



Professor Mottola's

Driving MIND Cues

Phase 1 Practice

This is a sample link of the content of the **Driving MIND Cues PDF** that can be downloaded onto a mobile device as a guide for “deliberate” practice.



Cultivate the **Power of YOUR MIND!**

Expert Habits are formed by “Deliberate Practice!”

Train the BRAIN

To accomplish any skills — playing sports, playing a musical instrument, singing, writing poems, becoming a surgeon — requires deliberate practice of repetitions.

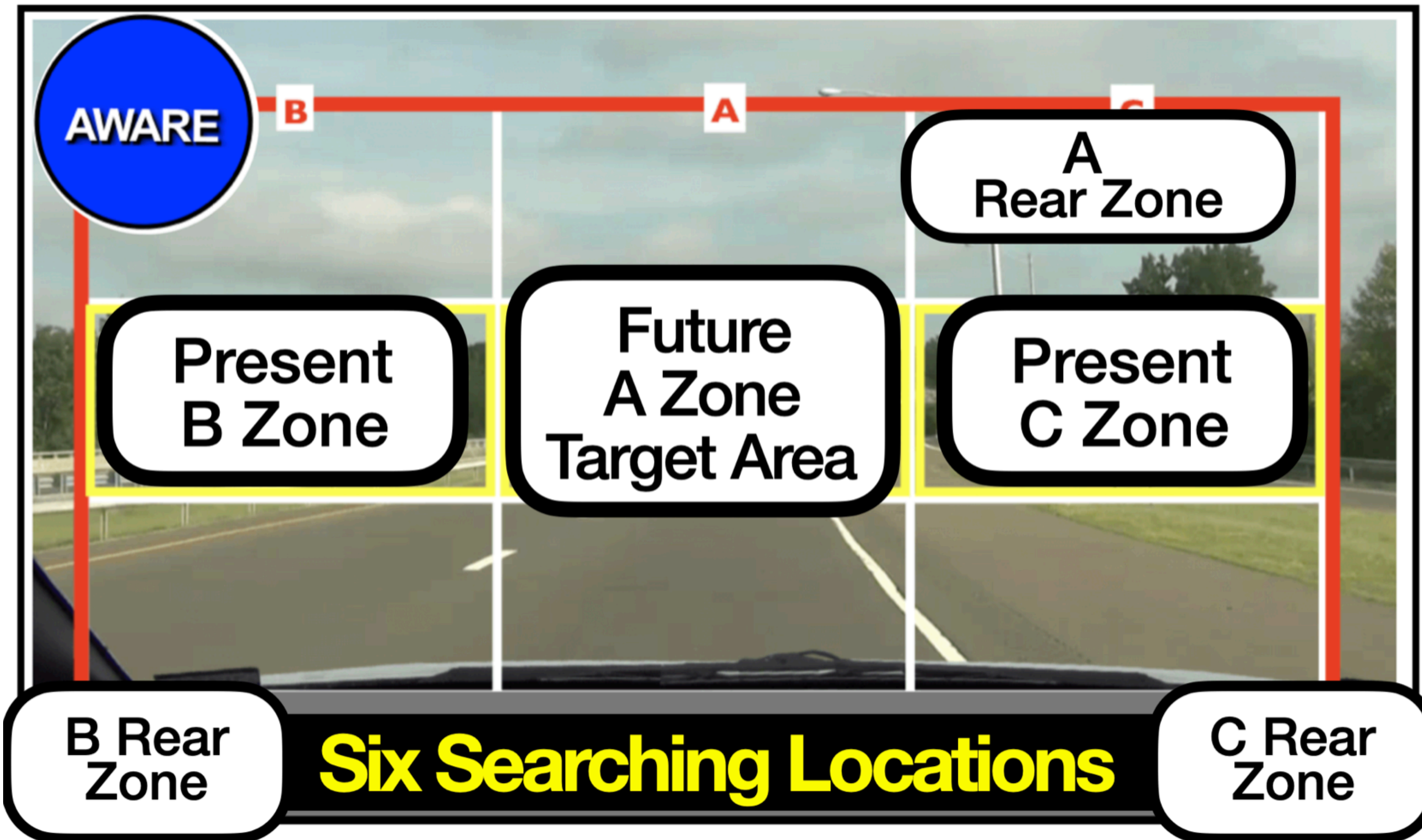


This collection of **Driving MIND Cues** serves the same purpose for developing traffic safety strategies into habits as a music book serves to master playing a musical instrument. The sheet music provides a standard for what to play and when a wrong note is played the error is immediately detected and corrected — it doesn't get repeated into habit.

The **Driving MIND Cues** form a standard that can be learned and repeatedly practiced into **EXPERT** driving performance.



Selective Attention Matrix (SAM)



Practice Into Habits

Search to the “Future A-Zone Target Area.”

- Visualize the use of SAM to find “Critical Seconds” and “LOS-POT Blockages” that are 8 to 15 seconds ahead.
- Think of which of the other six searching locations you should check to find the best speed control and lane positioning to manage separation space when you are at the four-second danger zone.

Target Area Search

Practice MIND Cue



Spend 5-10 minutes as a pedestrian, passenger, or co-driver searching to your target area. Begin by looking as far as you can. Select a stationary object (a “target”) that appears in the center of the path you are taking. The “target” and the area to its left and right is the “Target Area.”

Search to the Target Area and evaluate your Path of Travel (POT) to find if it is “Open” or “Closed.” A “closed” POT means there is someone, or something, blocking your approach to the target area.

See how many different conditions you can find that create a “Closed” POT. Then practice the next MIND Cue.

Critical Second Practice MIND Cue

The “Critical Second”

The “critical second” is when other vehicles and users of the roadway are within one second of your vehicle.

It also is at the moment when a potential change in speed or direction is needed.

It’s the last second before a potential crash!

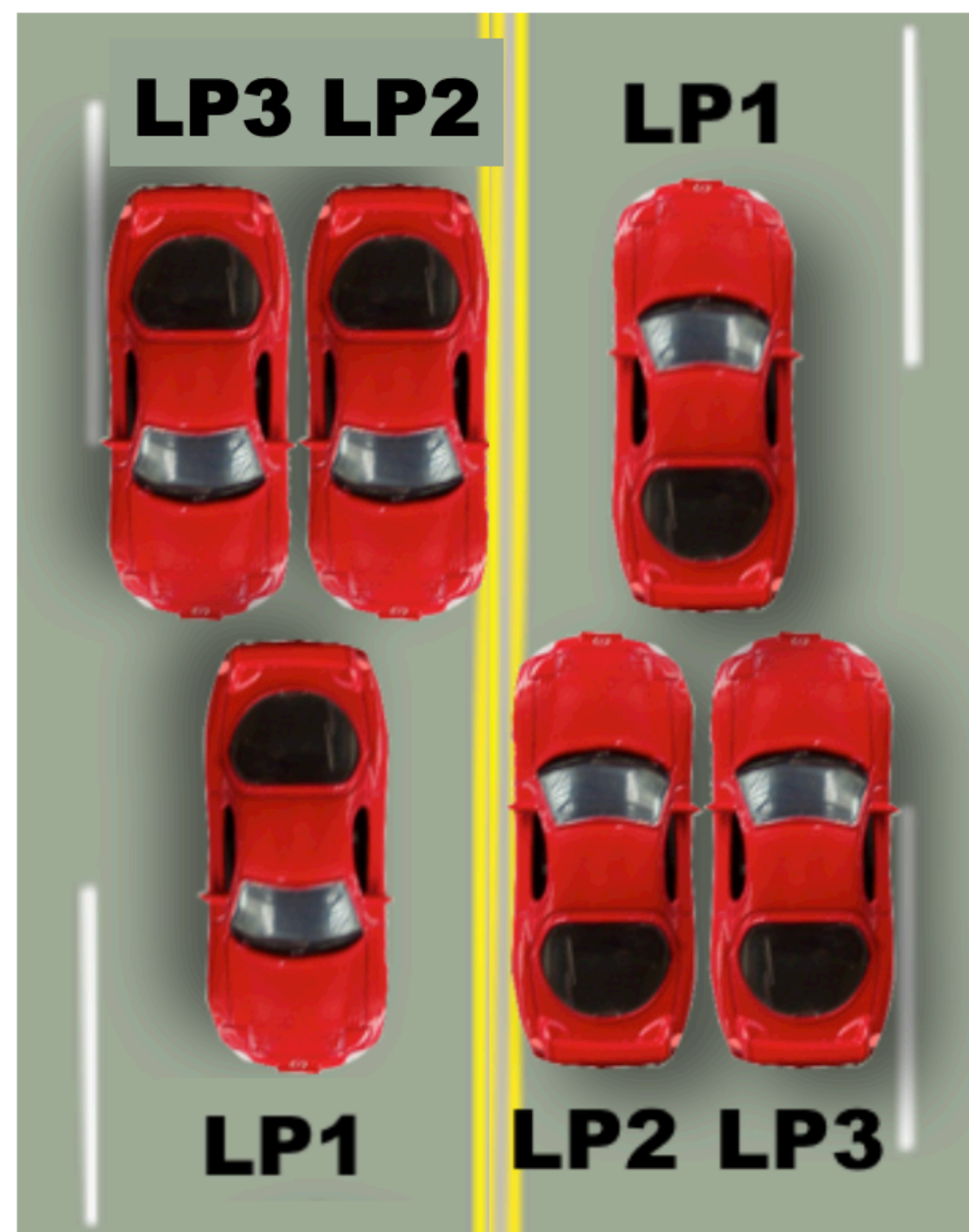
Spend 5-10 minutes as a pedestrian, passenger, or co-driver finding the critical seconds when you are still 10 or more seconds away.

Search to the Target Area and evaluate your Path of Travel (POT) to find the next Critical Second you will be approaching.

Decide whether it is stable or unstable. An “unstable critical second is one that is likely to change its position and become in motion. Determine what you could do as a pedestrian to not be affected by the critical second.

See how many examples you can find of critical seconds. Then, advance to the next page for another MIND Cue.

Find LP1, LP2, LP3



Spend 5-10 minutes as a pedestrian, passenger, or co-driver finding the Lane Positions (LPs) of vehicles ahead and of oncoming approaching vehicles.

Observe how and when drivers make changes in their LP. Try to guess what actions the driver will be taking based on the LP moved into. For example, the driver ahead approaching an intersection moves from LP1 to LP3. What do you think the driver will do? If you thought the driver would be making a right turn you are correct.

Make it into a challenge to see how many actions of other drivers you are able to find. Then, go on to the next MIND Cue.

Go or Slow Condition

Practice MIND Cue



Spend 5-10 minutes as a pedestrian, passenger, or co-driver finding whether your POT is a “Go” or a “Slow” condition. You begin by searching to the Target Area and find whether you have an open or closed POT. When you have a closed POT you then decide if you were the driver approaching that condition should a reduction in speed take place. If so, that is a “Slow” condition.

When you are a Co-Driver you can acquire better awareness of when a reduction in speed should take place that is far better than only seeing the posted speed limit sign — which doesn’t tell you that the condition you are approaching requires a speed reduction.

After 10 minutes go to the next MIND Cue.

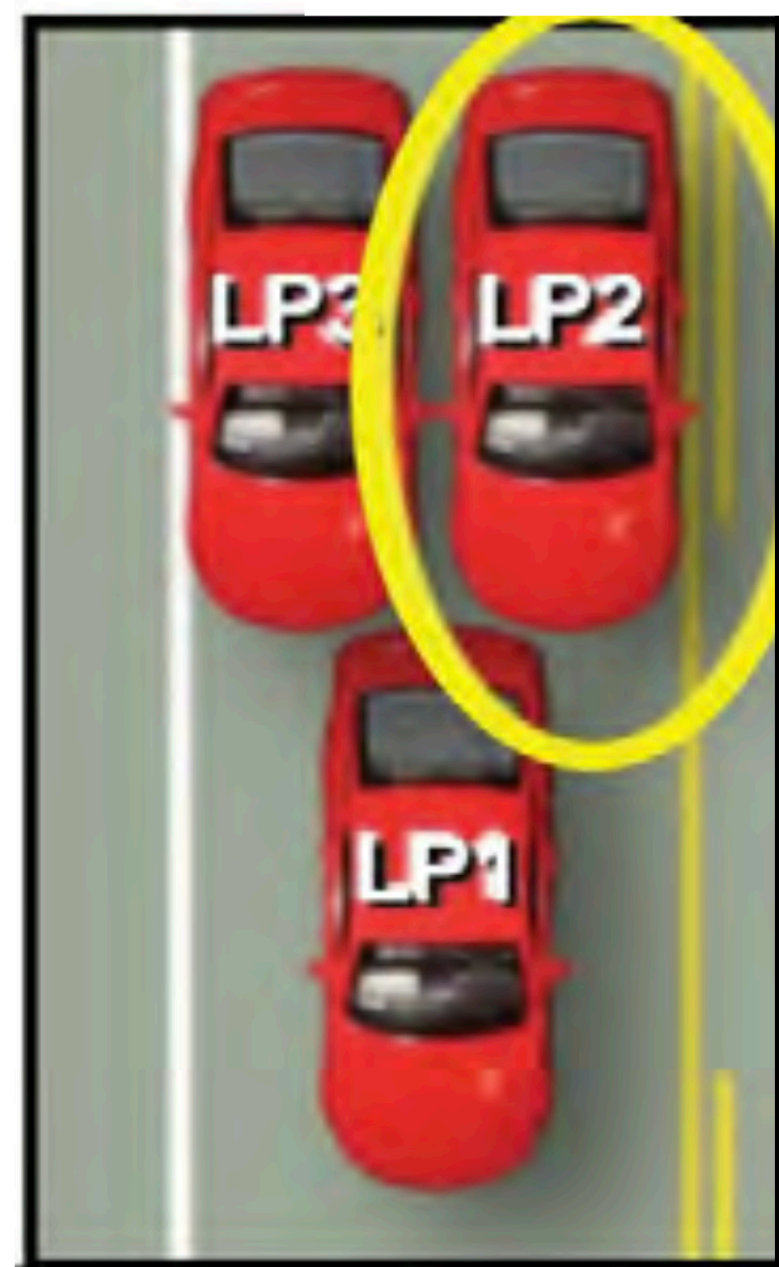
This is a sample of the **Driving MIND System Cue**, which is used to guide awareness to prevent head-on crashes.



Find **“Slow”** or **“Go”**
Conditions and LP’s of Vehicles

**Four things to Search
the A Zone for.**

1. Look for **Slow** conditions.
2. Look for **Go** conditions.
3. Look for the **LP** of vehicles.
ahead as well as oncoming.
4. Search A Zone for a **car tailgating** a vehicle making
a right turn, **who may zigzag** into your path.



1. **Reduce your speed.**
2. **Find Escape Path - Take LP5.**
3. **Flash high beam headlights.**
4. **Blow your horn.**

Practice Into Habits

Search to the “Target Area” to find “Slow” or “Go” conditions. Find oncoming vehicles and evaluate which of the LP’s they are in. **Pay attention to whether the vehicle is a stable or unstable critical second.** Pretend that an oncoming vehicle is an unstable critical second and think about the four actions you would be able to take as a driver. Spend 15-20 minutes at a time while being a Co-Driver — or a pedestrian — practicing until the actions come without hesitation. Repeat this practice on several days.

How would you rate yourself?
Practice until your responses come without hesitation.

The **“Critical Second”**—
when you are within one
second of others!



- 1. FIND: Critical Second in the Future A Zone (Target Area)**
- 2. SOLVE: Critical Second Before Reaching the Danger Zone**
 - Detect LOS-POT Blockage
 - Get Best Speed Control, LP, Communication
- 3. CONTROL: 4-Second Danger Zone**
 - Separation, Speed Control, LP, Communication
- 4. CONTROL: 2-Second PONR (Point-Of-No-Return)**
 - Cover Brake, **100% Focus**, 45° Search

You're in CONTROL of the Critical Second!

Habit 2: Search the A Zone (Target Area) for Critical Seconds

Search to the “Target Area” to find “Critical Seconds” and “LOS-POT Blockages” to be managed. Use the sequence listed to the left.

Pay attention to having control of the best speed, lane position, and communication when at the 4-second danger zone.

Then, 100% attention is spent at the 2-second PONR.

Each day try to find two or three critical seconds to manage.