

EAGLE | LIFE SKILLS KNOWLEDGE

VERSION A



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

- 1| The USDA's Food Group Pyramid symbolizes a "one size fits all" approach. 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 T / F
who are your own age.
- 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 T / F
until you get what you want.
- 6| When someone asks you for help, you should be sure you understand the T / F
problem before you try to fix it.
- 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 T / F
who are similar to yourself.

Multiple Choice (Circle only one answer.)

- 11| 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
- 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| 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
- 14| Examples of diversity include _____.
 - (a) Religious beliefs
 - (b) Golf skills
 - (c) Gender
 - (d) All of the above
- 15| 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?
- 16| When selecting a Go-to Team, you should select team members who _____.
 - (a) have some expertise in the area in which you need help
 - (b) are college graduates
 - (c) are older than you
 - (d) are from a similar background as you

EAGLE | LIFE SKILLS KNOWLEDGE

VERSION A (CONTINUED)



Multiple Choice *(Circle only one answer.)*

- 17| You can use each of the following life skill techniques to help others EXCEPT:
- (a) 4Rs
 - (b) CARE
 - (c) Honesty
 - (d) STAR
- 18| 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?
- 19| 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
- 20| 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.)*

- | | | |
|---|-------|---|
| 21 Go-to-Team | _____ | (a) Exercise increases this |
| 22 Diversity Interview | _____ | (b) Used for interpersonal communication |
| 23 STAR | _____ | (c) Can help support you in reaching your goals |
| 24 Guideline for Effective Conflict Resolution | _____ | (d) Focus on the other person, not the problem |
| 25 Life Skills Rating | _____ | (e) Can be used as a technique to resist 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 B



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

- 1| STAR can be used as a technique to resist peer pressure to engage in unhealthy behaviors. T / F
- 2| Using your pre-shot routine to stay focused is an example of what you can do when T / F you have a healthy body.
- 3| If a person is not as good a player as you are, he or she should not be on your T / F Go-to Team for golf.
- 4| You have to come from a certain ethnic background to become the best golfer. T / F
- 5| Giving in to the other person in order to avoid an argument is a good way to resolve T / F an ongoing conflict.
- 6| Showing another person how to hit a bunker shot could help you get better at hitting T / F bunker shots yourself.
- 7| When you are deciding on a career, a good place to start is by examining T / F your strengths.
- 8| Worrying about a problem without looking for a solution (in golf and school) can help T / F you have a healthy mind and heart.
- 9| A Go-to Team cannot support you in reaching your goals. T / F
- 10| You can benefit from the differences and viewpoints of other people. T / F

Multiple Choice (Circle only one answer.)

- 11| All of the following statements describe a Go-to Person EXCEPT _____.
- (a) Is unable to feel what others are feeling
 - (b) Respects other people
 - (c) Is a good listener
 - (d) Helps others look for solutions

- 12| Which approach to resolving conflict is most likely to result in benefits for both sides?
- (a) Passive
 - (b) Aggressive
 - (c) Cooperative
 - (d) All of the above

- 13| Examples of diversity include _____.
- (a) Ethnicity
 - (b) Sports skills
 - (c) Gender
 - (d) All of the above

- 14| CARE is an approach to conflict resolution that requires you to _____.
- (a) Communicate, Actively Listen, Replay actions, End with a win-win solution
 - (b) Collaborate, Actively Listen, Replay actions, End with a win-win solution
 - (c) Communicate, Actively Listen, Review actions, End with a win-win solution
 - (d) Collaborate, Actively Listen, Review actions, End with a win-win solution

EAGLE | LIFE SKILLS KNOWLEDGE

VERSION B (CONTINUED)



Multiple Choice *(Circle only one answer.)*

- 15| Which of the following is not an example of a life skill (learned at The First Tee) that can help you get a job or do well at it?
- (a) Interpersonal and communication skills
 - (b) Setting goals that are important to others
 - (c) Controlling your emotions
 - (d) Resolving conflicts
- 16| Which of the following is not something to think about when you start making your college choice?
- (a) College size
 - (b) Where my coach or teacher wants me to go to school
 - (c) People at the college
 - (d) Academic programs
- 17| The benefits of exercise include _____.
- (a) relieves stress, lowers blood pressure, burns fat, and strengthens heart and lungs
 - (b) relieves stress, increases blood pressure, burns fat, and strengthens heart and lungs
 - (c) relieves stress, decreases good cholesterol (HDL), burns fat, and makes joints more flexible
 - (d) None of the above
- 18| Which of the following life skills techniques can you use to be a Go-to Person?
- (a) Communication skills
 - (b) Honesty
 - (c) STOP
 - (d) Perseverance
- 19| When creating a season's golf spending plan, you should calculate all of the following EXCEPT:
- (a) Equipment, including balls, gloves, and so forth
 - (b) Spending money for shopping at the local mall
 - (c) Food
 - (d) Number of tournaments you will play x average fee
- 20| In order to be a Go-to Person, you must at least be certified at which level?
- (a) Par
 - (b) Eagle
 - (c) You don't have to be certified to be a Go-to Person
 - (d) The First Tee Junior Coach

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.)*

- | | | |
|---|-------|---|
| 21 Go-to-Person | _____ | (a) Have to be Eagle-certified |
| 22 STAR | _____ | (b) Used for interpersonal communication |
| 23 Life Skills Rating | _____ | (c) Uses techniques such as CARE and STAR to help others |
| 24 Guideline for Effective Conflict Resolution | _____ | (d) Focus on the problem, not the other person |
| 25 Diversity Interview | _____ | (e) Can be used as a technique to resist peer pressure |
| | | (f) You can conduct this while playing golf or in an office setting |
| | | (g) A self-assessment tool used for academic and career planning |
| | | (h) You can only conduct this in an office setting |
| | | (i) Focus on the other person, not the problem |

TOTAL SCORE: _____
(number of correct answers)

Successfully completed

Re-assess

