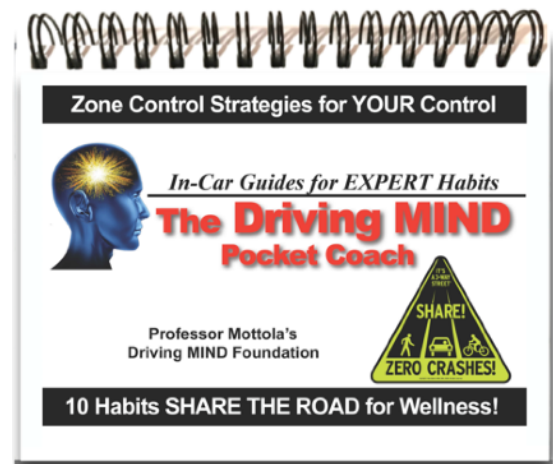


Before Teens Perform the First In-Car Lesson: Demonstration of Awareness Habits

Teens should be able to explain and demonstrate the following Zone Control Strategies and actions listed on the *Driving MIND Pocket Coach* pages 6 to 39, which include:

Pg 6, 7, 13, 19. Critical Seconds
Pg 6. Buffer
Pg 6, 10. Cover Brake
Pg 7. 4-Second Danger Zone
Pg 7. 2-Second PONR (Point-Of-No-Return)
Pg 7, 13. Target Area, Targeting Path (TP)
Pg 8, 10, 12. 3-Step Habit Cycle
Pg 8. Zigzag
Pg 8, 9, 10. Go or Slow Condition
Pg 8. Four Actions to avoid head-on crash
Pg 8. LP1, LP2, LP3,
Pg 9. SAM (Selective Attention Matrix)
Pg 9. Future A Zone and Present B and C Zones
Pg 11. Six Searching Locations
Pg 13. 45-90 degree searches
Pg 13. LOS Blockage
Pg 14. 15. Crossing with a "Walk" Light
Pg 16, 17. Stop to See Tires, Rewards Received
Pg 18, 19. Open/Closed Zones
Pg 20. How to Measure Space
Pg 20, 21. 4-Seconds Separation Space
Pg 22, 23. Co-Driver Viewing Reference Points
Pg 24. Forward Position for right turns
Pg 24, 25. Safety Stop Position — 90° Search
Pg 24, 25. Deep Search to Target Area
Pg 26, 27. Practice Detecting & Correcting Skids
Pg 26, 27. Swivel Chair Skid Control Practice
Pg 18, 29. Windows up to eliminate "guillotines"
Pg 30, 31. Rewards for Safety Belts On
Pg 32, 33. How to eliminate Texting Habit
Pg 34, 35. Solutions to Drowsy Driving
Pg 36, 37. Adjustment of Outside Mirrors
Pg 36, 37. Use of Outside Mirrors
Pg 36, 37. How to check Mirrors Blind Areas.
Pg 38, 39. Co-Driver Practice On-Off Target
Pg 38-39. Turn head on Target before steering
Pg 38-39. Use of Transition Peg for car control



All it takes is desire and practice
for these habits to form.

**These actions, when practiced into habits, can prevent the majority of crashes.
A Certified Driver Wellness Coach is able to Evaluate and Coach the teen
for successful performance.**