

Use of Cue Cards for In-Car Deliberate Practice

Introduction: The major objective of e-Coach Zone Control Awareness Training is to achieve space-management habits. The cue cards allow you to bring what you learned from the e-Coach activities into the car as a reminder of what to practice often enough to develop habit. In order to develop habits it takes practice of one behavior at a time. When one specific action is performed it becomes “deliberate practice.” Practice using the cue card until that behavior becomes a spontaneous automatic action.

1. Print a copy of the Cue Card.

2. Fold the sheet of the Cue Card into quarters.

3. Read the Cue Card. Then use the glove box as a holder to make the card visible as a cue to practice.



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An In-Car Activity

Whether as a driver or a passenger, roll the window halfway down and feel the edge of the glass. Give a light rap on that edge with your closed fist — then imagine how it would feel if you were moving your fist at 40 mph, which may be the speed of your head's impact into that edge during a T-boned crash.

Having windows closed and the air conditioner on will give you better fuel efficiency at highway speeds than having the windows open. Another advantage of having windows closed is it prevents flying insects from entering the vehicle and causing distractions that have resulted in loss of car control.

If you have children in the backseat, half opened windows can be a danger to them as well.



Windows Up - No Guillotines!