

Lesson 21 | Dealing with Conflicts: Making a Positive Impact

Whether you are on or off the golf course, at some point you will inevitably deal with conflict. A conflict is a situation in which there are differences of opinion or opposing interests, needs, or demands. The ability to deal with interpersonal conflicts – a conflict or problem that arises between two or more people – is a critical life skill, and it is important to help you effectively collaborate and work with others. It is challenging to master because it involves good communication skills, self-control, objectivity, analytical thinking, and the ability to positively assert yourself while balancing that with the interests and feelings of others.

When properly handled, conflict can help you respect differences of opinion, learn to share and work cooperatively, and appreciate diversity. On the other hand, when not properly addressed, conflict can create negative situations that spawn bullying, teasing, put-downs, exclusion, violence, and threaten the well-being of body, mind, and heart. First Tee's approach to conflict resolution aims to prevent or peacefully resolve conflict. One way to do that is to help all parties involved to see themselves as partners searching for a fair solution, instead of adversaries where only one person can win, and one must lose. Ideally, the solution is one that benefits both sides, or at least results in better mutual understanding and acceptance. This resolve is often referred to as seeking a "win-win" solution.

To help you deal with conflict, First Tee practices the CARE approach:

- Communicate
- Actively Listen
- Review Options
- End with a win-win solution

Throughout this lesson, you'll have the opportunity to practice the CARE approach to conflict resolution. This approach will challenge you to assess and identify situations that can arise in a golf context, as well as other typical conflict situations you might experience in your daily life. When you demonstrate CARE, you show a commitment to collaborating with others, resolving conflicts, and making a positive impact.



Lesson 22 | Learning From Failure & Dealing with Adversity

Game Changers are ambitious. They have big goals and dreams as well as the drive to succeed. But to succeed, no matter how hard you try, you will undoubtedly face adversity and probably end up failing many times. If you can adjust your mindset and view any challenges, wrong answers, or mistakes as informative, you can change your own definition of what it means to succeed. You can embrace a growth mindset and view the concept of a **FAIL as simply a First Attempt In Learning**.

Failure is a necessary component of success. It's simply part of the journey to success. What matters most is what you do after a failure, rather than the failure itself. When you can teach yourself to embrace failure as a good and crucial step on the path to learning, you can choose to fail forward and recognize the learning opportunity that exists and the power you have to turn any individual failure around. Not performing well on the course? Maybe you will create a plan to practice more or commit to training in a new way. Did you score a less than desirable grade on your test in school?

You can make a commitment to study more or study differently. You have the capacity to learn and grow in important ways whenever failure occurs and when you face adversity. On the journey to success, you will experience failure at times, but Game Changers are resilient. Game Changers choose to dig deep when things get tough, learn from the adversity, and choose to fail forward.

Lesson 23 | Getting to your Goal: Take Ownership Over Goal Achievement

At First Tee, Pursuing Goals is a Key Commitment. We know that through the process of setting goals and working toward them, you will learn so much about yourself and what you are capable of from both your achievements and your setbacks. But why do we set goals?

1. Goals help you measure your growth. When you set goals, you can clearly identify areas where you are learning and improving.
2. Goals allow you to take ownership of your learning and growth. Goals are personal, and you have the ability to determine what you want to accomplish and take the necessary steps to get there. You are in the driver's seat!
3. Goals help you stay focused and motivated. Knowing where you are in the process helps you to be aware of what you are learning and focus on what you need to do. When you see your growth, you are more likely to remain motivated and engaged in the process.
4. Goals challenge and teach you. As you set and work toward your goals, you learn from the process and the challenges you face. Are you making progress? Why or why not? What shifts can you make to change the trajectory and increase your likelihood of success? Goals should stretch and challenge you, teaching you along the way.

As you take ownership over your learning and goal achievement at First Tee, you'll have many opportunities to identify and set personal goals, both on and off the course, and work toward them. Ready, set, grow

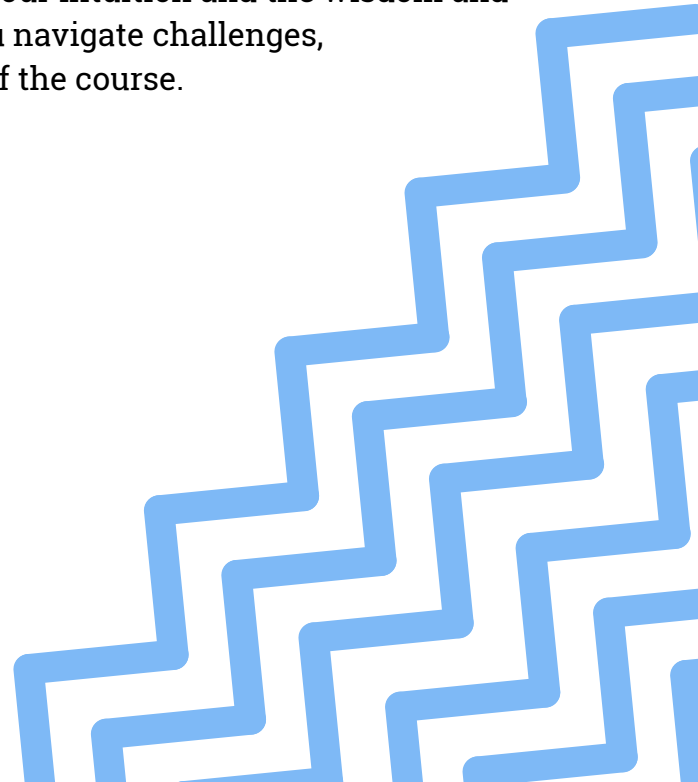


Lesson 24 | Being a Trustworthy Person & Building a Trustworthy Team

It's important to have people around us who will help us make good decisions and use good judgment. At First Tee, we refer to those individuals as our Go-To Team. These are people in our lives that we can look to, rely on, and trust to guide and support us because they have our best interests at heart.

It's also important to be a Go-To person, one that others can turn to for support and feedback. To be trusted as a Go-To individual, one must be trustworthy. Being trustworthy is a quality that people value and look for in others because those who are trustworthy are known to live with integrity, be honorable, and fair. Being a trustworthy person takes commitment and dedication and is a choice you make to live an honest life.

To trust yourself and to be trusted by others, you have to be accountable in all areas of your life, and this might include trusting your own instincts or intuition. Your intuition is like an inner microphone that is always trying to give you guidance. Sometimes this voice speaks loudly, but often it's a small quiet voice within you that is helping you determine what you should or shouldn't do. Fortunately, your intuition will be with you for your entire life, as you learn to trust yourself and surround yourself with others you can trust. You can utilize your intuition and the wisdom and support of your trustworthy Go-To Team to help you navigate challenges, opportunities, and decisions you will face on and off the course.



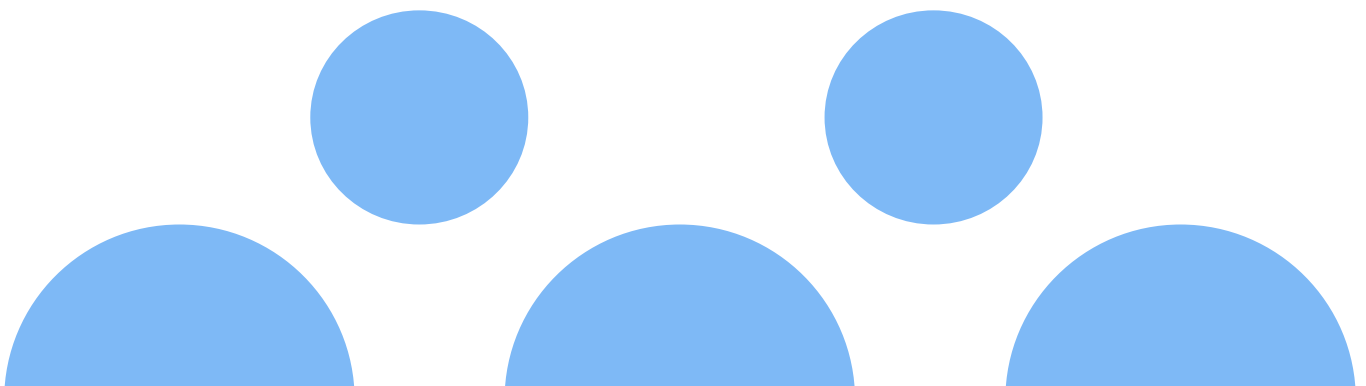
**Lesson 25 | Who Am I? Embracing Identity & Demonstrating
an Understanding of Self**

As you embark upon your high school years, you'll find that this time in your life is often an opportunity for fun and friends. These years also include many transitions, and adjusting to all of the changes that take place can be difficult. At this age, you will face some major tasks: learning more about who you are, deciding what you want to do upon graduation, and identifying which type of education and training you'd like to pursue, as well as choosing a career path. To make the best decisions, you need to have good information, and the most important information that you can have is knowledge about yourself.

When you look in the mirror, who do you see? What are the unique qualities, those that are outward and inward-facing, that help make you "you"? What do you value? What motivates and inspires you? What are your most important needs? What kinds of activities do you find the most interesting? What are your skills?

You decide who you are and how you want to define yourself to the world. The more you know about yourself and the more you can identify your place in the world around you, the more capable you will be in defining who you are. You learn this by trying out different activities, playing different roles, and meeting different people. You learn about yourself by trying out new experiences.

Finding out who you are is a process that will continue throughout your life. As you discover what you are capable of, as your self-confidence grows, and as you feel safe to be yourself, you'll find that whoever you are is exactly who you are meant to be. You have what it takes, as well as resources and individuals around you who will support you as you learn and grow, and determine what impact you want to make on the world around you.



Lesson 26 | Planning for the Future: A Game Changer's Game Plan

Do you think about your future? What might it look like? What do you envision yourself doing? As you have already learned through the game of golf, visualization can be valuable in a variety of situations to help you to achieve success on and off the course. Before swinging, you might visualize how you will swing and focus on your target, seeing what will happen to the ball after it is hit. While the outcome might not always look exactly like what you visualized, utilizing that strategy can lead to better results. Visualization is a tool that can help you see where you are going and be used as motivation to help you believe in yourself and do your best.

Not only is it important to envision where you are going in life, it's also important to begin planning for your future. It's perfectly fine not to have a particular end in mind (like knowing exactly what you want to be, what you want to do, or where you want to go to school). As you move through your high school years and beyond, your future vision will likely take shape and become clearer, and may even change, as you grow and learn more about yourself.

Exploring, planning, and reflecting will help you to uncover more about yourself, your hopes, dreams, and goals. This lesson will help you begin to uncover more about who you are and help you think about your academic and career possibilities. The game of golf is made up of a series of swings, each one guiding you closer to your goal. Golfers need to know where they're going and take steps to get there, and these same principles apply outside of the game of golf. As you plan for your future and pursue your goals, we hope you will take the lessons you have learned on