



Professor Mottola's  
***Cultivating the Driving MIND***<sup>TM</sup>  
*for Family Wellness Training*

**Practice Mind Cues into Habits**

**Pedestrian Awareness**

Save this onto your mobile devices to serve as a reminder of what to practice!

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## Cultivate the **Power of YOUR MIND!**

*Expert Habits are formed by “Deliberate Practice!”*

**Train the BRAIN**

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



**T**his 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.





**Train the BRAIN**

## **There are Five Conditions that Require Different Strategies for Pedestrian Awareness!**

**Condition 1:** Walking on a sidewalk: Approaching LOS Blockages at driveways and Crossing streets.

**Condition 2:** Crossing the street in a marked crosswalk with a “Walk Light.”

**Condition 3:** Crossing the street at a marked crosswalk.

**Condition 4:** Crossing the street mid block without a crosswalk.

**Condition 5:** Walking on the road.



Train the BRAIN

## These are the “Tools” needed to cultivate Strategies for all Five Pedestrian Conditions!

1. Find Critical seconds - determine stable or unstable
2. Define a Target and TargetArea
3. Find LOS-POT Blockages
4. Practice 45° Search
5. Practice 90° Search to Target Area
6. Go or Slow Conditions — Open or Closed POTs
7. Identify LP1, LP2, LP3
8. Find opportunity to be Courteous
9. Judge seconds of approaching vehicles
10. Find Holes, Gaps, and Clusters in Traffic Flows

**Expert Habits** are formed by “deliberate practice” of one or two strategies often enough for them to take place correctly without hesitation by habits.

**Practice each of these ten strategies** as a pedestrian, as a passenger, or as a co-driver. Select one of the MIND Cue pages and follow the directions for practice. Then, after 5-10 minutes of practice, select another MIND Cue. Keep going back and forth between these ten strategies until each are clearly formed in **your mind**.

**Use the index number in the upper left corner to find the MIND Cue for practice.**

Advance slide when ready.

# 1 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.

# 2 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.

# 3 LOS-POT Blockage

Practice MIND Cue



**LOS Blockages** are caused by Vehicles and the Environment. **Environment LOS** include: curves, hills, buildings, fences, trees, bushes, trees, signs, snow banks. **Vehicle LOS** include: Vehicles parked, slow moving, and entering the roadway.

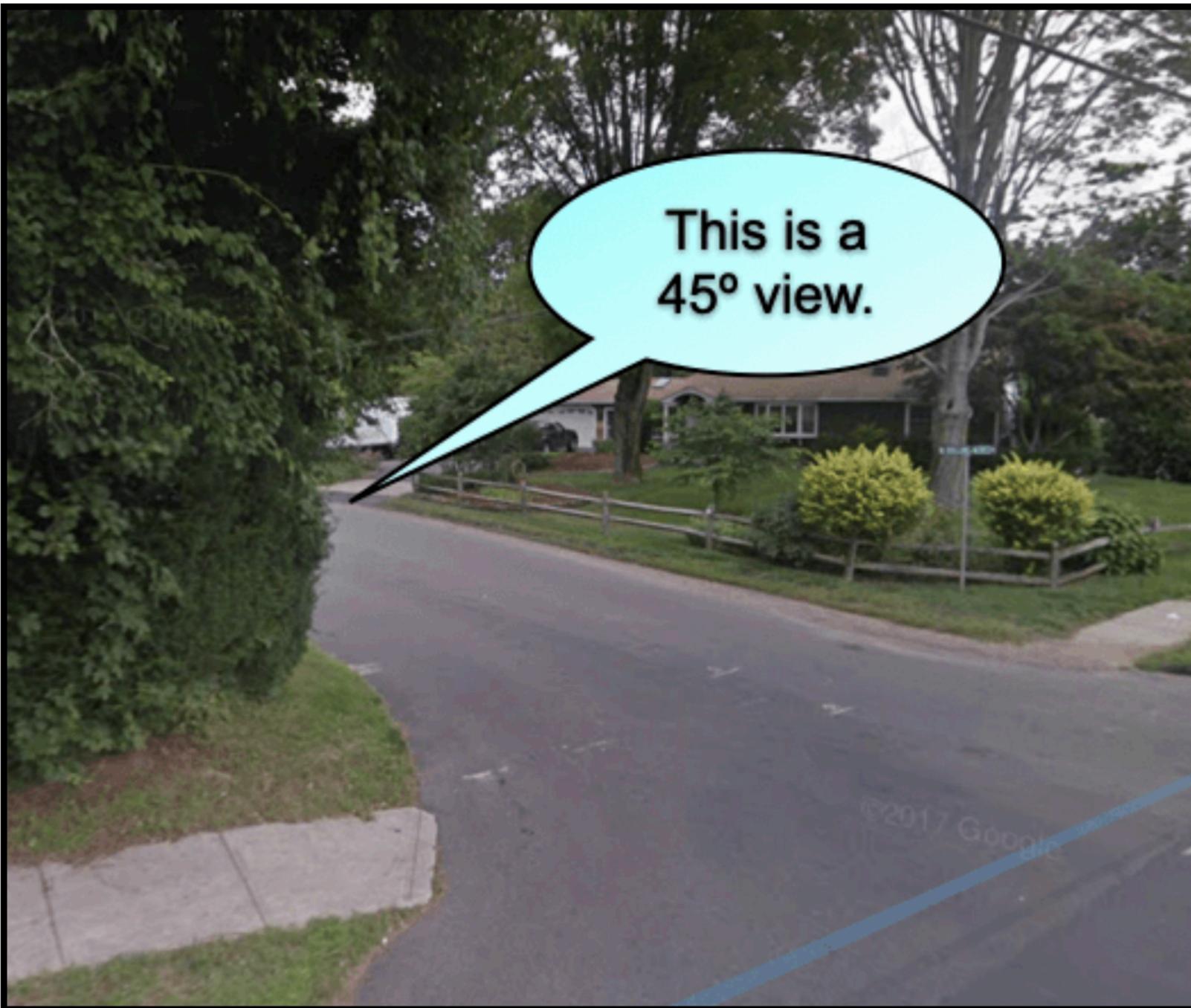
**Spend 5-10 minutes** as a pedestrian, passenger, or co-driver finding LOS-POT (Line Of Sight, Path-Of-Travel) Blockages. You begin with finding a blockage to your line of sight, then look for a something that may come into your path of travel (POT).

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

**Evaluate the LOS-POT Blockage.** Pay 100% attention to the possibility of something that may come into your POT.

See how many different LOS-POTs you can find within 10 minutes. Then select another MIND Cue to practice.

# 4 Making 45° Search Practice MIND Cue



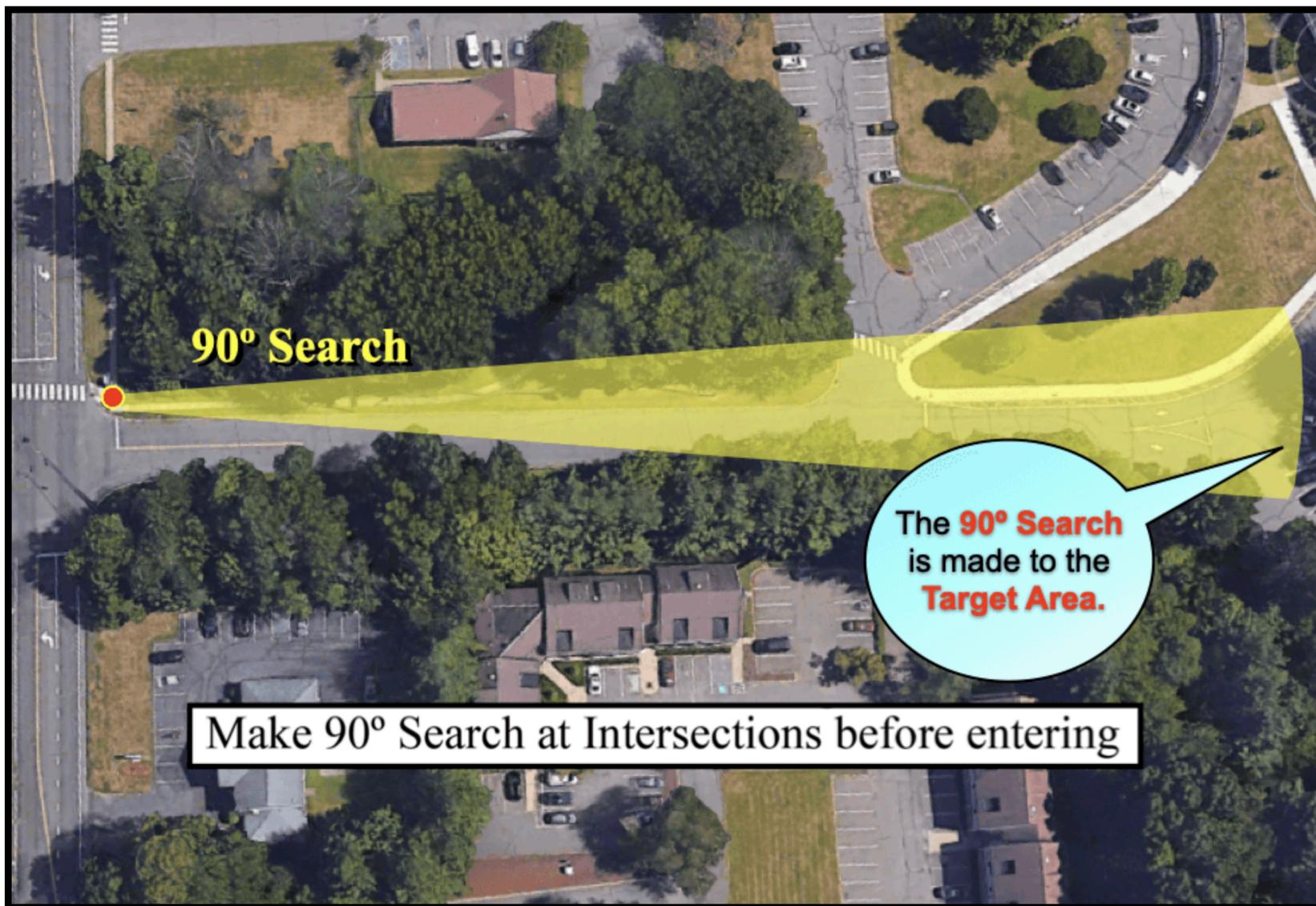
**Spend 5-10 minutes** as a pedestrian, passenger, or co-driver finding practice for making a 45° search.

**Practice in a Parking Lot** when you are walking from a parked vehicle before stepping into the travel path to see if it is clear. Then you would make a 90° search to the target area on both the left and right directions.

**Practice while walking on a sidewalk.** Find LOS-POT Blockages at crossing roads, at driveways, and at parked vehicles.

See how many different situations you were able to make a 45° search. Then select another MIND Cue to practice.

# 5 Making 90° Search Practice MIND Cue



**Spend 5-10 minutes** as a pedestrian, passenger, or co-driver practicing searching to the Target Area to make a 90° Search.

**Search to the Target Area** and evaluate your Path of Travel (POT) to find approaching vehicles. Practice in a parking lot making a 45° search. See the sequence of making both the 45° and 90° searches. As a driver of a bike or motor vehicle, you will make the 45° when the vehicle is moving, and make the 90° search when stopped before entering the roadway.

See how many conditions you can find where a 45° or 90° search is needed. Then select another MIND Cue to practice.

# 6 Go or Slow Condition

## Practice MIND Cue

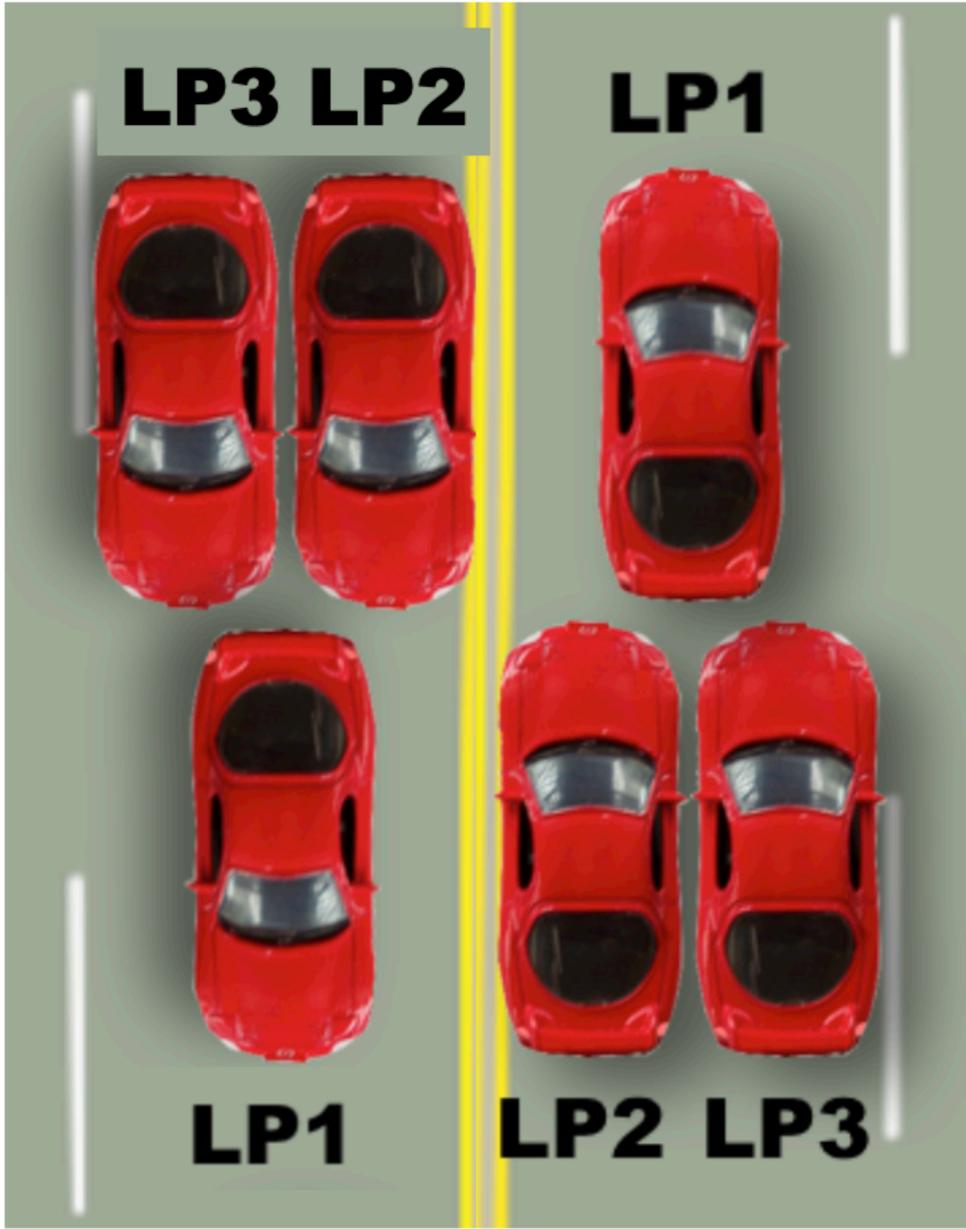


**Spend 5-10 minutes** as a pedestrian, passenger, or co-driver finding whether your POT is a “Go” or a “Slow” condition. You begin by searching to the Target Area and find whether you have an open or closed POT. When you have a closed POT you then decide if you were the driver approaching that condition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

Go to the next MIND Cue.

# 7 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 were able to find. Then, go on to the next MIND Cue.



# 8 Courtesy is a Gift Practice MIND Cue

## Being Courteous is a Gift to Yourself that Puts **YOU in Control!**



- Be In Control
- No Surprises
- Responsible
- Stress-free
- Enjoyable
- Smooth
- Efficient
- Safe
- No Road Rage

When you're courteous you're in control. When you're in control there are no surprises, no stress, no rage — **no crash!**

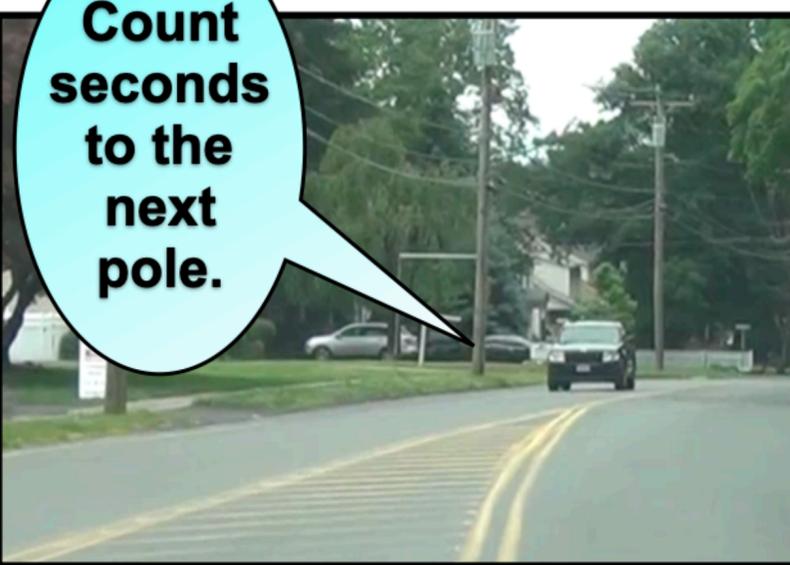
**As a pedestrian,** passenger, or co-driver find 2 or 3 opportunities each day to be courteous. Think of how you gain the values listed here when you take charge of situations by being courteous.

**Search to the Target Area** and evaluate your Path of Travel (POT) to find other users of the roadway that may be entering your POT. Think of what you could do if you were driving a car or a bicycle to be kind and courteous to take control of the situation.

**As a Pedestrian ready to cross a road** becoming aware of approaching vehicles and not stepping out into a driver's path is an act of kindness and **consideration** — and it keeps you safe!

**Try to be courteous every day!**

# 9 Judge Seconds of Approaching Vehicles



- ### To Measure Space
1. Take a guess.
  2. Select a marker.
  3. Car ahead passes marker.
  4. Begin counting.
  5. Stop counting when the vehicle reaching you.

**Most important, take a guess before counting.**

## **Evaluate the speed of approaching vehicles.**

There are three evaluations to make to determine whether it is safe to cross a street.

**1. Measure the speed** of vehicles by counting how many seconds it takes for a vehicle to go from one "marker" to the next. This will allow you to detect if there is speeding driver approaching.

**2. Measure the space from an approaching vehicle.** Take a guess of how many seconds an approaching vehicle will take to arrive at your location. Then, count by 1001, 1002, etc, until the vehicle reaches your location.

**2. Measure how many seconds it takes you to cross the street.** Then, double those seconds as the standards of space needed before crossing the street.

Repeat this at locations you cross.

# 10 Find Holes, Gaps, Clusters MIND Cue



Cars stopped at traffic lights get grouped together into "clusters".

A "cluster" is a grouping together of vehicles to form a traffic flow.

A "gap" is vacant space between vehicles in the cluster.

A "hole" is the vacant space between two clusters of traffic

If you are confident that you understand and are able to explain and demonstrate these strategies, that is great!

*See the options you have for additional coaching!*

**Observe the traffic flow on the streets in your neighborhood.** When it is a lightly traveled road, **before crossing at mid block**, make a deep 90° search to the target area in both directions for an open POT, and look ahead to your forward path.

**When in areas with heavy traffic flows** notice the **cluster, gaps, and holes** within the traffic flow. Use a marked crosswalk. Always wait for the **hole in both directions** before crossing.

**When walking on the road**, avoid dark colored clothing and walk facing traffic. Be aware of approaching vehicles LP. Be prepared to step aside when you detect a driver in LP3 and not moving over into LP1 or LP2.