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**Study Guide**

***Birdie Level***

**True/False Questions**

1. T/F Courage is one of the 9 Core Values.
2. T/F You may tee off within three clubs of the front edge of the tee marker.
3. T/F STAR can be used on and off of the golf course.
4. T/ F The first goal on a Goal Ladder should be the hardest goal.
5. T/F Writing down your goals helps you to achieve them.

**Write in your answer**

1. STAR stands for Stop,\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_and\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Think, Anticipate, and Respond.

1. The First Tee Code of Conduct is Respect for\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Myself , Others , and My Surroundings

**Multiple Choice:**

1. On a hot day, when playing golf, you should:
2. Wear light colored clothing.
3. Wear a hat.
4. Drink water.
5. All of the above.

9). Which of the following is a positive and specific goal?

1. I don’t want to three putt
2. I want to improve my putting
3. I don’t want to get a B on my math test
4. I want to break 90 this year

10). At the end of the round, you should \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Leave your hat on when in the clubhouse
2. Total scores while on or near the green
3. Shake hands with the players in your group after everyone has holed out
4. Leave the green while others are putting