playing golf
 - (b) To make good decisions when dealing with challenges
 - (c) For developing a pre-shot routine
 - (d) Both b and c
- 10| Which one of the following statements is not a specific goal?
 - (a) During my tournament next week, I want to pick a specific target on at least 75% of my swings.
 - (b) I want to become a better golfer.
 - (c) I want to practice distance control for putting at least three times per week for the next month.
 - (d) 100% of the time this semester, I will show respect for my teachers by raising my hand before I speak.
- 11| STAR stands for _____.
 - (a) Stop, Think, Anticipate, Respond
 - (b) Stop, Think, Anticipate, Replay
 - (c) Stop, Think, Adjust, Respond
 - (d) Start, Try, Anticipate, Replay
- 12| Why are goals important?
 - (a) They motivate us.
 - (b) They make us feel satisfied when we reach them.
 - (c) They help us plan for the future.
 - (d) All of the above

BIRDIE | LIFE SKILLS KNOWLEDGE

VERSION A (CONTINUED)



Multiple Choice *(Circle only one answer.)*

- 13| The Four Guidelines for setting a reachable goal include all of the following EXCEPT:
- (a) The goal is important to your parents.
 - (b) The goal is under your control.
 - (c) The goal is stated positively.
 - (d) The goal is specific.
- 14| Which one of the following statements is a specific goal?
- (a) I want to be in better shape.
 - (b) I want to hit the ball further.
 - (c) I want to improve my chipping.
 - (d) I want my Personal Par to be two strokes lower next month.
- 15| Which of the following statements is not under your control?
- (a) Your attitude
 - (b) Other people's slow play on the course
 - (c) How much water you drink
 - (d) How much you practice

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.)*

- | | | |
|-----------------------------|-------|--|
| 16 Dream | _____ | (a) A decision-making tool that can be used to overcome challenges |
| 17 Goal ladder | _____ | (b) A wish for something |
| 18 Under your control | _____ | (c) I want my Personal Par to be the same as my best friend's |
| 19 Negative goal statement | _____ | (d) How confident you feel |
| 20 STAR | _____ | (e) How other people are acting |
| | | (f) A step-by-step plan to reach a goal |
| | | (g) I don't want to get yelled at for incomplete homework |
| | | (h) Helps me plan for the future |

TOTAL SCORE: _____
(number of correct answers)

Successfully completed

Re-assess

BIRDIE | LIFE SKILLS KNOWLEDGE

VERSION B



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

- 1| A goal is more reachable if it is stated positively. T / F
- 2| Basing your goal on things you can control gives you the least chance of reaching your goal. T / F
- 3| A goal ladder is a step-by-step plan for reaching your goal. T / F
- 4| STAR can be used to help you make good decisions. T / F
- 5| A negative attitude is a type of challenge that can keep you from reaching your goal. T / F
- 6| "How confident you feel" and "how you decide to play a shot" are not under your control. T / F
- 7| Dreams cannot help you recognize what goals are important to you. T / F
- 8| You are likely to work harder for goals you have set for yourself. T / F

Multiple Choice (Circle only one answer.)

- 9| STAR stands for _____.
 - (a) Stop, Think Anticipate, Replay
 - (b) Stop, Think, Anticipate, Respond
 - (c) Stop, Think, Adjust, Respond
 - (d) Start, Try, Anticipate, Replay
- 10| When setting reachable goals you should not set goals that are _____.
 - (a) Stated positively
 - (b) Specific
 - (c) Under your control
 - (d) Important to someone else
- 11| Which of the following statements meets the Four Guidelines for Setting a Reachable Goal?
 - (a) I want to become Birdie certified within five months.
 - (b) I do not want to 3 putt more than two holes per round.
 - (c) I want to stay committed to my pre-shot routine for at least 70% of my shots during my season.
 - (d) I do not want to still be in the Birdie level next year.
- 12| Which of the following statements is under your control?
 - (a) How much you study
 - (b) The final score on your test
 - (c) The way your teacher grades your papers
 - (d) When your tests are scheduled

BIRDIE | LIFE SKILLS KNOWLEDGE

VERSION B (CONTINUED)



Multiple Choice *(Circle only one answer.)*

- 13| The first step on your goal ladder should be _____.
- (a) the hardest step
 - (b) what your coach thinks is best
 - (c) very general
 - (d) the easiest step
- 14| STAR can be used _____.
- (a) on the golf course
 - (b) when hanging out with friends
 - (c) at school
 - (d) all of the above
- 15| Goals are important for all of the following reasons EXCEPT:
- (a) They motivate us.
 - (b) They help us reflect on the past.
 - (c) They help us plan for the future.
 - (d) They give us purpose.

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.)*

- | | | |
|-----------------------------|-------|--|
| 16 Goal | _____ | (a) A decision-making tool that can be used to overcome challenges |
| 17 STAR | _____ | (b) A wish for something |
| 18 Not under your control | _____ | (c) I want my Personal Par to be two strokes lower next month |
| 19 Specific goal statement | _____ | (d) How confident you feel |
| 20 Goal ladder | _____ | (e) How other people are acting |
| | | (f) A step-by-step plan to reach a goal |
| | | (g) I don't want to get yelled at for incomplete homework |
| | | (h) Helps motivate me to reach my dream |

TOTAL SCORE: _____
(number of correct answers)

Successfully completed

Re-assess