

PAR | LIFE SKILLS KNOWLEDGE

VERSION A



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

- 1| When you are introducing yourself, you should smile, look the other person in the eye T / F
and give a soft handshake.
- 2| When you meet someone new, you should always wait until he/she says "hello" first. T / F
- 3| When something is confusing, you should not ask anyone for help. T / F
- 4| "Be patient" is one of the Three Tips For Having Fun. T / F
- 5| Par is a score that most golfers should shoot most of the time. T / F
- 6| Keeping up with the pace of play on the golf course does not show respect for others. T / F
- 7| Developing a Fun Factor List can help you explore what is fun about playing golf. T / F
- 8| Personal Par can be used to see how much you have improved from your past games/rounds. T / F
- 9| The 4Rs can be used for helping you manage your emotions. T / F

Multiple Choice (Circle only one answer.)

- 10| A life skills technique called GAME can help you explore what you enjoy most _____.
(a) in golf, school, and other activities outside of golf
(b) in school
(c) in other activities outside of golf
(d) in golf
- 11| The 4Rs (in the correct order) are _____.
(a) Relax, Ready, Replay, Repeat
(b) Replay, Redo, Ready, Relax
(c) Replay, Relax, Ready, Redo
(d) Redo, Relax, Ready, Repeat
- 12| The three components to the A-L-R approach are _____.
(a) Respond to what the other person has said
(b) Ask the other person some questions
(c) Listen to what the other person says
(d) All of the above
- 13| The three sections of The First Tee Code of Conduct are _____.
(a) Respect for myself, others, and my friends
(b) Respect for others, my surroundings and my game
(c) Respect for myself, friends and my surroundings
(d) Respect for myself, others and my surroundings
- 14| You can use a Personal Par Card to establish a Personal Par _____.
(a) only at the golf course
(b) only for activities at home and school
(c) only for wellness and physical activity
(d) for all of the above
- 15| The Three Tips For Having Fun are _____.
(a) Be patient, be pessimistic and ask for help
(b) Be patient, be positive and ask for no help
(c) Be patient, be positive and ask for help
(d) Be positive, be friendly and ask for no help

TOTAL SCORE: _____
(number of correct answers)

Successfully completed Re-assess

PAR | LIFE SKILLS KNOWLEDGE

VERSION B



PLAYer Name _____ Age/Grade _____ Date _____

Circle T (True) or F (False)

- 1| The three sections of The First Tee Code of Conduct are: Respect for myself, respect _____ T / F
for my friends and respect for my surroundings.
- 2| The 4Rs can be used to help you “stay cool” and remember what you are doing well. _____ T / F
- 3| On the first day of school you should not introduce yourself to new kids. _____ T / F
- 4| You can show respect for yourself by having a negative attitude when you play. _____ T / F
- 5| It doesn't matter if you follow the rules as long as you are having fun. _____ T / F
- 6| Being patient can help you have more fun when learning a new subject at school. _____ T / F
- 7| The Three Tips For Having Fun can only be used when learning golf. _____ T / F
- 8| You and your friend should have the same Personal Par. _____ T / F
- 9| When learning something new you should ask only your coach for help. _____ T / F

Multiple Choice (Circle only one answer.)

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|---|---|
| <p>10 A life skills technique called GAME stands for _____.</p> <ul style="list-style-type: none">(a) Get involved, And learn, More about golf, Equals better performance(b) Go play, And explore, My interests, Enjoy what's fun for me(c) Go play, And explore, More about life skills, Enjoy The First Tee(d) Get involved, And learn, More about life skills, Equals better performance | <p>13 The 4Rs (in the correct order) are _____.</p> <ul style="list-style-type: none">(a) Relax, Ready, Replay, Repeat(b) Replay, Relax, Ready, Redo(c) Redo, Relax, Ready, Repeat(d) Replay, Redo, Ready, Relax |
| <p>11 All of the following are components of the A-L-R approach EXCEPT _____.</p> <ul style="list-style-type: none">(a) Respond to what the other person has said(b) Ask the other person some questions(c) Listen to what the other person says(d) Anticipate what the other person will say | <p>14 The Three Tips For Having Fun are _____.</p> <ul style="list-style-type: none">(a) Be patient, be positive and ask for help(b) Be patient, be pessimistic and ask for help(c) Be patient, be positive and ask for no help(d) Be positive, be friendly and ask for no help |
| <p>12 Personal Par is a measure of how you perform _____.</p> <ul style="list-style-type: none">(a) at home(b) in golf(c) in school(d) all of the above | <p>15 When you meet someone for the first time, you should not _____.</p> <ul style="list-style-type: none">(a) Think about what you are going to say while he/she is talking(b) State your name clearly(c) Give a firm handshake(d) Smile and look him or her in the eye |

TOTAL SCORE: _____
(number of correct answers)

Successfully completed Re-assess