

Lesson 10

OBJECTIVES for LESSON Ten

The teen is given the opportunity to practice getting on and off limited access highways. While driving on the highway, the following guides should be used: 12, 13, 14, 16, 18, 19, 21, 22, 24, 25, 26, 27, 31, 32, 33, 35. As the teen learns all of the behavioral patterns in these guides over the duration of this program, this lesson puts them into a different environment with higher speeds, which becomes a good testing situation for how well developed the behaviors are on a habitual level.

This lesson should be used over several practice sessions until all Behaviors, Procedures and the Ten Habits are well on their way to consistently successful performance. When you find areas that are weak, go back to the guide in which those behaviors were presented and give more concentrated practice to help the teen improve.

THE DRIVING SETTING

Use limited access highways such as: interstate highways, freeways, turnpikes, and parkways. In addition, practice should take place on all types of roadways in all types of environments.

Key Behavioral Pattern Applications

Getting On the Limited Access Highway

On-Ramp Behavior

- 1. Check The Rear Zone:** When planning to get onto a limited access highway, be aware of the status of the rear zone. When there is a closed rear zone, go slower to avoid abrupt stops.
- 2. Keep 4 Seconds of Space:** With a car in front, keep 4 or more seconds of space for independent action.
- 3. Slow On Ramp Speed:** A slower ramp speed gives you more time to find a gap or hole, and it prevents a slowdown or stop while in the acceleration lane.

On Acceleration Lane

- 4. Search For Gap To Enter:** With a slower speed on the ramp, you have more time to find a gap to enter.
- 5. Blind Spot Checks:** If your vehicle has a convex mirror attached to the outside, it will show vehicles not seen in existing outside mirrors. Without a suitable convex mirror, a head movement check is needed.
- 6. Signal Light On:** Put your left signal light on, much like making a left lane change.
- 7. Accelerate Briskly:** Once a gap is found, accelerate rapidly to enter the traffic flow at highway speed.

Highway Entry

- 8. Precision Lane Entry:** Use precision lane positioning to occupy the least amount of lane space while entering.
- 9. Mirror Checks:** Immediately after entering, check the mirrors to update the rear zone status.

Getting Off the Highway

- 1. Plan 12 Seconds For Exit:** Plan for your exit as early as possible. You should have all the problems associated with exiting solved at least 12 seconds before the exit.
- 2. Get Rear Zone Status:** Once your exit is located, evaluate the condition of your rear zone.
- 3. Communicate:** Use of signal lights and/or a tap on the brake pedal can alert rear traffic that you are exiting.
- 4. Change Lanes, If Needed:** Use correct precision lane changing techniques if lane changing is necessary.
- 5. Test Brakes Before Exit:** While in the deceleration lane, before committed to the exit ramp, apply brakes to test them. If there is a problem, you can stay on the highway.
- 6. Controlled Braking:** Use constant pressure for controlled braking. Reduce speed to expect a tight curve on exit ramp.

Evaluation of 10 Model Driving Habits:

1. Establish Driver-Vehicle Readiness

- Driver Fitness, Butt in seat, Safety Belts On
- Doors Locked, Windows Up
- Headlights On during daytime

2. See Path Before Putting the Car in Motion

- See the targeting path you intend to use is clear
- Turn head in direction of intended movement before turning wheel.

3. Keep the Car in Balance

- Make smooth and effective starts, stops and steering
- Use transition pegs for effective transfer of braking, acceleration and steering forces

4. Use Reference Points

- Know within 3-6 inches where your car is positioned
- Know where the sides, front and rear of the car are in relation to the intersection

5. Do the Zone Control LOS-POT Searching

- Search to the Target Area • Evaluate Travel Path for LOS-POT blockage
- FIND** LOS-POT blockage • Check other related zones

6. Turn Decisions into Zone Controlled Actions

- SOLVE** LOS-POT blockages 12 -15 seconds away.
- Gain **CONTROL** of: speed, lane positioning, communication
- Re-evaluate LOS-POT at 4-second Danger Zone
- Be prepared to make adjustments at the 4-second Danger Zone
- Know your Stopping Distance and your PONR

7. Search Left, Front, Right Zones before Intersections

- Identify LOS blockage
- Check that the left, front and right zones are clear
- When you see a red light, or stopped traffic, reduce speed to time your arrival into an open zone

8. Get Rear Zone Control

- When your foot goes on the brake, check the rear zone
- Before moving to a side, check mirrors and blind spots
- When backing, check over right shoulder and check all mirrors continuously

9. Get Control With a Vehicle in Front

- When approaching a vehicle, close in gradually
- When traveling at same speed, keep 4 seconds following space
- Stop behind vehicles to see rear tires touching the road

10. Interact Courteously With Others

- Empower yourself and reduce stress by being courteous, rather than competitive, while driving
- Send and receive communications in a timely manner

Rating: √ = Okay, X = More Practice Needed

NOTES

34: Limited Access Highways

1. Getting On The Highway

- | | | | |
|--|--|--|----------------------------|
| | | | 1. Check The Rear Zone |
| | | | 2. Keep 4 Seconds of Space |
| | | | 3. On Ramp, Slow Speed |
| | | | 4. Search For Gap To Enter |
| | | | 5. Blind Area Checks |
| | | | 6. Signal Light On |
| | | | 7. Accelerate Briskly |
| | | | 8. Precision Lane Entry |
| | | | 9. Mirror Checks |

2. Getting Off The Highway

- | | | | |
|--|--|--|-------------------------------|
| | | | 1. Plan 12 Sec. Plus For Exit |
| | | | 2. Get Rear Zone Status |
| | | | 3. Communicate |
| | | | 4. Change Lanes, If Needed |
| | | | 5. Test Brakes Before Exit |
| | | | 6. Controlled Braking |

Guide A Behaviors Performance Inventory

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Place a check each time Guide A on page 58 is used.

Guide B Procedures Performance Inventory

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Place a check each time Guide B on page 59 is used.

Guide C Ten Model Driving Habits Inventory

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Place a check each time Guide C on inside of back cover is used.

Procedures and Behaviors on Limited Access Highway

Target Area Searching

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- FINDS** LOS-POT in Target Area
- SOLVES** 15 seconds away
- CONTROLS** 4-sec. danger zone

Separation Space from Other Vehicles

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- becomes Alerted to slow vehicles
- adjusts Front Closure rate
- keeps four-seconds space
- controls the rear zone

Lane and Speed Selection

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- selects best legal lane for travel
- uses far-left lane only for passing
- uses lane effectively
- selects best and legal speed

Approach To Interchanges

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- see open/closed zones
- check rear zone
- lane position/speed control

Precision Lane Change

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| | | |

- evaluate zones and blind spots
- make final blind spot check
- move to LP2 or LP3
- enter new lane in LP2 or LP3

Approach To LOS Curves

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| | | |

- see curve in target area
- check all zones for options
- left curve: LP3, LP1, LP1
- right curve: LP2, LP3, LP1
- effective speed control

Passing/Being Passed

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| | | |
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- identify type of tailgater
- evaluate gain versus risk
- check all zones for LOS-POTs
- control speed and lane position
- time side zone during pass

Key Behavioral Patterns

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- Smooth Limited Access entry
- Keeps 4 second space
- Searches for Gap or Hole
- Uses Mirrors Effectively
- Accelerates Effectively

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- Uses Lane Positions on entry
- Plans 15 seconds for exiting
- Gets Rear Zone Control
- Tests Brakes before exit ramp
- Speed Controlled before ramp

Rating: √ = Okay, X = More Practice Needed

NOTES

- ___ **Basic Skill Techniques** (Guide 3)
 - ___ Acceleration ___ Braking ___ Steering ___ Shifting
- ___ **Reference Point Usage** (Guide 5)
- ___ **Targets** ___ **Target Area** ___ **Targeting Path** (G 9)
- ___ **Target Area to Target Area Searching** (Guide 12)
- ___ **LOS-POT detection** (12 seconds, or more, ahead) (Guide 14)
- ___ **Identifying open/closed zones** (Guide 14)
- ___ **Searching Intersections** (left, front, right zones) (G 17)
- ___ **Searching into Curves and Over Hills** (Guide 25)

Using The ABC's Of Zone Control (Guide 21)

A ___ **FIND** See a LOS-POT Zone Change

B ___ **SOLVE** Check Other Zones (for options & escape path)

C ___ **CONTROL** Get The Best Control

- ___ Speed Selection ___ Lane Position
- ___ Communication

- ___ **Lane Position Usage** (Guide 21)
 - ___ Straight -- with left /right zone changes
 - ___ Curves -- approach, apex, exit positions
- ___ **Rear Zone Control** unstable, closed, open (Guide 18)
 - ___ Inside mirror (moving, stops, turns)
 - ___ Outside mirrors
 - ___ Convex mirrors (danger zone ok/not ok)
 - ___ Over-shoulder checks
 - Type Tailgater: ___ Pacer ___ Charger ___ Habitual
- ___ **Following Time/Space** (Guide 26)
 - ___ Closure Rate on approach
 - ___ Moving at same speed -- 4 seconds
 - ___ When stopped -- see the tires
 - ___ Before moving -- delay start 2 seconds
- ___ **Communication and Courtesy** (Guide 16)
 - ___ Timing ___ Technique ___ Commitment



Rating: √ = Okay, X = More Practice Needed

NOTES

- ___ **Precision Turns** (Guide 6)
 - ___ side position
 - ___ forward position
 - ___ searching intersection
 - ___ looking into turns

- ___ **Approach To Intersections** (Guide 17)
 - ___ see open/closed zones
 - ___ check rear zone
 - ___ lane position/speed control
 - ___ searching left, front, right
 - ___ staggered, legal, safety stop

- ___ **Timing Arrival for Open Zone** (Guides 20 & 28)
 - ___ Traffic Lights
 - ___ Stopped Traffic
 - ___ Side Zones

- ___ **Left Turn at Green Lights** (Guide 20)
 - ___ Rear
 - ___ Gap
 - ___ Path
 - ___ Light

- ___ **Precision Lane Change** (Guide 22)
 - ___ evaluate zones and blind spots
 - ___ make final blind spot check
 - ___ move to LP2 or LP3
 - ___ enter new lane in LP2 or LP3

- ___ **Approach To Curves** (Guide 25)
 - ___ see curve in target area
 - ___ check all zones for options
 - ___ left curve: LP3, LP1, LP1
 - ___ right curve: LP2, LP3, LP1
 - ___ effective speed control

- ___ **Passing/Being Passed** (Guide 32)
 - ___ identify type of tailgater
 - ___ evaluate gain versus risk
 - ___ check all zones for LOS-POTs
 - ___ control speed and lane position

- ___ **Getting On/Off Highways** (Guide 34)
 - ___ slowest speed on entrance ramp
 - ___ evaluate gap to enter
 - ___ effective speed on acceleration lane
 - ___ getting off the highway: plan ahead, test brakes

- ___ **Backing Techniques & Turnabouts** (Guide 11)
 - ___ creep at a walking pace
 - ___ effective searching

- ___ **Perpendicular Parking** (Guide 23)
 - ___ side position
 - ___ 45-degree target, go forward
 - ___ evaluate alignment to space
 - ___ back to pivot point, turn wheel
 - ___ forward position

- ___ **Hill Stops and Starts** (Guide 29)



Student-Centered In-Car Activities: Lesson 10

Guide 34 Limited Access Highways: While traveling on the highway, select from the following Guides — one at a time. Guides: 12, 13, 14, 16, 18, 19, 21, 22, 24, 25, 26, 27, 31, 32, 33, 35. For example: Ask the teen to make a lane change. Use Guide 22 to evaluate the performance. Repeat same command three or four times, then select another guide. It is important that the teen perform the above listed guides with competency and consistency in slower and lighter traffic flows before having him perform on the highways. When operating on the highway, it is best to have him drive in the right lane as the primary lane. Then you can give him an opportunity to make a lane change to the left lane. You can then have him make another lane change back into the right lane. You can do simulated passing situations using the imaginary “red truck” concept by having the teen move from the right lane into the left lane as if it were a two-lane highway. See Guide 32 for more directions on the simulated passing. **Common Error:** Proper speed selection on the entrance ramp will need coaching. A ramp speed of about 40 m.p.h. will provide the best opportunity to find a gap, or hole, to enter. While in the acceleration lane, coach the teen to reach highway speed before merging into the gap. Once merged, be alerted to speed selection and lane usage. Stay out of the left lane except for passing. Practice entering and exiting the highway several times. While exiting, help the teen to maintain highway speed until the deceleration lane is entered.

34:A Limited Access Highways

Activity 1, Part 1: Use these simulated activities before going on a limited access highway. When there is not a limited access highway within your teaching environment, you must use this simulated approach. Select a secondary four-lane highway, one with a high speed limit and a straight stretch of roadway that is not heavily traveled. Have the student begin from the shoulder edge, if it is suitable to travel on. Tell the teen to pretend he is on the entrance ramp. Read each of the three “On Ramp Behaviors” listed on Guide 34 and have him reenact the behaviors that should be performed. When the roadway is of suitable length, have him drive a short distance performing the on-ramp behaviors. Repeat the “on-ramp” behaviors at least three times.

Activity 1, Part 2: After the teen has consistent success performing “on-ramp” behaviors, use the same highway to go to the next stages: on acceleration lane and highway entry. With the teen driving on the shoulder and conditions permissible, increase speed to a speed that is one-half of the speed limit. Pretend to be on the acceleration lane. Cue the teen to perform all of the behaviors 4-9 on Guide 34 one at a time. Verbalize each behavior, such as, “search for a gap to enter.” And, help the teen to get correct performance. When a behavior is not performed correctly, have him stop and start over again. The “precision lane entry” will be made into the right lane of the highway, of course, when there is a suitable open zone. While on the shoulder, you must be certain that the front and right-front zones are open. Have the teen perform all behaviors from 4-9 successfully three times in a row.

Activity 1, Part 3: Have the teen demonstrate all of the behaviors for “Getting Off the Highway” as listed on Guide 34. You can have the teen while traveling in the right lane (simulated highway) use all behaviors to get back onto the shoulder of the road. Make certain there is an open zone on the shoulder to enter.

Activity 2: The teen should be able to demonstrate how to effectively get on and get off a limited access highway. Use Guide 34 to have each behavior performed successfully at least three times in a row.

Activity 3: The teen should demonstrate acceptable performance of all the guides that apply to a limited access highway environment, such as lane changes, passing and being passed. **Emphasize that the far-left lane is only for passing.**

Activity 4: While driving on the limited access highway give the teen simulated problems to solve. Ask the student, “if your car’s engine died on you at this moment, what would you do?” The student should look for an escape path and demonstrate how to keep the momentum of the car moving by avoiding braking actions until the “simulated location” to stop at is within reach. *Do not actually stop.*

Activity 5: While driving on the limited access highway after passing an exit, tell the teen, “we just missed our exit. What should you do?” At the next exit, have the teen look to see if there is an on-ramp on the other side of the highway and an overpass or an underpass that tells you that if you exit, you are able to cross over to the other side to get to the entrance ramp.

Activity 6: The more simulated problems you give the teen, the better it will prepare him to cope with actual situations. When he is thinking about, or solving the problem, it creates a mental distraction. This gives you an opportunity to see how well he is able to multi-task without having reduced performance.

Guide 35A Behaviors Performance Inventory: The purpose of this Guide is to serve as a final review of the teen’s ability to demonstrate knowledge of, and consistently perform, the behavioral patterns listed on Guide 35A, which are selections from several of the guides. Use this Guide as a check list during several in-car sessions. Select various types of roads and traffic situations.

Guide 35B Procedure’s Behaviors Inventory: The purpose of Guide 35B is to serve as a final review of the teen’s ability to demonstrate knowledge of, and the consistency to perform, the key behavioral patterns for the procedures without any coaching from you. Use this Guide during several in-car sessions. While the teen is driving, select a procedure that presents an upcoming situation. Read the behavioral patterns that are listed on the Guide and then observe the teen’s performance to see if the behaviors were performed in an acceptable manner. When correct behavior is performed, give positive feedback. With incorrect actions, redo the procedure and coach the teen for the correct action. Make a note that more practice will be needed.

Guide 35C Ten Habits Inventory: The purpose of Guide 35C is to serve as a final review of the teen’s ability to demonstrate an understanding, proficiency and a consistency to perform all behavioral patterns and procedures that will lead to the development of the ten EXPERT driving habits. Use this guide on at least three different in-car sessions. Start with the first habit, “Establish Driver-Vehicle Readiness” and evaluate whether the teen performs all of the behaviors for that habit without a need for you to coach him. Make your recording with a ✓ or an X. Then evaluate habit two. Continue this process until you have taken an inventory of how the teen performs all ten habits.

Limited Access Highways

Getting On The Highway

On Ramp Behavior

1. Check The Rear Zone

When planning to get onto a limited access highway, be aware of the status of the rear zone. When there is a closed rear zone, go slower to avoid abrupt stops.

2. Keep 4 Seconds of Space

If there is a vehicle in front, keep 4 or more seconds of space for independent action.

3. Slow On-Ramp Speed

Avoid going fast on the ramp to prevent a slowdown or stop while in the acceleration lane.

On Acceleration Lane

4. Search For Gap To Enter

With a slower speed on the ramp, you have more time to find a suitable gap, or hole, to enter.

5. Blind-Spot Checks

If your vehicle has a convex mirror attached to the outside, it will show vehicles not seen in existing outside mirrors. Without a suitable convex mirror, a head movement check is needed.

Highway Entry

6. Signal Light On

Put your left signal light on, much like making a left lane change.

7. Accelerate Briskly

Once a gap is found, accelerate rapidly to enter the traffic flow at highway speed.

8. Precision Lane Entry

Use precision lane positioning to occupy the least amount of lane space while entering.

9. Mirror Checks

Immediately after entering, check the mirrors to update the rear zone status.

Guides to use while on the highway:

12, 13, 14, 16, 18, 19, 21, 22, 24, 25, 26, 27, 31, 32, 33, 35.

Getting Off The Highway

1. Plan 12 Seconds For Exit

Plan for your exit as early as possible. You should have all the problems associated with exiting solved at least 12 seconds before the exit.

2. Get Rear Zone Status

Once your exit is located, evaluate the condition of your rear zone.

3. Communicate

Use of signal lights and/or a tap on the brake pedal can alert rear traffic that you're exiting.

4. Change Lanes, If Needed

Use correct precision lane changing techniques if lane changing is necessary.

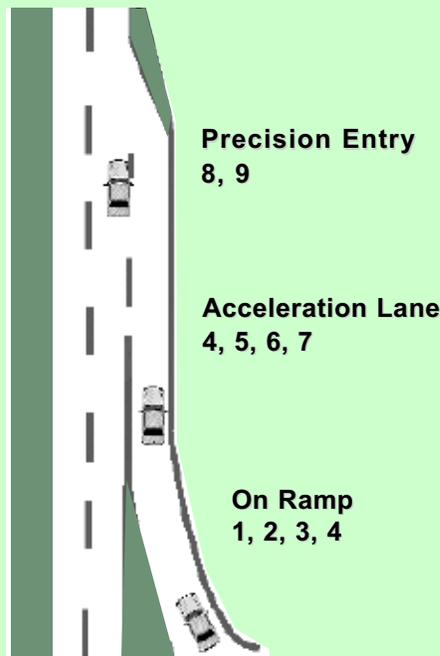
5. Test Brakes Before Exit

While in the deceleration lane, before you are committed to the exit ramp, apply the brake to feel its effect. If there is a problem, you can stay on the highway.

6. Controlled Braking

Use constant pressure for controlled braking.

Getting On The Highway



10

Lesson

Parent-Teen Practice Guides

Student Name _____

Parent/Mentor Name _____

Rating: ✓ = Okay, X = More Practice Needed

| | | | |
|--|--|--|--|
| | | | 1. Establish Driver-Vehicle Readiness (see inside-rear cover for more info) |
| | | | 2. See Path Before Putting the Car in Motion |
| | | | 3. Keep the Car in Balance |
| | | | 4. Use Reference Points |
| | | | 5. Do the Zone Control LOS-POT Searching |
| | | | 6. Turn Decisions into Zone Control Actions |
| | | | 7. Control the Intersection |
| | | | 8. Get Rear Zone Control |
| | | | 9. Get Control With a Vehicle in Front |
| | | | 10. Interact Courteously With Others |

10

Driving Environment: Use all types of roadways during daytime and nighttime conditions.

NOTES

1st Date _____ 2nd Date _____ 3rd Date _____

Signed _____ Signed _____ Signed _____

GUIDE C: Performance of Ten Habits Inventory

NOTES

Directions: Use this Guide on three different in-car sessions.

Place a √ or an X each time an observation is made. √ = Okay, x = Not Okay

| 1 | 2 | 3 | Ten Model Driving Habits Inventory |
|---|---|---|--|
| | | | 1. Establish Driver-Vehicle Readiness <ul style="list-style-type: none"> • Driver Fitness: mental/physical • Butt In Seating Position • Safety Belts On, Head Restraints Up • Doors Locked, Windows Up • Headlights On during daytime |
| | | | 2. See Path Before Putting the Car in Motion <ul style="list-style-type: none"> • See that the Targeting Path you intend to use is clear. • Turn head before turning steering wheel. |
| | | | 3. Keep the Car in Balance <ul style="list-style-type: none"> • Make smooth and effective starts, stops, and steering actions. • Use transition pegs for braking, acceleration and steering forces. |
| | | | 4. Use Reference Points <ul style="list-style-type: none"> • Know within 3-6" where your car is positioned to the roadway. • Know where the car's sides and front are in relation to intersection. |
| | | | 5. Do the Zone Control LOS-POT Searching <ul style="list-style-type: none"> • Search to the Target Area. • Evaluate Targeting Path for LOS-POT(Line-Of-Sight, Path-Of-Travel) blockage. • FIND LOS-POT blockage. • Check other related zones. |
| | | | 6. Turn Decisions into Zone Control Actions <ul style="list-style-type: none"> • SOLVE LOS-POT blockage while 12-15 seconds away. • Gain CONTROL of: speed, lane position, and communication. • Re-evaluate LOS-POT at 4-second Danger Zone. • Be prepared to make adjustments at the 4-second Danger Zone. • Know your Stopping Distance and your Point-Of-No-Return. |
| | | | 7. Control the Intersection <ul style="list-style-type: none"> • Identify LOS blockage. • Check for clear left, front and right zones before entering. • With a red light, or stopped traffic, reduce speed to time your arrival into an open zone. |
| | | | 8. Get Rear Zone Control <ul style="list-style-type: none"> • When your foot goes on the brake, check the rearview mirror. • Before moving to either side, check mirror and blind areas. • When backing, check over shoulder and all mirrors continuously. |
| | | | 9. Get Control With a Vehicle in Front <ul style="list-style-type: none"> • When approaching a vehicle, close in gradually. • When traveling at same speed, keep 4 seconds following time. • When stopped behind a vehicle, see its rear tires touching road. |
| | | | 10. Interact Courteously With Others <ul style="list-style-type: none"> • Empower yourself and reduce stress by being courteous. • Send and receive communications in a timely manner. |



Lessons and Guide Titles

| | | |
|----|--|---|
| 1 | Guide 1: Getting Ready To Drive Guide 2: Starting Engine, Orientation to Controls | Guide 3: Moving and Stopping Smoothly Guide 4: On-Target, Off-Target |
| 2 | Guide 5: Reference Point Discoveries Guide 6A & 6B: Entering Traffic & Precision Turns | Guide 7: Reading Instruments and Gauges Guide 8: Before Exiting the Car |
| 3 | Guide 9: Control of Tracking and Targeting Path Guide 10: Introduction to LOS-POT Blockages | Guide 11A: Backing Introduction Guide 11B: Turnabouts, Driveway-Intersection |
| 4 | Guide 12: Searching Target Area to Target Area Guide 13: Recognition of LOS-POTs, Open/Closed Zones | Guide 14: Introduction to the Zone Control System Guide 15: Forward and Angle Parking |
| 5 | Guide 16: Communication Options Guide 17: Approaching Intersections | Guide 18: Rear Zone Control Guide 19: Stopping In Traffic |
| 6 | Guide 20: Traffic Lights: Timing and Turning Left Guide 21: Using the ABC's of Zone Control | Guide 22: Lane Change With Precision Guide 23: Backing Between Cars, Perpendicular Parking |
| 7 | Guide 24: Responding to Laws, Signs, Signals, Markings Guide 25: Approaching Curves and Hillcrests | Guide 26: Separation Space from Other Vehicles Guide 27: Practice Commentary |
| 8 | Guide 28: Timing Side Zones Guide 29: Hill Stops and Starts | Guide 30: Parallel Parking |
| 9 | Guide 31: Night Driving Conditions Guide 32: Being Passed and Passing | Guide 33: Responding to Problems |
| 10 | Guide 35A: Behaviors Inventory Guide 35B: Procedures Inventory | Guide 35C: Ten Habits Inventory |

“This is not your father’s Driver Education!”

Guides Provide a Blueprint for **EXPERT** Driving Habits

The Guides are like a blueprint that provides precise steps necessary for the development of Expert driving habits that will last a lifetime. Each Guide provides an opportunity to build upon behavioral patterns that were learned in earlier Guides, and to perform them with different applications. The Guides are structured from the simple to the complex to aid in habit development. A behavioral pattern is presented in one Guide, then applied to different situations in several other Guides.

Recent brain research has found that repetition of single actions (behaviors) develops a powerful network of glial cells and neurons in the brain that can give the teen the ability to perform better, even with little driving experience, than the ordinary driver who may have many years of experience. It is the structure of the repetitions that gives the teen the “right” experience within a short period of time. The teens learn and practice into habit the techniques that expert drivers are characterized by.

ISBN 0-9728170-1-8



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