

## **Review and Playing the Course**

- **Key Commitments**
  - **Collaborating with others**
  - **Growing Through Challenge**
  - **Pursuing Goals**
  - **Using Good Judgment**
  - **Building a Positive Self-Identity**
  - **Pursuing Goals**
- **Key Terms**
  - **General Area**
  - **Handicap**
  - **Conforming Club**
  - **Conforming Ball**
  - **Stoppage of Play**
  - **Substituting a Ball**
  - **Teeing area**
  - **Loose impediments**
  - **Lie**
  - **Play the ball as it lies**
  - **Natural forces**
  - **Honors**
  - **Ready golf**
  - **Match play**
  - **Opponent**
  - **Order of play**
  - **Wrong green**
  - **Flagstick**
  - **Wrong place**
  - **Serious breach**
  - **Wrong spot**
  - **Embedded ball**
  - **Pitch mark**
  - **General area**

- **Penalty area**
- **Stroke and distance relief**
- **Lateral relief**
- **Back on the line relief**
  
- **Game Changing Behaviors**
  - **Participants can identify types of conflicts that may arise in a golf context. (Pace of play, cheating, rule disputes, etc...**
  - **Players can apply the CARE approach to conflict resolution in a golf setting**
  - **Realizing that FAIL is a First Attempt In Learning**
  - **Understanding the value of a growth mindset when dealing with adversity and failure**
  - **Participants see setbacks and mistakes as learning opportunities**
  - **Understand why setting goals is an important aspect of learning**
  - **Take ownership of their goals achievement and can set different types of goals**
  - **Understand how to set different types of goals –**
  - **Outcome, process, and performance- to promote personal success, build confidence, and maintain motivation**
  - **Define what it means to be trustworthy**
  - **Identify trustworthy individuals as members of their Go-To Team**
  - **Embrace being trustworthy as a responsibility of being a Go-To person**
  - **Identify qualities, characteristics, attributes, and skills about themselves that make them unique**

- **Developing a greater understanding of self as they explore their identity and the impact they want to have on the world.**
  - **Express positive self-identity**
  - **Understand how visualization is a tool they can use on and off the golf course**
  - **Identify personal educational, career, and life goals for their future**
  - **Create a personal and evolving game plan to further explore and work toward their goals and future**
- **Guiding Questions**
    - **Why is it important to have the ability to deal with interpersonal conflicts?**
    - **How does the lie you face affect the amount of energy or speed you need to use to hit the ball?**
    - **How does changing the amount of energy or speed you use to hit the ball affect your balance?**
    - **How can a failure be a First Attempt In Learning?**
    - **What are some things that can get your swing out of sequence?**
    - **What are some strategies you can use to help you overcome adversity?**
    - **What does it mean to be trustworthy?**
    - **Why is it important to listen to your intuition and trust your instincts as a Go-To Person?**
    - **When can you play two balls on a hole?**
    - **How can understanding more about yourself help you have a positive self-identity**
    - **How do uneven lies affect your shot trajectory or curvature?**
    - **How do you take relief from an embedded ball?**
    - **How can a Game plan help you to work toward your individual goals?**

- **What can you begin doing now to actively work toward your future?**
- **How can a post-shot routine help you plan for future shots?**
  
- **CARE**
  - **Communicate**
  - **Actively Listen**
  - **Review Options**
  - **End with a Win-Win Solution**
  
- **Being a Game Changer**
  - **I am discovering my inner strength**
  - **I am developing resilience**
  - **I can dig deep when things get tough**
  
- **Four Guidelines for setting a reachable Goal:**
  - **The goal is Positive**
  - **The goal is Important to You**
  - **The goal is Specific**
  - **The goal is Under your control**
  
- **Using Good Judgment:**
  - **I respect rules in golf and in life.**
  - **I am honest with myself and with others.**
  - **I have the courage to do what's right, even when it's hard**
  
- **Building Positive Self Identity:**
  - **One positive word I use to describe myself is \_\_\_\_\_.**
  - **I am really good at \_\_\_\_\_.**
  - **Something that motivates or inspires me is \_\_\_\_\_.**
  - **Something I'm really proud of is \_\_\_\_\_.**

- **First Tee Commitments to Being a Game Changer and Key Commitments for Pursuing Goals:**
  - **I am excited to grow and learn.**
  - **I am not afraid to fail.**
  - **I am learning from both my achievements and setbacks.**