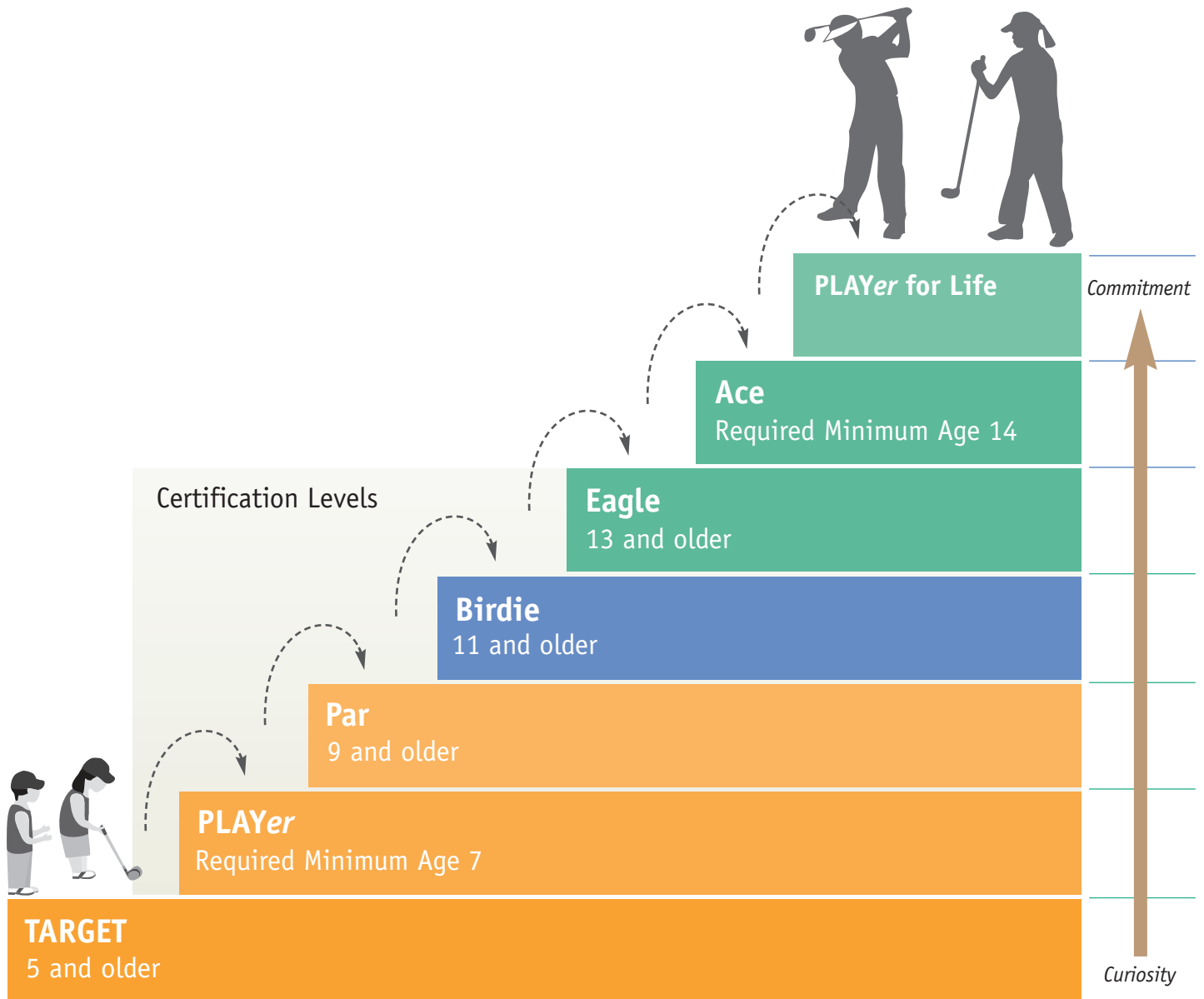


PLAYer FOR LIFE

Required and Recommended Minimum Ages for Levels of The First Tee Life Skills Experience

(Based on Cognitive Development)



EXPOSURE

APPLICATION

MASTERY

The First Tee Life Skills Experience Certification Levels

The table below lists the **core lesson titles** for each certification level of the Life Skills Experience and indicates which life skills categories are addressed by each core lesson.

CORE LESSON TITLES	LIFE SKILLS CATEGORIES			
	INTERPERSONAL SKILLS	SELF-MANAGEMENT	GOAL-SETTING	RESILIENCE SKILLS
PLAYER LEVEL				
1. Welcome and Showing Respect	X	X		
2. Courtesy Toward Others	X			
3. Responsibility for the Course	X	X		
4. The Honesty of PLAYers		X		
5. Modeling Sportsmanship	X	X		
6. Developing Confidence		X		
7. Using Good Judgment		X		X
8. Playing with Perseverance		X		X
9. Living with Integrity		X		
PAR LEVEL				
10. Exploring the Game		X		
11. Respecting the Rules	X	X		
12. Meeting and Greeting with A-L-R	X			
13. Having Fun While You Learn		X		
14. Staying Cool		X		
15. Finding Your Personal Par		X		X
BIRDIE LEVEL				
16. Dreams and Goals			X	
17. Setting Goals that are Positive and Important to You		X	X	
18. Setting Goals that are Specific			X	
19. Setting Goals that are Under Your Control		X	X	
20. Getting to Your Goal		X	X	
21. Dealing with Challenges	X	X	X	X
EAGLE LEVEL				
22. Stay Well for Life		X	X	X
23. Building a Go-to Team	X	X		X
24. Appreciating Diversity	X	X		
25. Dealing with Conflicts	X	X		X
26. Be a Go-to Person	X	X		
27. Planning for the Future		X	X	