



Car Talk for Eagle Week #8

Today's Core Lesson: Planning for the Future – The career and academic planning process typically involves three phases. 1 = Self-exploration: What do you enjoy doing? What are you good at doing? What are your skills? What is important to you? 2 = Academic and career exploration: What are the choices and options available. 3 = Implementation: Using goal ladders to implement your plan.

Today's Healthy Habit (s): Vision – In order to make the most of one's unique gifts – talents, characteristics, and abilities – an individual should learn from the past, value the present, and create their vision for the future to ultimately "leave a footprint".

Mind: The mind is a powerful tool for health. One's mind influences his/her emotions and behaviors and can be utilized for self-improvement, building confidence, and maintaining perspective.

Community – Like the health of one's body, it is important to also explore the health of one's community and discover how one can give back and care for its environment and safety.

Today's Golf Skills Fundamental: On Course Strategies – Self-Management and Course-Management.

Self-Management: The internal aspect of on-course strategies. Focus is on learning skills that help a player to become aware of who they are as a player and individual. Using STAR, the 4 R's, and goal setting to improve performance. Course-Management: The external aspect of on-course strategies. Involves planning and decision making while playing golf. Tracking putting, chipping, bunker play, and full swing statistics so that the player knows when to risk a low percentage shot as opposed to playing to their strengths.

Guiding questions and topics for parents to review with their child:

- What was fun/challenging/interesting today at The First Tee?
- Why is Planning for the Future important and how can you do it?
- Why is self-exploration a good tool to use when beginning to Plan for the Future?
- What does On-Course Strategy mean?
- What is the difference between Self-Management and Course-Management?
- What should you do to improve your Self-Management? Course-Management?