

Professor Mottola's

Driving MIND eCoach

for all Family Members



Message for All Family Members

Introduction to Awareness Training

Intro 1 - H 00-01A - Intro With Interview And Driving MIND

Driving MIND for Licensed Drivers

Blindness

Blindness

or Co-Driver fo

How to Make Holder for Pocket Coach

The Driving MIND System
has two components:
The *Driving MIND eCoach*
The *Driving MIND Pocket Coach*



Strategies that Place YOU in Control



Training the Brain for Zero Crashes

The Driving MIND™

Pocket Coach

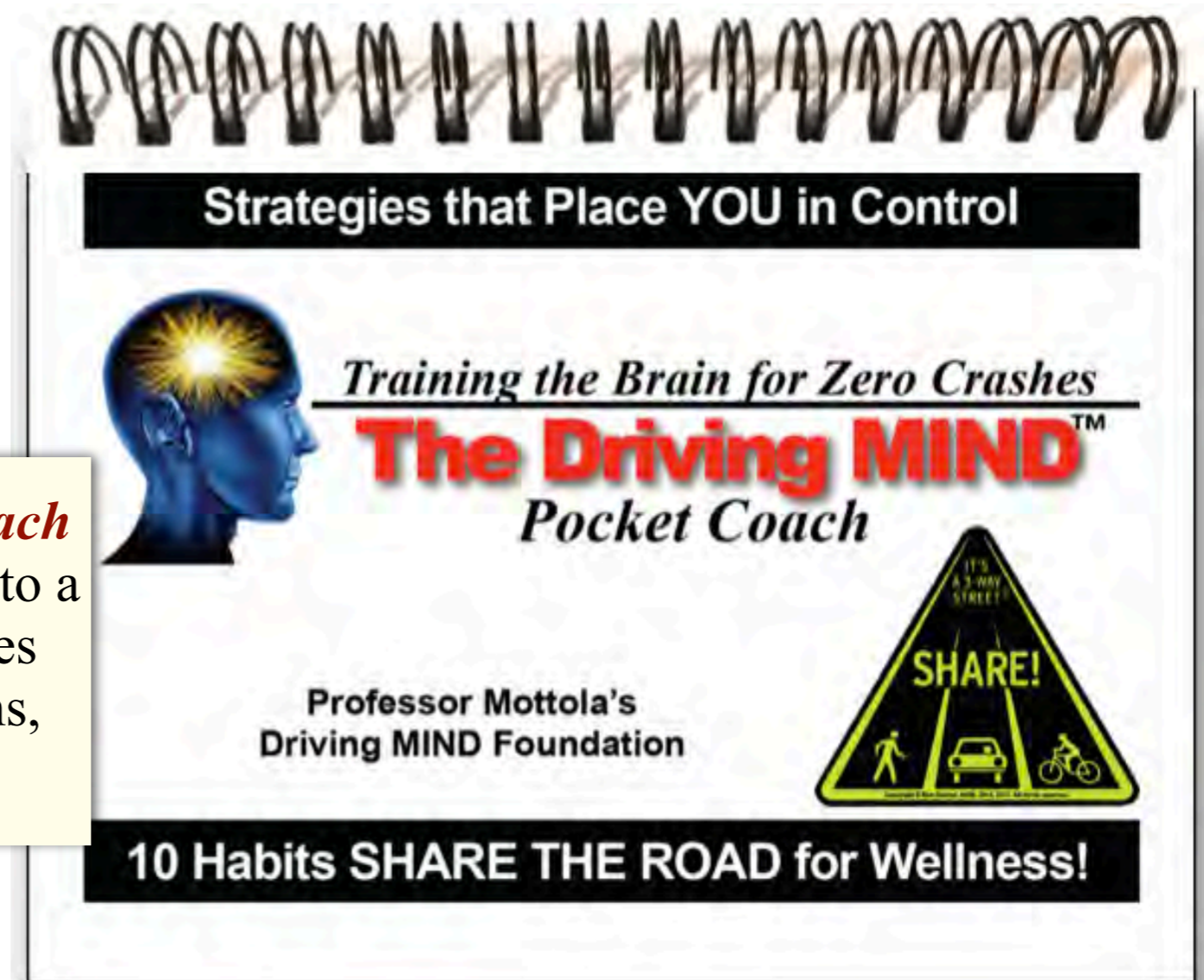
Professor Mottola's
Driving MIND Foundation

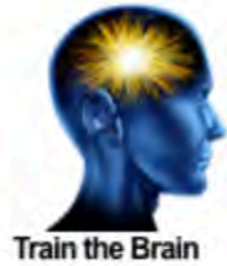


10 Habits SHARE THE ROAD for Wellness!



The Driving MIND Pocket Coach is 5.5" x 4.25" designed to fit into a pocket to make the MIND Cues available for use by pedestrians, co-drivers, and drivers.





Professor Mottola's

Driving MIND eCoach

for all Family Members



Message for All Family Members

Introduction to Awareness Training

The *Driving MIND eCoach* provides activities and quizzes for teens and parents to “experience” the **Zone Control Strategies** to move the vehicle smoothly, efficiently, and crash-free.

- Interview And Driving MIND
- Driving MIND for Licensed Drivers
- Family Rollover
- Causes Blindness

Driver or Co-Driver for

How to Make Holder for Pocket Coach

The *Driving MIND Pocket Coach* provides coaching for how to practice the strategies into **EXPERT** habits.



Strategies that Place YOU in Control



Training the Brain for Zero Crashes

The Driving MIND™

Pocket Coach

Professor Mottola's
Driving MIND Foundation



10 Habits SHARE THE ROAD for Wellness!

The Driving MIND Strategies encourage Attitudes that Share the Road with Kindness to receive these rewards.

Do you want them?

The inside of the front cover states these **values to strive for**.

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



There are **two sections** to the
Pocket Coach:

The **Ten Habits of Zone Control**, based on the content of the *Ten Habits* book, can be of value to any person, young or old, to pedestrians, bicyclists, passengers, and drivers.

Teachers who have been using the Ten Habits book will have access to a digital version that is located on the *Driving MIND eCoach*. It can be viewed on a Smartphone.

There are **two sections** to *The Driving MIND Pocket Coach*. The Habits can be identified by this **1A** code at the bottom of a page, and the Lessons are identified by this **1A** code.

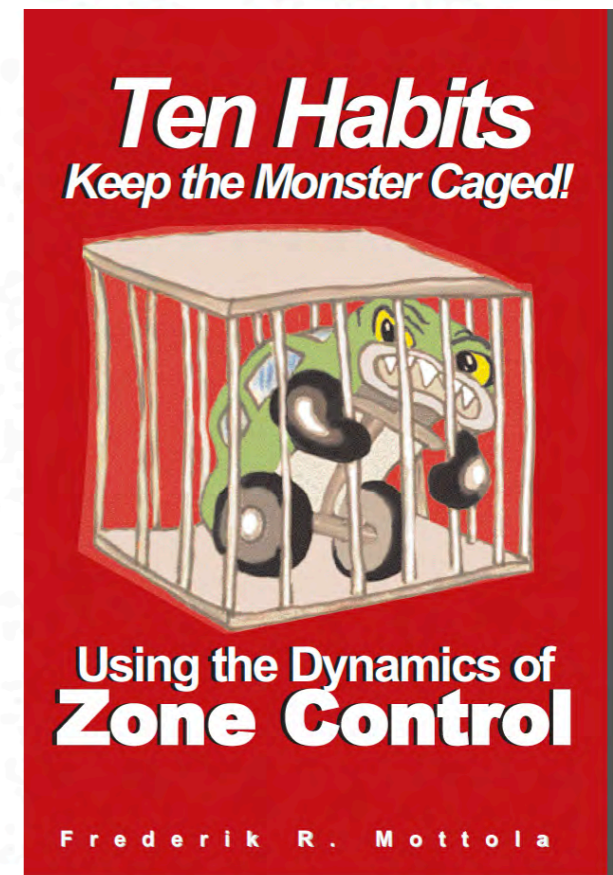
Ten Habits of Zone Control

01. Establish Driver Readiness
02. See Clear Path Before Moving
03. Keep the Car in Balance
04. Use of Reference Points
05. Use SAMatrix Zone Control Search
06. Mastering Zone Control Awareness
07. Control the Danger Square
08. Evaluate Rear-Zone Conditions
09. Control Separation Space
10. Interact Courteously With Others

Habits can be learned and practiced in any order by anyone — pedestrian, bicyclist, co-driver, and driver.

Lessons for teenagers should be performed in sequence, as each Guide builds upon others.

See the **INDEX** at the back of the book for a listing of the **Zone Control Strategies**.



There are **two sections** to the
Pocket Coach:

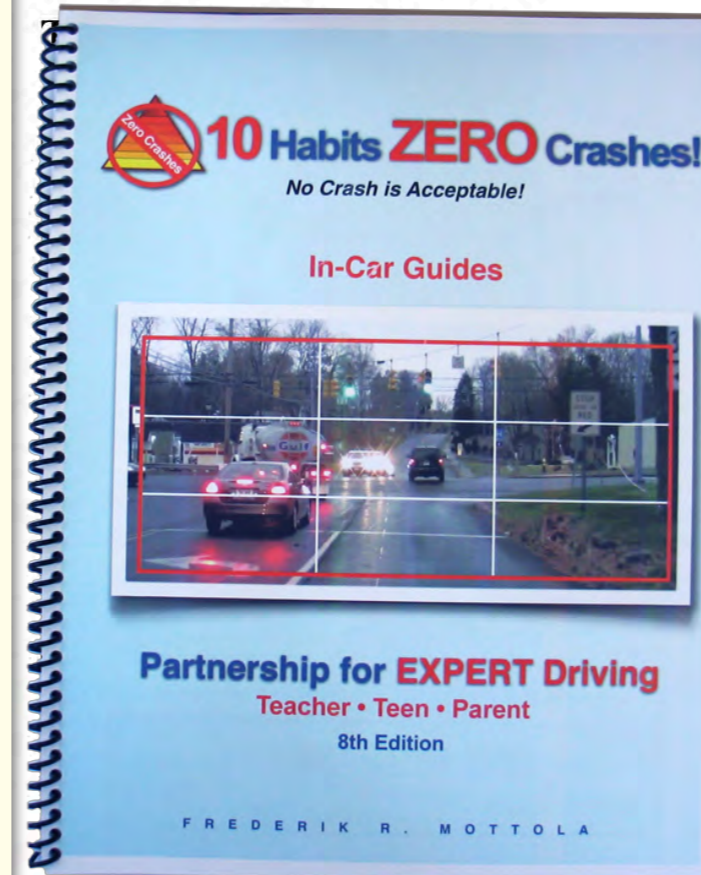
The **Ten Lessons In-Car Guides**, based on the content of the *Partnership for Expert Driving* book, are essential for novice drivers learning to acquire a driver's license.

Licensed drivers who want to improve on their car control skills will also benefit from this section.

Teachers who have been using the Partnership book will find the same Guides in the *Pocket Coach*. And, there are many supporting activities on the *eCoach*.

There are **two sections** to *The Driving MIND Pocket Coach*. The Habits can be identified by this **1A** code at the bottom of a page, and the Lessons are identified by this **1A** code.

4



Ten Lessons In-Car Guides

1. G01 Driver-Vehicle Readiness
 G03 Moving and Stopping Smoothly
 G04 On Target - Off Target
2. G05 Reference Points
 G6A Entering & Crossing Traffic
 G06B Precision Turns
3. G11AC Turnabouts, 3-point Turn
4. G13 Recognition of LOS-POTs
5. G17 Approach Danger Squares
 G18 Rear Zone Control
6. G20 Timing Lights, Left Turns
 G21 Entering Exiting Roundabouts
 G22 Precision Lane Change
 G23 Backing into Parking Space
7. G25 Approaching Curves and Hills
 G26 Separation Space
8. G29 Hill Stops and Starts
 G30 Parallel Parking
9. G31 Nighttime Driving
 G32 Being Passed - Passing
10. G34 Limited Access Highways



INDEX: Zone Control Strategies

Pre-Readiness

Physically fit as a Co-Driver.
Eliminate drowsiness.
Adjust seat and mirrors on approach.
Adjust seat-in seating position.
Seatbelts up; doors locked.
Always has headlights on.

Before Moving

Search for clear Path-Of-Travel.
Check for LOS blockages.
Check LOS before tires are turned.
Search Future Window.
Monitor Present Window.

Balance

- Smooth and effective acceleration and braking actions.
- 2. Know transition pegs for vehicle balance.
- 3. Identify and know correction of off-target skids.
- 4. Know how to control "Slide Space."

04. Know how to Use Reference Points

1. Know within 3-6 inches where the front, rear and sides of the car is positioned to the roadway.
2. Know where the car's sides and front are in relation to intersection curb lines.
3. Know Lane Positions LP1, LP2, LP3, LP4, LP5.

05. Use SAM for Zone Control Search

1. Search SAM's (Matrix) A Window to the Target Area for open or closed zones.
2. Evaluate whether condition is a "go" or "slow."
3. FIND LOS-POT (Line-Of-Sight, Path-Of-Travel) blockage critical seconds.
4. Search other zones for additional information.
5. Search other zones for an escape path.

**Mastering these Strategies
into HABITS can
Prevent Most Crashes!**

Controlling Zone Control Awareness

Know how to SOLVE LOS-POT critical seconds.
Know how to know a "Go" or "Slow" condition.
Know the best: speed control, lane positioning, communication option for situations.
Know how to CONTROL the 4-sec. danger zone.
Know how to control the Point-Of-No-Return.
Know the effects of Traffic Sign, Pavement Markings

How to Control the Intersection

1. FIND LOS-POT blockage and CONTROL it.
2. When moving: LOS-POT 45-degree search.
3. When stopped: 90-degree search to target area.
4. Know staggered, legal, safety stop positions.
5. Search for open gap or hole in traffic flow.
6. Before entering, find open left, front, right zones.
7. Know how to time arrival into an open zone.
8. When first at green light, look for pedestrians and red light runners.

**Teens can Learn these Strategies
as Co-Drivers — BEFORE Driving!**

08. Evaluate Rear-Zone-Control Conditions

1. When driver brakes, check the Co-Driver Mirror for open, closed, unstable rear zone.
2. Identify tailgater: charger, one pacer, habitual.
3. When stopped, monitor rear until "sand barrels."
4. Before moves to LP4 or LP5, check B or C rear.

09. Know how to Control Separation Space

1. For stopped or slowing cars, close in gradually.
2. When moving at same speed as vehicles ahead, control front buffer with 4-seconds separation.
3. See rear tires of stopped cars touching the road.
4. When the car in front moves, see if it's a "go" before moving to avoid making false starts.

10. Interact Courteously With Others

1. Learn to send and receive communications in a timely and positive manner.
2. Empower yourself, reduce stress, be in control by being courteous.
3. Be courteous to at least one person each day.
4. Avoid competitive, aggressive, interactions.

The last two pages of the Pocket Coach has an **INDEX** listing the **Ten Habits of Zone Control Strategies.**

When these actions are developed into habits they **provide solutions to almost every potential crash.**





INDEX: Zone Control Strategies

01. Establish Co-Driver Readiness

1. Be mentally and physically fit as a Co-Driver.
2. Know how to detect and correct drowsiness.
3. Evaluate vehicle's surroundings on approach.

04. Know how to Use Reference Points

1. Know within 3-6 inches where the front, rear and sides of the car is positioned to the roadway.
2. Know where the car's sides and front are in relation to intersection curb lines.
3. Know Lane Positions LP1, LP2, LP3, LP4, LP5.

Use SAM for Zone Control Search

Search SAM's (Matrix) A Window to the Target Area for open or closed zones.
Evaluate whether condition is a "go" or "slow."
FIND LOS-POT (Line-Of-Sight, Path-Of-Travel) blockage critical seconds.
Search other zones for additional information.
Search other zones for an escape path.

**Mastering these Strategies
into HABITS can
Prevent Most Crashes!**

Know how to Control the Intersection

1. FIND LOS-POT blockage and CONTROL it.
2. When moving: LOS-POT 45-degree search.
3. When stopped: 90-degree search to target area.
4. Know staggered, legal, safety stop positions.
5. Search for open gap or hole in traffic flow.
6. Before entering, find open left, front, right zones.
7. Know how to time arrival into an open zone.
8. When first at green light, look for pedestrians and red light runners.

**Teens can Learn these Strategies
as Co-Drivers — BEFORE Driving!**

08. Evaluate Rear-Zone-Control Conditions

1. When driver brakes, check the Co-Driver Mirror for open, closed, unstable rear zone.
2. Identify tailgater: charger, one pacer, habitual.
3. When stopped, monitor rear until "sand barrels."
4. Before moves to LP4 or LP5, check B or C rear.

09. Know how to Control Separation Space

1. For stopped or slowing cars, close in gradually.
2. When moving at same speed as vehicles ahead, control front buffer with 4-seconds separation.
3. See rear tires of stopped cars touching the road.
4. When the car in front moves, see if it's a "go" before moving to avoid making false starts.

10. Interact Courteously With Others

1. Learn to send and receive communications in a timely and positive manner.
2. Empower yourself, reduce stress, be in control by being courteous.
3. Be courteous to at least one person each day.
4. Avoid competitive, aggressive, interactions.

The **Driving MIND System** uses the Zone Control Strategies as a standard for pedestrians, bicyclists, co-drivers, and drivers to develop into habits.

Everyone learning, teaching, and using the **System** is performing precise actions that clearly **define standards of expert performance.** (See pages 147, 148)





INDEX: Zone Control Strategies

01. Establish Co-Driver Readiness

1. Be mentally and physically fit as a Co-Driver.
2. Know how to detect and correct drowsiness.
3. Evaluate vehicle's surroundings on approach.

04. Know how to Use Reference Points

1. Know within 3-6 inches where the front, rear and sides of the car is positioned to the roadway.
2. Know where the car's sides and front are in relation to intersection curb lines.
3. Know Lane Positions LP1, LP2, LP3, LP4, LP5.

Use SAM for Zone Control Search

Search SAM's (Matrix) A Window to the Target Area for open or closed zones.
Evaluate whether condition is a "go" or "slow."
FIND LOS-POT (Line-Of-Sight, Path-Of-Travel) blockage critical seconds.
Search other zones for additional information.
Search other zones for an escape path.

**Mastering these Strategies
into HABITS can
Prevent Most Crashes!**

Bring Zone Control Awareness

to SOLVE LOS-POT critical seconds.
to know a "Go" or "Slow" condition.
the best: speed control, lane positioning, communication option for situations.
to CONTROL the 4-sec. danger zone.
how to control the Point-Of-No-Return.
rules of Traffic Sign, Pavement Markings

How to Control the Intersection

1. FIND LOS-POT blockage and CONTROL it.
2. When moving: LOS-POT 45-degree search.
3. When stopped: 90-degree search to target area.
4. Know staggered, legal, safety stop positions.
5. Search for open gap or hole in traffic flow.
6. Before entering, find open left, front, right zones.
7. Know how to time arrival into an open zone.
8. When first at green light, look for pedestrians and red light runners.

**Teens can Learn these Strategies
as Co-Drivers — BEFORE Driving!**

08. Evaluate Rear-Zone-Control Conditions

1. When driver brakes, check the Co-Driver Mirror for open, closed, unstable rear zone.
2. Identify tailgater: charger, one pacer, habitual.
3. When stopped, monitor rear until "sand barrels."
4. Before moves to LP4 or LP5, check B or C rear.

09. Know how to Control Separation Space

1. For stopped or slowing cars, close in gradually.
2. When moving at same speed as vehicles ahead, control front buffer with 4-seconds separation.
3. See rear tires of stopped cars touching the road.
4. When the car in front moves, see if it's a "go" before moving to avoid making false starts.

10. Interact Courteously With Others

1. Learn to send and receive communications in a timely and positive manner.
2. Empower yourself, reduce stress, be in control by being courteous.
3. Be courteous to at least one person each day.
4. Avoid competitive, aggressive, interactions.

If you are a parent of a teenager who is learning to drive, and you received this program from the teen's driver ed teacher, you can be assured **your teen is in an excellent program.**

It's up to you to support the teen's practice sessions. Learn the Zone Control Strategies along with your teen to sharpen your driving habits.





INDEX: Zone Control Strategies

01. Establish Co-Driver Readiness

1. Be mentally and physically fit as a Co-Driver.
2. Know how to detect and correct drowsiness.
3. Evaluate vehicle's surroundings on approach.

04. Know how to Use Reference Points

1. Know within 3-6 inches where the front, rear and sides of the car is positioned to the roadway.
2. Know where the car's sides and front are in relation to intersection curb lines.
3. Know Lane Positions LP1, LP2, LP3, LP4, LP5.

05. Use SAM for Zone Control Search

1. Search SAM's (Matrix) A Window to the Target Area for open or closed zones.
2. Evaluate whether condition is a "go" or "slow."
3. FIND LOS-POT (Line-Of-Sight, Path-Of-Travel) blockage critical seconds.
4. Search other zones for additional information.
5. Search other zones for an escape path.

**Mastering these Strategies
into HABITS can
Prevent Most Crashes!**

ing Zone Control Awareness

- o SOLVE LOS-POT critical seconds.
- o know a "Go" or "Slow" condition.
- o best: speed control, lane positioning, communication option for situations.
- o CONTROL the 4-sec. danger zone.
- o how to control the Point-Of-No-Return.
- o es of Traffic Sign, Pavement Markings

how to Control the Intersection

1. FIND LOS-POT blockage and CONTROL it.
2. When moving: LOS-POT 45-degree search.
3. When stopped: 90-degree search to target area.
4. Know staggered, legal, safety stop positions.
5. Search for open gap or hole in traffic flow.
6. Before entering, find open left, front, right zones.
7. Know how to time arrival into an open zone.
8. When first at green light, look for pedestrians and red light runners.

**Teens can Learn these Strategies
as Co-Drivers — BEFORE Driving!**

08. Evaluate Rear-Zone-Control Conditions

1. When driver brakes, check the Co-Driver Mirror for open, closed, unstable rear zone.
2. Identify tailgater: charger, one pacer, habitual.
3. When stopped, monitor rear until "sand barrels."
4. Before moves to LP4 or LP5, check B or C rear.

09. Know how to Control Separation Space

1. For stopped or slowing cars, close in gradually.
2. When moving at same speed as vehicles ahead, control front buffer with 4-seconds separation.
3. See rear tires of stopped cars touching the road.
4. When the car in front moves, see if it's a "go" before moving to avoid making false starts.

10. Interact Courteously With Others

1. Learn to send and receive communications in a timely and positive manner.
2. Empower yourself, reduce stress, be in control by being courteous.
3. Be courteous to at least one person each day.
4. Avoid competitive, aggressive, interactions.

If you are a parent *teaching your teenager* to drive, or you want to teach your teen to drive, you will be able to use this program and the additional *Parent's IN-CAR Guides* for step-by-step guidance on how to coach the teen to become an Expert driver.

(More info about parent's teaching is located in the Driving MIND eCoach.)





INDEX: Zone Control Strategies

01. Establish Co-Driver Readiness

1. Be mentally and physically fit as a Co-Driver.
2. Know how to detect and correct drowsiness.
3. Evaluate vehicle's surroundings on approach.

04. Know how to Use Reference Points

1. Know within 3-6 inches where the front, rear and sides of the car is positioned to the roadway.
2. Know how the car's sides and front are in relation to curb lines.
3. Know how to use reference points (LP1, LP2, LP3, LP4, LP5).

Control Search

o A Window to the Target zones.
 tion is a "go" or "slow."
 (Of-Sight, Path-Of-Travel) zones.
 Additional information.
 an escape path.

**These Strategies
 BITS can
 Prevent Crashes!**

ing Zone Control Awareness

o SOLVE LOS-POT critical seconds.
 o know a "Go" or "Slow" condition.
 e best: speed control, lane positioning,
 munication option for situations.
 o CONTROL the 4-sec. danger zone.
 ow to control the Point-Of-No-Return.
 es of Traffic Sign, Pavement Markings

How to Control the Intersection

1. FIND LOS-POT blockage and CONTROL it.
2. When moving: LOS-POT 45-degree search.
3. When stopped: 90-degree search to target area.
4. Know staggered, legal, safety stop positions.
5. Search for open gap or hole in traffic flow.
6. Before entering, find open left, front, right zones.
7. Know how to time arrival into an open zone.
8. When first at green light, look for pedestrians and red light runners.

**Teens can Learn these Strategies
 as Co-Drivers — BEFORE Driving!**

08. Evaluate Rear-Zone-Control Conditions

1. When driver brakes, check the Co-Driver Mirror for open, closed, unstable rear zone.
2. Identify tailgater: charger, one pacer, habitual.
3. When stopped, monitor rear until "sand barrels."
4. Before moves to LP4 or LP5, check B or C rear.

09. Know how to Control Separation Space

1. For stopped or slowing cars, close in gradually.
2. When moving at same speed as vehicles ahead, control front buffer with 4-seconds separation.
3. See rear tires of stopped cars touching the road.
4. When the car in front moves, see if it's a "go" before moving to avoid making false starts.

10. Interact Courteously With Others

1. Learn to send and receive communications in a timely and positive manner.
2. Empower yourself, reduce stress, be in control by being courteous.
3. Be courteous to at least one person each day.
4. Avoid competitive, aggressive, interactions.

The *Driving MIND System* defines a clear set of strategies that teens are expected to learn, practice, and master into habits while being a pedestrian, co-driver, and a driver.

As a Co-Driver, 100-percent attention can be focused on developing the Zone Control strategies into habits — very effective!





INDEX: Zone Control Strategies

01. Establish Co-Driver Readiness

1. Be mentally and physically fit as a Co-Driver.
2. Know how to detect and correct drowsiness.
3. Evaluate vehicle's surroundings on approach.
4. Control door swing; butt-in seating position.
5. Safety belts on; head restraints up; doors locked.
6. Windows up; driver always has headlights on.

02. See Clear Path Before Moving

1. Search to Target Area for clear Path-Of-Travel (POT); identify Line-Of-Sight (LOS) blockages.
2. Turn head, evaluate POT before tires are turned.
3. Use Central vision to search Future Window.
4. Use Fringe vision to monitor Present Window.

03. Keep the Car in Balance

1. Know how to make smooth and effective acceleration and braking actions.
2. Know transition zone for vehicle balance.

04. Know how to

1. Know within and sides of the
2. Know where relation to int
3. Know Lane P

05. Use SAM for

1. Search SAM's Area for open
2. Evaluate what
3. FIND LOS-P blockage criti
4. Search other z
5. Search other z

Masterin

Zone Control Co-Driver License

**Morestone
Jamie R
930 Oak Avenue
Bellcore, CT 06433**



License 091516-00010-CT

856-445-0303 • jamiemorestone@att.net

MIND Foundation • National Institute for Driver Behavior

148

Zone-Control Conditions
 kes, check the Co-Driver
 closed, unstable rear zone.
 ar: charger, one pacer, habitual.
 ped, monitor rear until "sand barrels."

4. Before moves to LP4 or LP5, check B or C rear.

09. Know how to Control Separation Space

1. For stopped or slowing cars, close in gradually.
2. When moving at same speed as vehicles ahead, control front buffer with 4-seconds separation.
3. See rear tires of stopped cars touching the road.
4. When the car in front moves, see if it's a "go" before moving to avoid making false starts.

10. Interact Courteously With Others

1. Learn to send and receive communications in a timely and positive manner.
2. Empower yourself, reduce stress, be in control by being courteous.
3. Be courteous to at least one person each day.
4. Avoid competitive, aggressive, interactions.

st Crashes!

o CONTROL the 4-sec. danger zone.
 ow to control the Point-Of-No-Return.
 es of Traffic Sign, Pavement Markings

how to Control the Intersection

1. FIND LOS-POT blockage and CONTROL it.
2. When moving: LOS-POT 45-degree search.
3. When stopped: 90-degree search to target area.
4. Know staggered, legal, safety stop positions.
5. Search for open gap or hole in traffic flow.
6. Before entering, find open left, front, right zones.
7. Know how to time arrival into an open zone.
8. When first at green light, look for pedestrians and red light runners.

**Teens can Learn these Strategies
as Co-Drivers — BEFORE Driving!**

Teens are able to learn these Zone Control Strategies as Pedestrians and as Co-Drivers to earn the **Zone Control Co-Driver License** — before becoming licensed.





The Ten Habits of Zone Control are acquired by learning a few strategies at a time from the **Driving MIND eCoach**, and then using the **Pocket Coach** for “deliberate practice.”

Deliberate practice is consciously practicing one action at a time.



IN

01. Establish Co-Driver
1. Be mentally and physically fit
2. Know how to detect and respond to hazards
3. Evaluate vehicle's surroundings
4. Control door swing; be aware of blind spots
5. Safety belts on; head restraints adjusted
6. Windows up; driver alert

02. See Clear Path Before Moving
1. Search to Target Area for Potential (POT); identify Line-Of-Sight (LOS)
2. Turn head, evaluate POT
3. Use Central vision to search for POT
4. Use Fringe vision to monitor blind spots

03. Keep the Car in Balance
1. Know how to make smooth acceleration and braking
2. Know transition pegs for shifting
3. Identify and know control points
4. Know how to control the car

2

With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

Value Courtesy & Kindness	Avoid Head-on Crashes	Separation Space Habit
Share the Road Willingly	Avoid Being T-Boned	Precision Lane Change
Safety Belts for Car Control	Avoid Being Rear-ended	Rear Zone Control
Detect/Correct Drowsiness	Use of 15-Second Search	Open, Closed, Unstable
Go or Slow Speed Control	4-Second Danger Zone	Use of Back-up Camera
Detect and Correct Skids	Cover Brake at PONR	Backing Into Parking Space
Use of SAMatrix (SAM)	Use of LP1, LP2, LP3	Entering Roundabouts
Six Searching Locations	Staggered Stop Position	Timing Traffic Lights
Proper Mirror Adjustments	Safety Stop Position	Prevent Lane Departures
Find LOS-POT Blockage	45° and 90° Search	Evasive Steering Control
Control Critical Seconds	Locate Gap or Hole	Pitch, Roll, Yaw Effects
Avoid Distracted Drivers	Vehicle Balance at Tpeg	Skills to Avoid Rollovers



For a life-saving investment, have your habits evaluated by a Certified Driver Wellness Coach or at a Skid Monster Evaluation Center.

Professional Coaching: For Licensed Drivers and Co-Drivers



148

one-Control Conditions
check the Co-Driver zone, unstable rear zone. larger, one pacer, habitual. monitor rear until “sand barrels.” # or LP5, check B or C rear.

Control Separation Space
ring cars, close in gradually. me speed as vehicles ahead. with 4-seconds separation. topped cars touching the road. it moves, see if it's a “go” avoid making false starts.

usly With Others
ceive communications five manner. reduce stress, be in control s. east one person each day. aggressive, interactions.



Everyone in the family can learn to use the **Zone Control language** to train the brain and fill the MIND with pictures.

These **crash-avoidance** actions can be learned and mastered by teens before driver licensing, and by parents sharing information with teens.

With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

- | | | |
|------------------------------|-------------------------|----------------------------|
| Value Courtesy & Kindness | Avoid Head-on Crashes | Separation Space Habit |
| Share the Road Willingly | Avoid Being T-Boned | Precision Lane Change |
| Safety Belts for Car Control | Avoid Being Rear-ended | Rear Zone Control |
| Detect/Correct Drowsiness | Use of 15-Second Search | Open, Closed, Unstable |
| Go or Slow Speed Control | 4-Second Danger Zone | Use of Back-up Camera |
| Detect and Correct Skids | Cover Brake at PONR | Backing Into Parking Space |
| Use of SAMatrix (SAM) | Use of LP1, LP2, LP3 | Entering Roundabouts |
| Six Searching Locations | Staggered Stop Position | Timing Traffic Lights |
| Proper Mirror Adjustments | Safety Stop Position | Prevent Lane Departures |
| Find LOS-POT Blockage | 45° and 90° Search | Evasive Steering Control |
| Control Critical Seconds | Locate Gap or Hole | Pitch, Roll, Yaw Effects |
| Avoid Distracted Drivers | Vehicle Balance at Tpeg | Skills to Avoid Rollovers |



For a life-saving investment, have your habits evaluated by a Certified Driver Wellness Coach or at a Skid Monster Evaluation Center.

Professional Coaching: For Licensed Drivers and Co-Drivers



Parents can encourage teens to learn, understand, and be able to successfully demonstrate these actions before applying for a driver's license.

And, in the process, parents are able to evaluate their own habits.

With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

- | | | |
|------------------------------|-------------------------|----------------------------|
| Value Courtesy & Kindness | Avoid Head-on Crashes | Separation Space Habit |
| Share the Road Willingly | Avoid Being T-Boned | Precision Lane Change |
| Safety Belts for Car Control | Avoid Being Rear-ended | Rear Zone Control |
| Detect/Correct Drowsiness | Use of 15-Second Search | Open, Closed, Unstable |
| Go or Slow Speed Control | 4-Second Danger Zone | Use of Back-up Camera |
| Detect and Correct Skids | Cover Brake at PONR | Backing Into Parking Space |
| Use of SAMatrix (SAM) | Use of LP1, LP2, LP3 | Entering Roundabouts |
| Six Searching Locations | Staggered Stop Position | Timing Traffic Lights |
| Proper Mirror Adjustments | Safety Stop Position | Prevent Lane Departures |
| Find LOS-POT Blockage | 45° and 90° Search | Evasive Steering Control |
| Control Critical Seconds | Locate Gap or Hole | Pitch, Roll, Yaw Effects |
| Avoid Distracted Drivers | Vehicle Balance at Tpeg | Skills to Avoid Rollovers |



For a life-saving investment, have your habits evaluated by a Certified Driver Wellness Coach or at a Skid Monster Evaluation Center.

Professional Coaching: For Licensed Drivers and Co-Drivers





Most of these actions **can be practiced** while walking in any environment — walking in a park, walking in a shopping mall, walking in your home, and of course walking as a pedestrian interacting in a traffic environment.

2
 With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

- | | | |
|-----------------------|-------------------------|----------------------------|
| Courtesy & Kindness | Avoid Head-on Crashes | Separation Space Habit |
| the Road Willingly | Avoid Being T-Boned | Precision Lane Change |
| Belts for Car Control | Avoid Being Rear-ended | Rear Zone Control |
| Correct Drowsiness | Use of 15-Second Search | Open, Closed, Unstable |
| Slow Speed Control | 4-Second Danger Zone | Use of Back-up Camera |
| and Correct Skids | Cover Brake at PONR | Backing Into Parking Space |
| SAMatrix (SAM) | Use of LP1, LP2, LP3 | Entering Roundabouts |
| Searching Locations | Staggered Stop Position | Timing Traffic Lights |
| Mirror Adjustments | Safety Stop Position | Prevent Lane Departures |
| DS-POT Blockage | 45° and 90° Search | Evasive Steering Control |
| 1 Critical Seconds | Locate Gap or Hole | Pitch, Roll, Yaw Effects |
| Distracted Drivers | Vehicle Balance at Tpeg | Skills to Avoid Rollovers |



For a life-saving investment, have your habits evaluated by a Certified Driver Wellness Coach or at a Skid Monster Evaluation Center.

Professional Coaching: For Licensed Drivers and Co-Drivers





To Earn First Star of Pedestrian Awareness (PA) Badge you should be able to explain these actions.

You can practice using the **language of Awareness** better **as a pedestrian** than as a driver.

- Define the “Critical Second.”
- Find LOS (Line-Of-Sight) Blockages.
- Make 45° Search at LOS Blockages.
- Make 90° Search at Intersections before entering them.
- Know how to locate and evaluate the Target Area.
- Be able to evaluate the Targeting Path of Travel.
- Determine whether the Targeting Path (TP) is open or closed.



pedestrian Awareness Badge

Habits for First Star: Pedestrian Awareness Badge

1 Coach A B C Dates: _____



What text or call is more important than seeing a vehicle coming at you?

4 = By Habit 3 = OKAY Without Coaching 2 = Okay With Coaching 1 = More Practice



The Driving MIND System can help reduce the epidemic of pedestrian fatalities caused by **“distracted walking.”**

Habit 7: Dangers Crossing with the Walk Light

A B C **7D** Dates: _____



Bicyclists can learn and practice these Zone Control strategies best **while walking** or as **Co-Drivers** in a car.

After learning to use the language, it can be applied most effectively while riding the bike.

With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

- | | | |
|------------------------------|-------------------------|----------------------------|
| Value Courtesy & Kindness | Avoid Head-on Crashes | Separation Space Habit |
| Share the Road Willingly | Avoid Being T-Boned | Precision Lane Change |
| Safety Belts for Car Control | Avoid Being Rear-ended | Rear Zone Control |
| Detect/Correct Drowsiness | Use of 15-Second Search | Open, Closed, Unstable |
| Go or Slow Speed Control | 4-Second Danger Zone | Use of Back-up Camera |
| Detect and Correct Skids | Cover Brake at PONR | Backing Into Parking Space |
| Use of SAMatrix (SAM) | Use of LP1, LP2, LP3 | Entering Roundabouts |
| Six Searching Locations | Staggered Stop Position | Timing Traffic Lights |
| Proper Mirror Adjustments | Safety Stop Position | Prevent Lane Departures |
| Find LOS-POT Blockage | 45° and 90° Search | Evasive Steering Control |
| Control Critical Seconds | Locate Gap or Hole | Pitch, Roll, Yaw Effects |
| Avoid Distracted Drivers | Vehicle Balance at Tpeg | Skills to Avoid Rollovers |

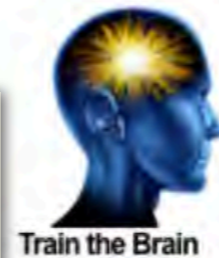


For a life-saving investment, have your habits evaluated by a Certified Driver Wellness Coach or at a Skid Monster Evaluation Center.

Professional Coaching: For Licensed Drivers and Co-Drivers



After performing a Set of three or four short eCoach activities, the Pocket Coach **MIND Cue practice** page is listed.



Train the Brain

Professor Mottola's

Driving MIND eCoach

for all Family Members



Message for All Family Members

Introduction Part A

Intro 1 - [H00-01A - Intro With Interview And Driving MIND](#)

Intro 2 - [H0430 SAM Find LP2](#) Disregard "download cue card" as you'll use the **Pocket Coach**.

Intro 3 - [G0052 - Take the "Slow" or "Go" Challenge](#)

Training the MIND: Use the **Pocket Coach**, as a Driver or Co-Driver for Deliberate Practice.

H5A pg6, SAM, Slow or Go, LP2. H2C pg10, Critical Second

[How to Make Holder for Pocket Coach](#)

The actions framed in red are the first set of strategies to be practiced.

Driving MIND eCoach
for all Family Members

Message for All Family Members

Introduction Part A
Intro 1 - H00-01A - Intro With Interview And Driving MIND
Intro 2 - H0430 SAM Find LP2 Disregard "download cue card" as you'll use the *Pocket Coach*.
Intro 3 - G0052 - Take the "Slow" or "Go" Challenge
Training the MIND: Use the *Pocket Coach*, as a Driver or Co-Driver for Deliberate Practice.
H5A pg6, SAM, Slow or Go, LP2. H2C pg10, Critical Second

2

With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

- | | | |
|---------------------------------|-----------------------------|----------------------------|
| Value Courtesy & Kindness | Avoid Head-on Crashes | Separation Space Habit |
| Share the Road Willingly | Avoid Being T-Boned | Precision Lane Change |
| Safety Belts for Car Control | Avoid Being Rear-ended | Rear Zone Control |
| Detect/Correct Drowsiness | Use of 15-Second Search | Open, Closed, Unstable |
| Go or Slow Speed Control | 4-Second Danger Zone | Use of Back-up Camera |
| Detect and Correct Skids | Cover Brake at PONR | Backing Into Parking Space |
| Use of SAMatrix (SAM) | Use of LP1, LP2, LP3 | Entering Roundabouts |
| Six Searching Locations | Staggered Stop Position | Timing Traffic Lights |
| Proper Mirror Adjustments | Safety Stop Position | Prevent Lane Departures |
| Find LOS-POT Blockage | 45° and 90° Search | Evasive Steering Control |
| Control Critical Seconds | Locate Gap or Hole | Pitch, Roll, Yaw Effects |
| Avoid Distracted Drivers | Vehicle Balance at Tpeg | Skills to Avoid Rollovers |

The actions framed in red are the **first set of strategies to be practiced**. Practicing just these three actions will increase the awareness of any person from 6-years-old to 96-years-old.



For a life-saving investment, have your habits evaluated by a **Certified Driver Wellness Coach** or at a **Skid Monster Evaluation Center**.

Professional Coaching: For Licensed Drivers and Co-Drivers



The *Pocket Coach* is designed to have the top page define what to practice.

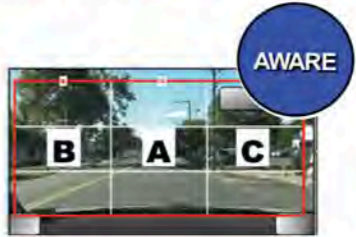
The bottom page is the **MIND Cue** placed in the vehicle that serves as a reminder to practice.

6

Find "Slow" or "Go" Conditions and LP's of Vehicles

Three 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.

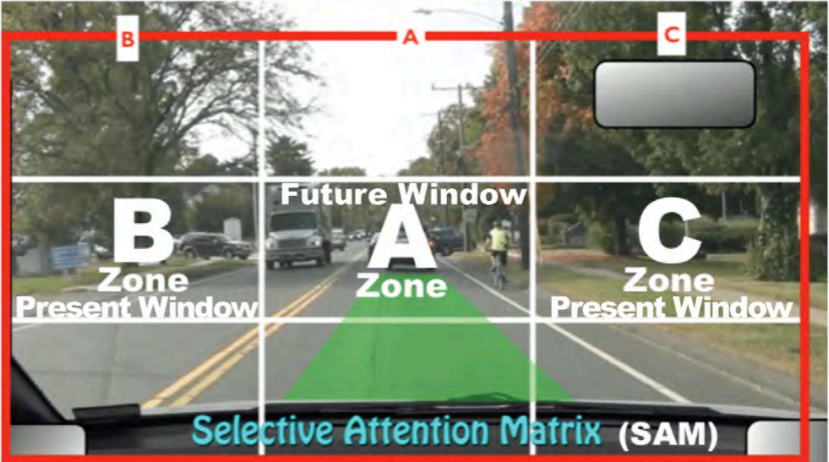


ACTION When you find a vehicle in LP2, evaluate your C Zone to see if you would have an **escape path** to take if needed. Also note drivers who move to LP3 to make right turns. Give yourself a reward of knowing that you are building habits of awareness to prevent crashes caused by wrongful actions.

REWARD

4 = By Habit 3 = OKAY Without Coaching 2 = Okay With Coaching 1 = More Practice

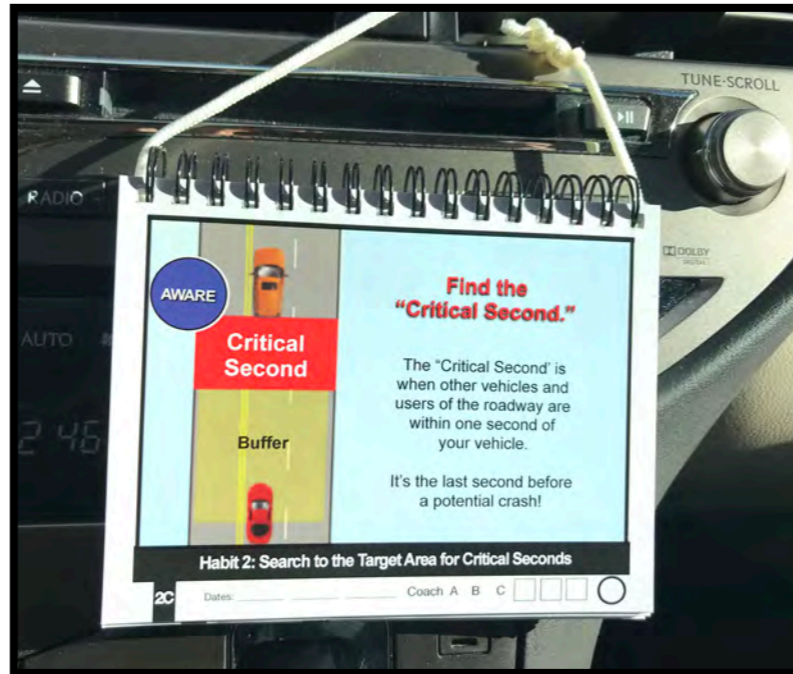
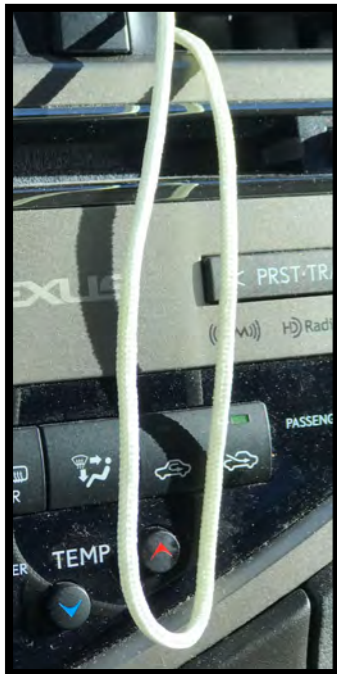
Search A Zone for "Go" or "Slow" and for LP2



Habit 5: Find "Go" or "Slow" Condition

A B C 5A Dates: _____

Actions can be practiced as a pedestrian, as a backseat passenger, or while in the front passenger seat as a co-driver, and as a driver.




A shoelace is used as a holder of the *Pocket Coach* to make the **MIND Cue** visible in the car.

6

Find "Slow" or "Go" Conditions and LP's of Vehicles

Three 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.




ACTION When you find a vehicle in LP2, evaluate your C Zone to see if you would have an **escape path** to take if needed. Also note drivers who move to LP3 to make right turns. Give yourself a reward of knowing that you are building habits of awareness to prevent crashes caused by wrongful actions.

REWARD

4 = By Habit 3 = OKAY Without Coaching 2 = Okay With Coaching 1 = More Practice

Search A Zone for "Go" or "Slow" and for LP2



Habit 5: Find "Go" or "Slow" Condition

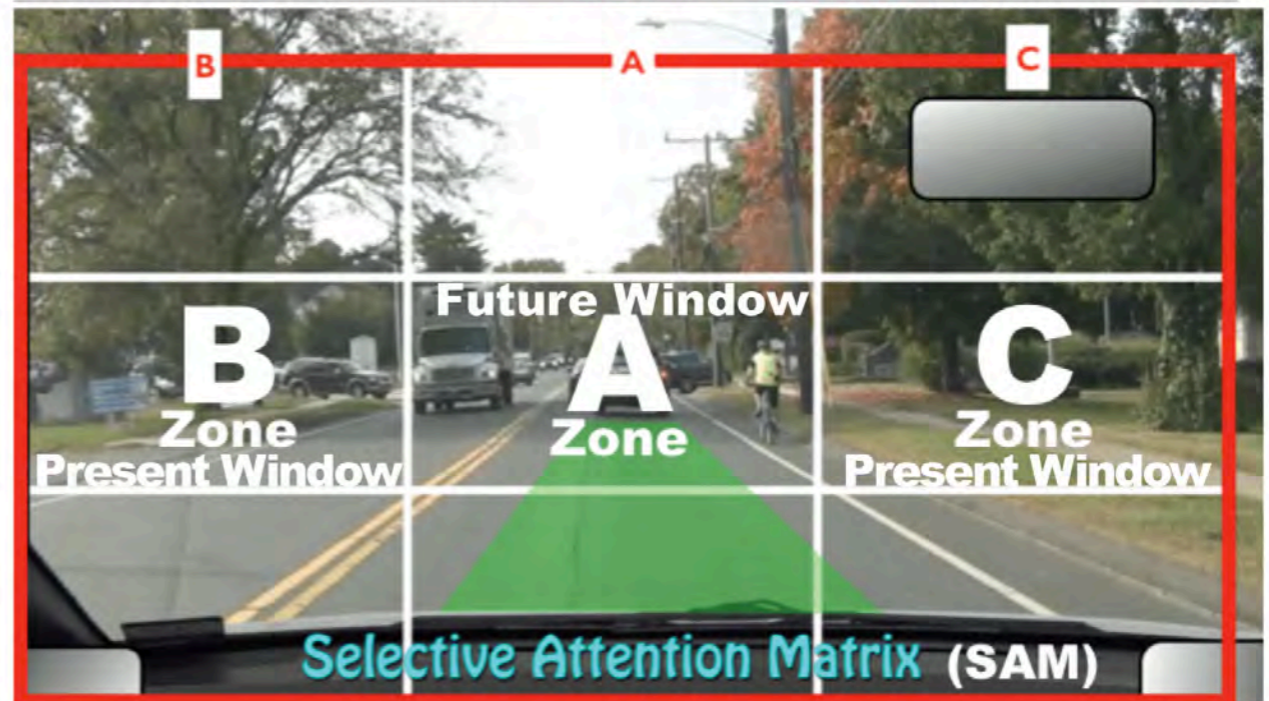
A B C 5A Dates: _____

This **MIND Cue** provides practice in using the **Future A Zone** of the Selective Attention Matrix (SAM) and the B and C Present Zones.

Complex situations determining best speed control are made into a **simple binary choice** of “go” or “slow.” This technique is the beginning of building awareness for speed control that is more effective than only learning to obey a speed limit sign.



Search A Zone for “Go” or “Slow” and for LP2



Habit 5: Find “Go” or “Slow” Condition

A B C 5A

Dates: _____

When a Parent, or a Driver Wellness Coach evaluates the teen's performance, they circle their letter. The parent is an "A" and the Driver Wellness Coach is a "B" as identified on the back cover.



This is perhaps the **most important rating**. Teens place a check mark in the circle when they are confident that they can explain and demonstrate these actions.

This tab identifies which of the Ten Habits this strategy belongs to.

- 05. Use SAM for Zone Control Search**
1. Search SAM's (Matrix) A Window to the Target Area for open or closed zones.
 2. Evaluate whether condition is a "go" or "slow."
 3. FIND LOS-POT (Line Of Sight, Path-Of-Travel) blockage critical seconds.
 4. Search other zones for additional information.
 5. Search other zones for an escape path.

The rating is designed to measure progress in habit development using this rating scale. As time goes on parents and coaches will become familiar with how to evaluate the Zone Control strategies.

4 = By Habit 3 = OKAY Without Coaching
 2 = Okay With Coaching 1 = More Practice

Building actions into habits takes considerable amount of time and practice. Teens check a circle and will be tested on how well they are able to explain and demonstrate the action. There are four ways that this evaluation process can be used for a driver education program.

“Go” or “Slow” Condition

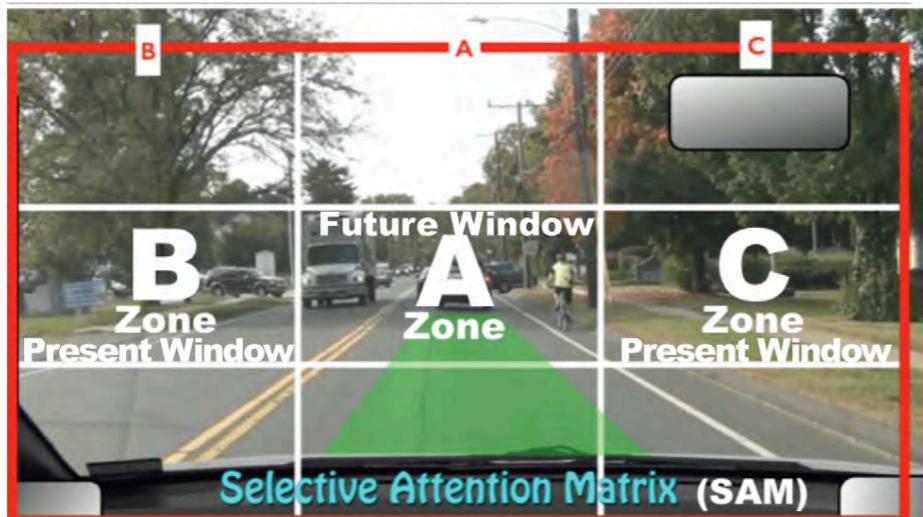
Dates: _____

4. Before a person can enroll in a teacher training program they need to complete the Driving MIND eCoach program and be tested by a **Certified Driver Wellness Coach.**

1. Pre-driver ed teens can be required before entering driver ed. to demonstrate actions.
2. Driver ed students can be required to demo actions before taking a licensing exam.
3. Teens can be required to perform the actions for a License Examiner.



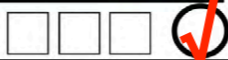
Search A Zone for "Go" or "Slow" and for LP2



Habit 5: Find "Go" or "Slow" Condition

A B C 5A

Dates: _____



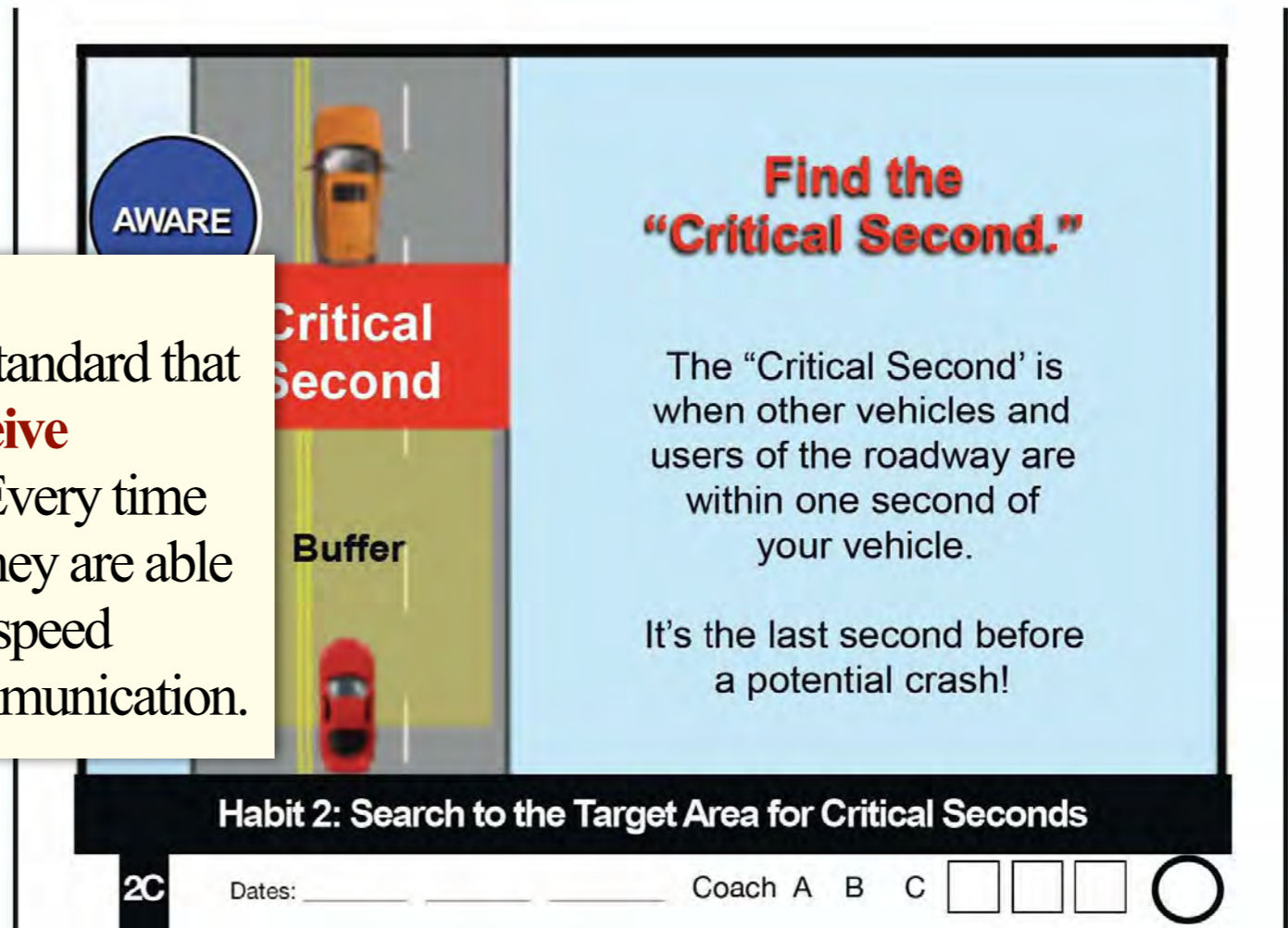
A **Parent**, a **Driver Wellness Coach**, and perhaps in the future, a License Examiner, can thumb through the *Pocket Coach* pages to find the checked circles.

Then, **the teen can be asked to explain or demonstrate the action.** This is the first level of building the action into habit.

This process **places responsibility on the teen** to use the *eCoach* for learning and the *Pocket Coach* for practice into habits.

Teens are given the responsibility to find, solve, and control the “Critical Seconds” while being a Co-Driver by performing mental action as if driving. (See page 10)

The “critical second” is a measurable standard that provides teens with opportunity to **receive feedback dozens of times each day**. Every time they are within one-second of others, they are able to evaluate whether they have the best speed control, the best lane position, and communication.

AWARE

Critical Second

Buffer

Find the “Critical Second.”

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

It's the last second before a potential crash!

Habit 2: Search to the Target Area for Critical Seconds

2C Dates: _____ Coach A B C

26

All Drivers in the Family should take turns doing this.
Practice Detecting & Correcting Skids — Swivel Chair Practice


1. **Teen**, get on target. Move right foot on simulated “accelerator pedal.”
2. **Parent**: rotate the chair off target. (Begin with slow movements, and increase the quickness as success increases.)
3. **Teen**: a. keep turning head to stay on target; b. foot off pedals; c. make a steering motion to the target.
4. **Parent**: observe to be certain the teen’s head stays on target as the chair is rotated.



Parents have detailed guides on how they can help the teen perform **Physical-Mental Equivalent Practice (PEP)** activities to prepare for successful in-car sessions.

26



All Drivers in the Family should take turns doing this.
Practice Detecting & Correcting Skids — Swivel Chair Practice

Teen, get on target. Move right foot on simulated “accelerator pedal.”
Parent: rotate the chair off target. (Begin with slow movements, and increase the quickness as success increases.)
Teen: a. keep turning head to stay on target; b. foot off pedals; c. make a steering motion to the target.
Parent: observe to be certain the teen’s head stays on target as the chair is rotated.
Teen: Select a target. Have foot on “brake.” When ready to go, take foot off “brake,” press “accelerator.”
Parent: rotate the chair slowly to make ten 90° right turns. Then do ten 90° left turns.
Teen: turn head on target. Make a steering motion to the target. Reverse steering motion at the Transition Peg and increase acceleration.
Parent: observe to be certain the teen’s head is turned before steering and that steering is reversed at the Tpeg.



Skid Monster in the Living Room

H3: Identify and Correct Off-Target Skids

3F Dates: _____ Coach A B C

Step-by-step guides of actions learned from the *Driving MIND eCoach* provide in-car practice sessions that are best conducted in a parking lot.



Acceleration Control

1. Idle Speed Movement
2. Press Gas Smoothly
3. Keep Steady Speed
4. Increase Speed
5. Decelerate Gradually

Braking Control

1. Feel Braking Point
2. Constant Pressure
3. Normal Smooth Stop
4. Hard Smooth Stop
5. ABS Braking

Placing The Car In Motion

1. Right Foot On Brake
2. Shift To Drive
3. Release Parking Brake
4. Check Driving Path

Inching & Creeping The Car

1. Keep Foot On Brake
2. Release Partial Brake
3. Inching with Brake Control
4. Creeping at Idle speed

4 = By Habit 3 = OKAY Without Coaching
2 = Okay With Coaching 1 = More Practice

Guide 3: Moving and Stopping Smoothly

Dates: _____

1A

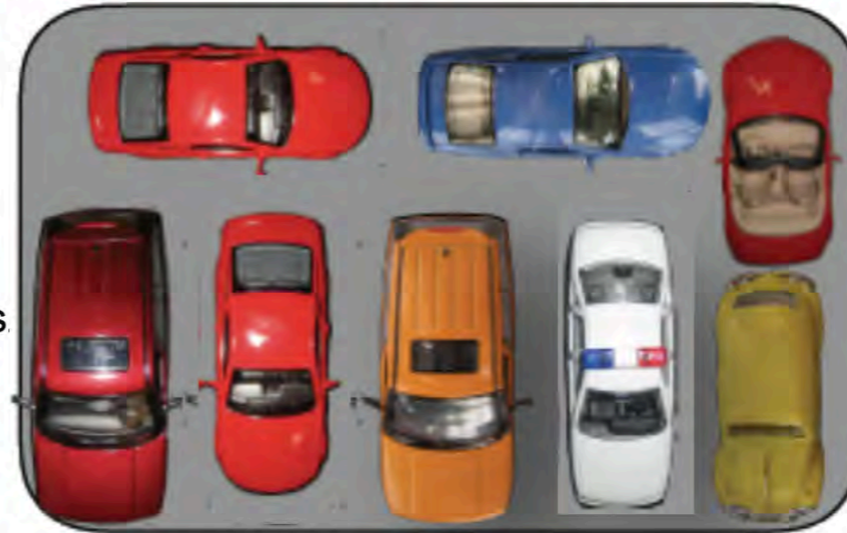
Coach A B C



Read the information on the backside before cutting.

Remove this page from your book.

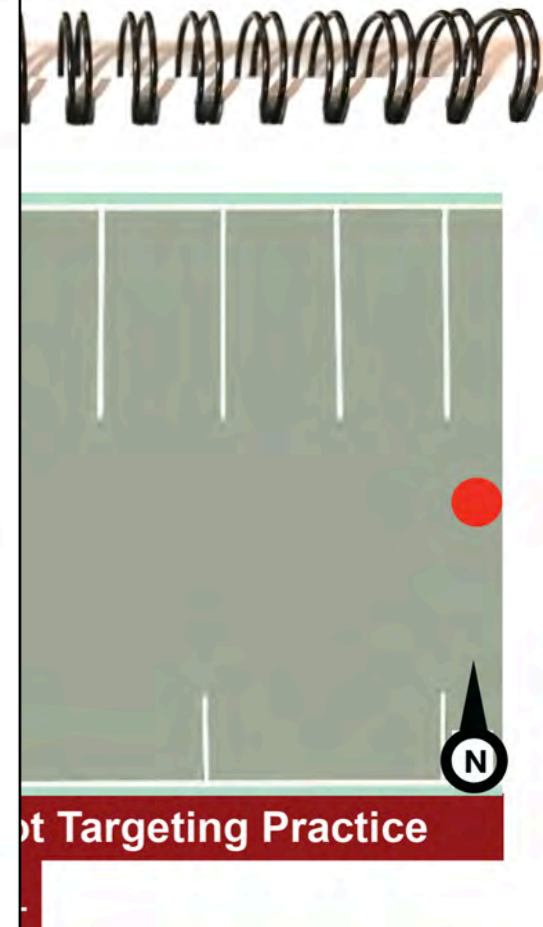
1. Cut out this image.
2. Locate an expired credit cards, or similar plastic cards.
3. Glue image onto a card.
4. Let glue dry.
5. Cut out a few of the vehicles for use with the model roadways.
6. Place the card and the cut vehicles into an envelope for future use.



Pre-Printed plastic Chip Vehicles can be purchased at NIDB.org.

Model Roadway: Make Your Set of Chip Cars

This page is removed from the book. The cars are glued onto an expired credit card and cut out to use with the **model roadways.**





100

Take the Self Challenge

Cover Answer with a Credit Card

After response, slide the card down to reveal the answer. Replace card. Repeat for each challenge.

1. Position the car in the center of the parking lot on target for the East target.

2. What is the definition of a "target"?

3. Which vision, central or fringe, do we see the alignment of the steering wheel to the target with?

**4. Move the car off target into a NE heading.
4a. Where will the driver's body and eyes be pointing to now?**

4b. Where does the driver need to look to get the car back on target?

4c. Move the car back onto the East target.

5. Make a left turn to the West target and demonstrate:

a. How to turn your head on target

b. Stop at the transition peg for making a left turn.

1. The car should be aligned with the "target."

2. The target should be a stationary object (something that cannot move) in the center of your intended driving path.

3. See the target aligned with the steering wheel with fringe vision.

4a. They should be aligned with the target.

4b. The car will go where the eyes are looking. When you look at a target (or anything else that you may get distracted looking at) the car will tend to go in that direction. Targets keeps the car straight in its path.

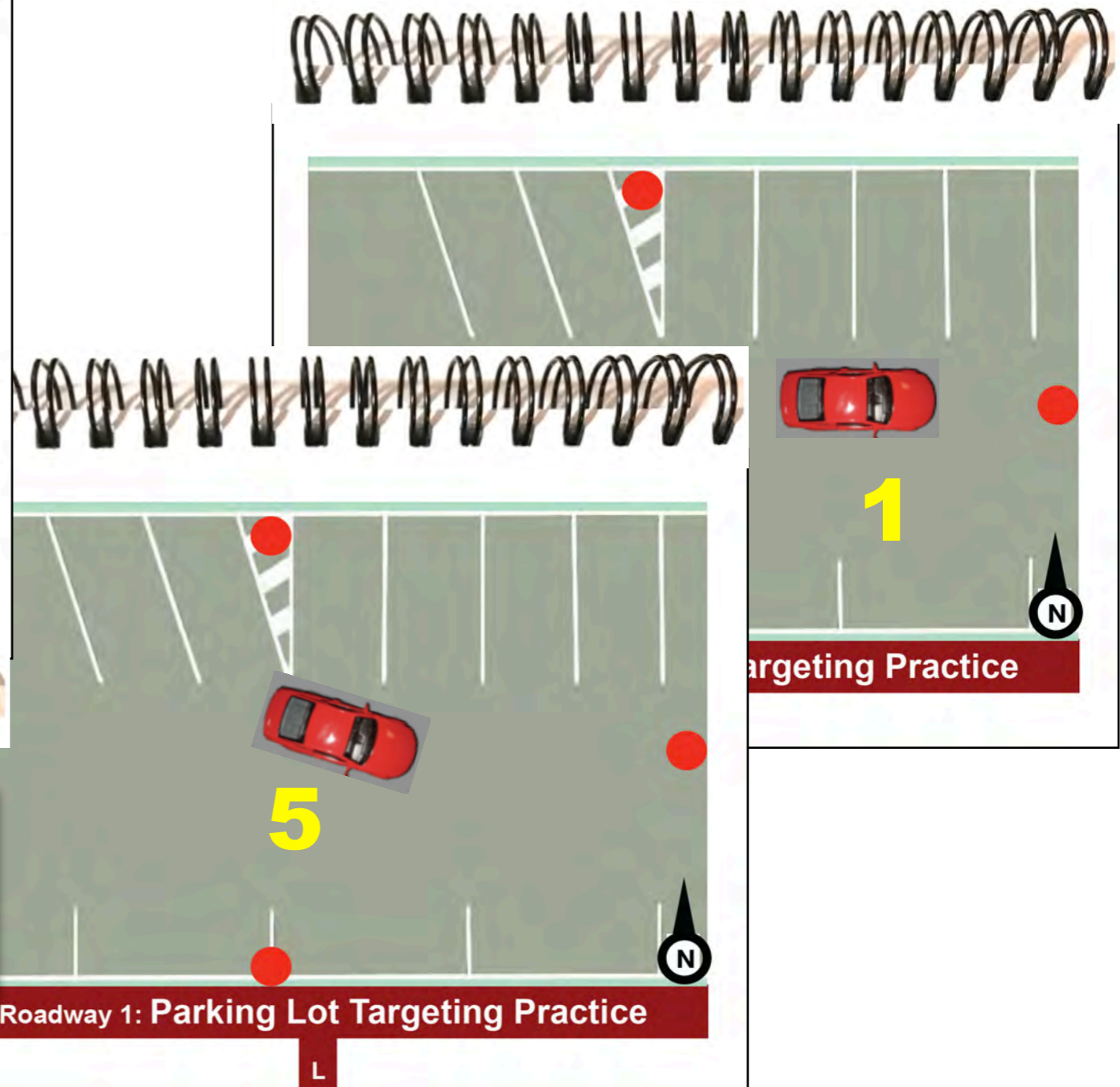
4c. The car should point towards East Target.

5a. Turn your head in the direction you want to go, before turning the steering wheel.

5b. The Tpeg for a left turn is the driver's side windshield post in alignment with the target. (Co-Driver's left turn Tpeg is the rearview mirror).

1

5



Teens get mental practice **learning the language** of Zone Control by using it.

Roadway 1: Parking Lot Targeting Practice



Take the Self-Challenge

- 1a. Position the front bumper even with the curb line. Use a pencil or pen (without marking the car or roadway) to point to where on the car the driver would see the curb line.
- 1b. Explain why this is a good position for searching intersections.
- 2a. What is the advantage to using lane positions?
- 2b. Position the car heading East in LP2. Are you able to explain the LP2 reference point?
- 2c. Position the car heading East in LP3. Are you able to explain the LP3 reference point?
- 2d. Position the car heading East in LP1. Are you able to explain the LP1 reference point?
- 3a. Place the car at the stop line. Demonstrate the right turn side position.
- 3b. Demonstrate the right turn forward position and explain what should take place at that point.



Teens must demonstrate each action of a maneuver **before** earning the “key” to perform in the car.



Roadway 2: Reference Points for Precision Turns

L

This “Coach’s Note” lists a process that is used for all maneuvers, which develops 100% success for each action. The teens’ accomplishment **builds healthy attitudes** that value performing the action.

Coach’s Note

This practice should only take place in a parking lot. By using a parking lot, you are able to have the teen perform one action at a time. When the action is correct, you can give positive feedback instantly. When the action is incorrect, you can have the teen stop the car, let the teen know what the correct action is and have him go back to step one. This method is training the brain, making certain each action is clearly understood and is able to be correctly performed. See info on use of the ECCCR process.

Don’t practice the pink highlighted boxes at this time.

Before Turning	
	1. Use of Signals
	2. Mirror - Blind Spot Check
	3. Side Position Reference Point
	4. Speed Control - Brake
	5. Smooth Legal Stop
	6. Forward Position Reference Pt
	7. Select Target
	8. Search Intersections/Gap-Hole
	9. Get Commitment

During Turn	
	1. Avoid Hesitation
	2. Look Into Turns, Target
	3. Speed Control
	4. Steering Technique
	5. Accurate Tracking Path

Coach’s Note

This practice should only take place in a parking lot. By using a parking lot, you are able to have the teen perform one action at a time. When the action is correct, you can give positive feedback instantly. When the action is incorrect, you can have the teen stop the car, let the teen know what the correct action is and have him go back to step one. This method is training the brain, making certain each action is clearly understood and is able to be correctly performed. See info on use of the ECCCR process.

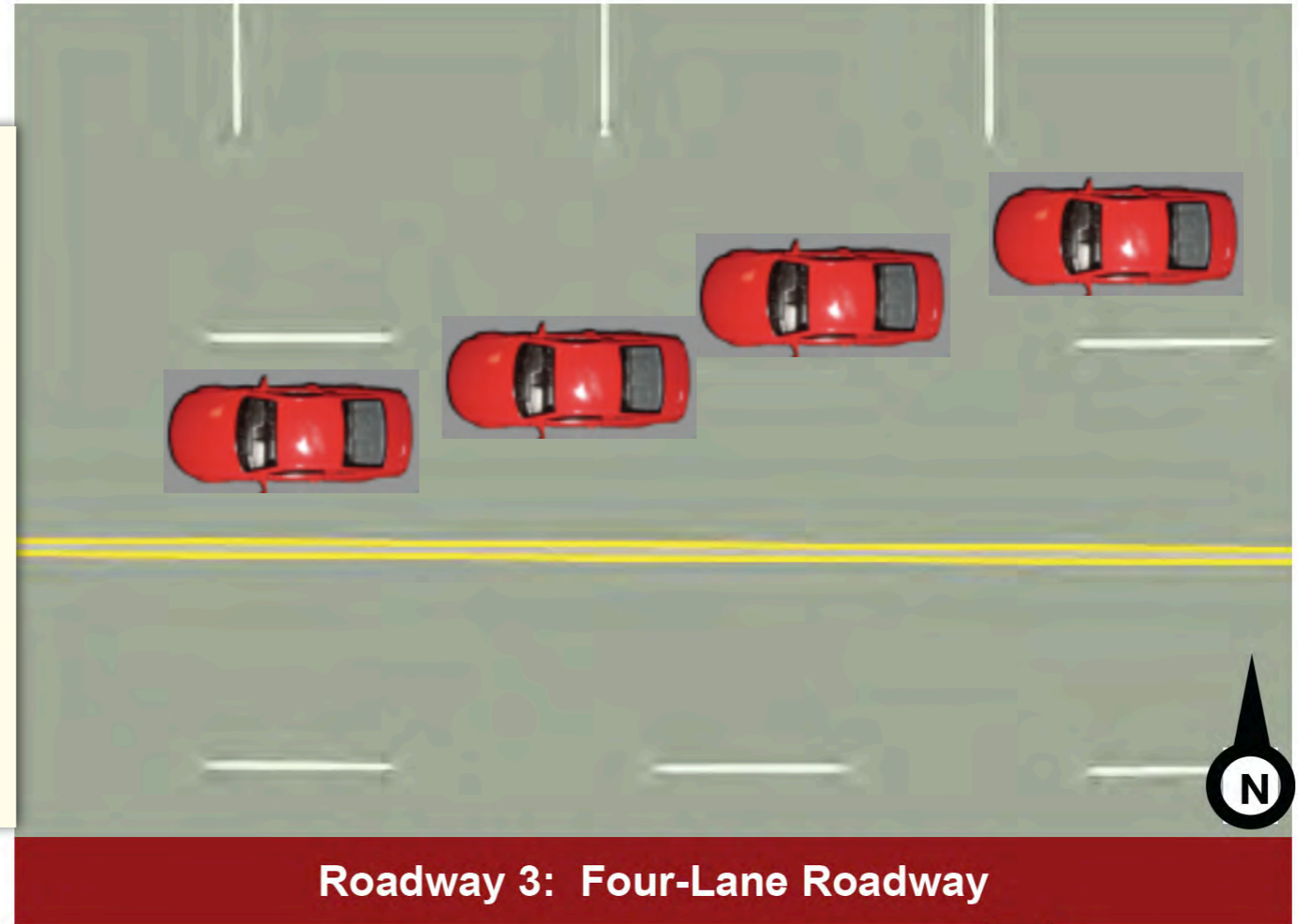
Don’t practice the pink highlighted boxes at this time.

4 = By Habit 3 = OKAY Without Coaching
2 = Okay With Coaching 1 = More Practice





Each step of a maneuver is mentally learned before the teen performs it in the vehicle. Teens, for example, explain each of the four stages to making a **Precision Lane Change** while moving the “chip car” on the model roadway.



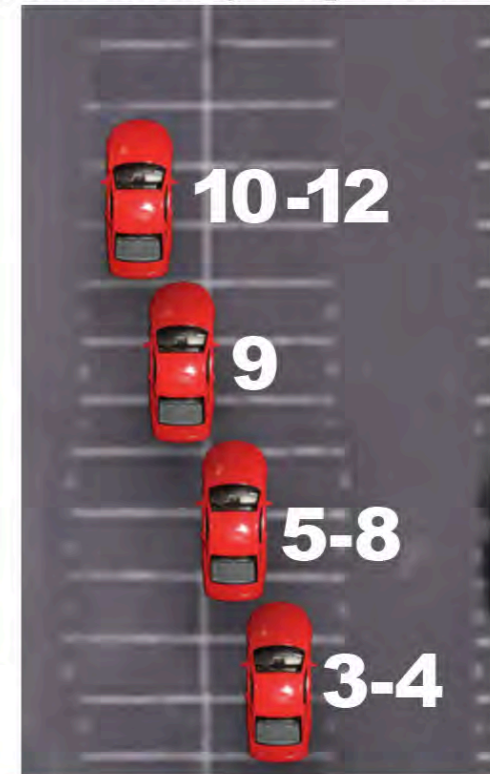
6



Successful performance in the parking lot earns the teen the “key” to performing lane changes on a road.

This practice should only take place after the teen has successfully performed precision lane changes using the Model Roadway Chip Cars.

- | | |
|--------------------------|---------------------------------|
| <input type="checkbox"/> | 3. Mirror Checks |
| <input type="checkbox"/> | 4. Signal For Communication |
| <input type="checkbox"/> | 5. Move To LP 2 or LP 3 |
| <input type="checkbox"/> | 6. Check Blind Spot |
| <input type="checkbox"/> | 7. Time Arrival Open Side Zones |
| <input type="checkbox"/> | 8. Increase Speed If Needed |
| <input type="checkbox"/> | 9. Enter LP 2 or LP 3 |
| <input type="checkbox"/> | 10. Release Signal Light Lever |



Use the spaces in a parking lot as if they are travel lanes. Practice each action of a precision lane change. **Speed only need be 5mph.**

G22: Lane Change Practice In a Parking Lot

6C Dates: _____ Coach A B C



Test Tire-Road Grip Use Slide Space
 Before entering the curve when roads are wet from rain, dew, snow or ice, apply the brakes to test the tire-road grip before reaching the apex to provide “slide space” before steering into the curve.

Test Tire-Road Grip Use Slide Space
 Before entering the curve when roads are wet from rain, dew, snow or ice, apply the brakes to test the tire-road grip before reaching the apex to provide “slide space” before steering into the



1. See Curve In Target Area
2. Check Rear Zone
3. Test Tire-Road Grip
4. See A Left or Right Curve
5. See 4 Seconds of Road
6. Get Best Speed Control
7. Look For Cars/Get LP
8. See LOS-POT at Apex
9. Look Into Curve For POT
10. Evaluate New Target Area
11. Evaluate Targeting Path

4 = By Habit 3 = OKAY Without Coaching
 2 = Okay With Coaching 1 = More Practice

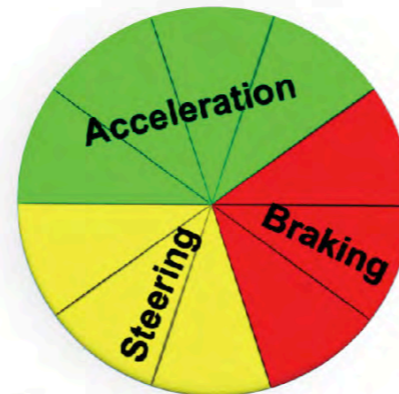
All drivers in the family can learn from the *Driving MIND eCoach* to control speed while approaching a curve

Habit 3: Approaching Curves Slide Space

3B Dates: _____ Coach A B C

Approach Curves/Turns as if Driving the Skid Monster

Every curve approached while the road is dry can provide repetitions to build the action into habit. On dry roads **one can pretend it is slippery** and think about using “slide space.”



Traction Pie

1. Test your traction pie at a time when you will have “**Slide Space**” straight ahead.

2. Reduce speed on the straightaway, before entering the curve or turn.

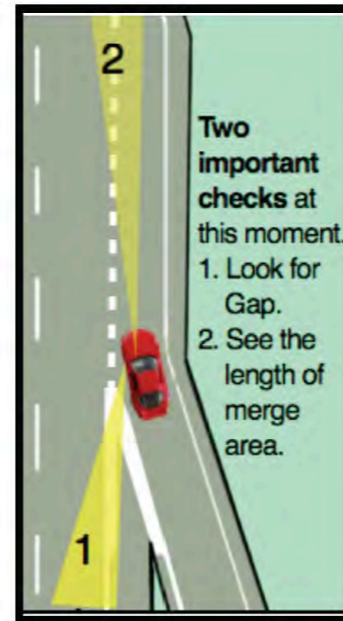
3. For sharp curves and turns, hold partial braking until you are at the transition peg.



There is very seldom adequate opportunity for teens to get experience entering freeways.

The *Driving MIND eCoach* provides several activities on how to use mirrors to find gaps and holes to enter a traffic flow.

After performing with Model Roadways, they practice the four stages of entry in a parking lot.



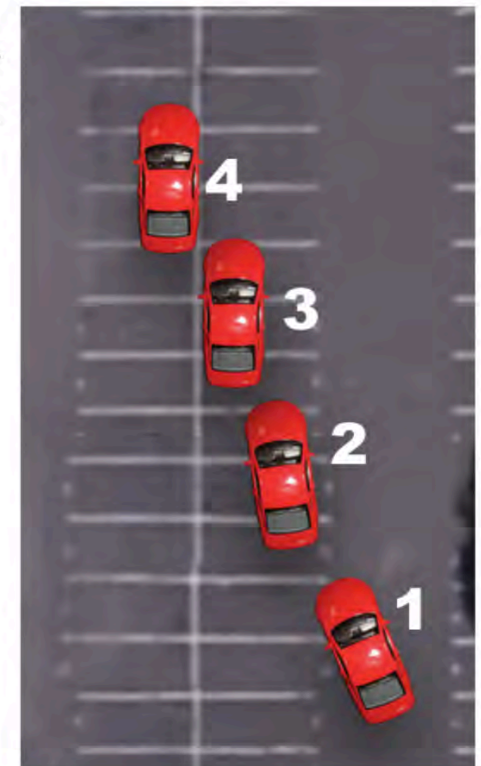
1. Position the car at a 30° angle to represent being on the Entrance Ramp.

2. Enter Acceleration Lane.

3. Move to LP2.

4. Enter Freeway in LP3. and increase speed.

5. Speed only need be 10-15mph, if the parking lot is large enough, if not 5mph will be used.



G34: Practice Reps for Entering Freeways

Dates: _____ Coach A B C  10A



After successful performance in a parking lot, practice can take place on a rural highway to simulate a freeway entrance.




Practice Entering Freeways on a Rural Highway

Entering a freeway is similar to making a lane change except there is one huge difference — the closure rate of cars on the freeway is faster than the closure rate while making a lane change. Novice drivers are not accustomed to the rapid increase in speed necessary to go from the entrance speed of 20-30 mph or slower to freeway travel speed of 55-65 mph or faster. This activity provides teens with the opportunity to evaluate their rear zone, their POT, and accelerate for best speed control.

Guide 34: Rural Highway Freeway Practice

Dates: _____ Coach A B C  10B

Here's one example of the power of the  to evaluate **Level 4 Okay - Unconscious Performance.**



Here is an example of an in-car activity for the Driver Wellness Coach to evaluate the teen's habit of "Stop to See the Tires."

While approaching a stopped vehicle ask the teen a question such as, "if you're on a highway, in the middle lane, approaching a merge sign, which of the six searching locations should be checked?"

At this moment **four evaluations** can be made!

4 = By Habit 3 = OKAY Without Coaching 2 = Okay With Coaching 1 = More Practice



Habit 9: Stop to See the Tires

Dates: 2/4 3/6 9A Coach A B C 

Four Evaluations:

1. You are able to evaluate the correct response to the question. (Check the C-Rear Zone)
2. You are able to evaluate the teen's habit for checking the Rear Zone while stopping.
3. You are able to evaluate the teen's habit for stopping to the rear of a vehicle.
4. And, most important, you are able to evaluate how the teen **performs while being distracted.**



This is one of hundreds of ways a **Driver Wellness Coach** is able to test the strength of teens' Zone Control habits, and **test their ability to cope with distractions.** It's not only texting that distracts drivers; the most frequent distraction is when the **"mind wanders."**

With **Professor Mottola's Driving MIND System** teens are expected to learn these actions and strategies before driver licensing. Then, with parents' support, teens are able to continue to develop these actions into habits during GDL practice.

Two and four months after licensing, a **Driver Wellness Coach** can evaluate the teen's habits. *(See page 2)*

With so many distracted, texting drivers there is a need for this new training process to provide skills that help avoid crashes. Listed below are some of the actions and strategies that you could learn, practice, and **master into habits** while a driver or co-driver.

- | | | |
|------------------------------|-------------------------|----------------------------|
| Value Courtesy & Kindness | Avoid Head-on Crashes | Separation Space Habit |
| Share the Road Willingly | Avoid Being T-Boned | Precision Lane Change |
| Safety Belts for Car Control | Avoid Being Rear-ended | Rear Zone Control |
| Detect/Correct Drowsiness | Use of 15-Second Search | Open, Closed, Unstable |
| Go or Slow Speed Control | 4-Second Danger Zone | Use of Back-up Camera |
| Detect and Correct Skids | Cover Brake at PONR | Backing Into Parking Space |
| Use of SAMatrix (SAM) | Use of LP1, LP2, LP3 | Entering Roundabouts |
| Six Searching Locations | Staggered Stop Position | Timing Traffic Lights |
| Proper Mirror Adjustments | Safety Stop Position | Prevent Lane Departures |
| Find LOS-POT Blockage | 45° and 90° Search | Evasive Steering Control |
| Control Critical Seconds | Locate Gap or Hole | Pitch, Roll, Yaw Effects |
| Avoid Distracted Drivers | Vehicle Balance at Tpeg | Skills to Avoid Rollovers |



For a life-saving investment, have your habits evaluated by a Certified Driver Wellness Coach or at a Skid Monster Evaluation Center.

Professional Coaching: For Licensed Drivers and Co-Drivers