



## Most Driving Actions are Performed Automatically Without Thought—by Habits!

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*Learning to pass a licensing exam vs. learning to avoid crashes is as different as the illumination of a lightning bug vs. the illumination of a lightning bolt!*

The skills tested on most licensing exams have very little to do with habits that reduce crashes.

For example: to pass a licensing exam drivers must make a complete and legal stop in obedience to a stop sign. But, the major purpose of the stop sign is to safely share the road at intersections with other motorists, with pedestrians, and with bicyclists.

Approaching an intersection prepared to make a staggered stop before the legal stop has more potential for reducing crashes than learning only how to make a complete stop. Teens learn from the Driving Mind eCoach not only how to make a staggered stop, they are coached to develop that action into habit.

Teens would fail a licensing exam if they traveled more than a few miles-per-hour over the posted limit for failure to obey the speed limit sign. The problem is that a speed limit sign only tells drivers how fast they are allowed to travel; **it doesn't tell drivers when they should go slow**. In the Driving Mind eCoach, drivers and “co-drivers” will learn more about speed control than just the posted limit. Drivers will learn how to evaluate a situation ahead as to whether it is a “go” or a “slow” condition and learn about the value of acquiring the habit of “covering the brake” to gain mental readiness and to cut stopping distance in half to avoid crashes.

### **The question is: which amount of brilliance do you want guiding your teen's habitual performance?**

Approaching the vehicle with awareness — *by habit* — or not?

See the targeting path is clear before moving — *by habit* — or not?

Turn head to target area before turning steering wheel — *by habit* — or not?

Speed control while entering a curve — *by habit* — or not?

Detect a skid condition within first second — *by habit* — or not?

Correct an off-target skid within the first second — *by habit* — or not?

Keep 4-seconds separation space from vehicles ahead — *by habit* — or not?

Search beyond the vehicle ahead for slow conditions — *by habit* — or not?

Close in gradually when vehicle ahead slows — *by habit* — or not?

Stop to the rear of vehicle ahead to see tires to ground — *by habit* — or not?

When the car in front is slowing for a turn, increase separation space — *by habit* — or not?

Control the Rear Zone on slow-downs to control the Front Zone — *by habit* — or not?

Use forward position reference point for effective intersection searching — *by habit* — or not?

Use transition pegs for best vehicle balance when cornering — *by habit* — or not?

Use LP1, LP2, LP3 for best lane placement — *by habit* — or not?

Use safety stop position for deep 90° search — *by habit* — or not?

Use staggered stop position on intersection approach — *by habit* — or not?

When a LOS-POT Blockage is detected check opposite window for options — *by habit* — or not?.

Find LOS-POT Blockages in A Zone — *by habit* — or not?

Find LOS-POT Critical Seconds — *by habit* — or not?

Get speed control, lane positioning, communication to control critical second — *by habit* — or not?.

Effectively use Selective Attention Matrix's (SAM) Six Searching Locations — *by habit* — or not?

Use LP1 and reduce speed when there are closed B and C Zones — *by habit* — or not?

Use LP1 with open B and C Zones — *by habit* — or not?

Use LP2 with open B Zone and a closed C Zone — *by habit* — or not?

Use LP3 with open C Zone and a closed B Zone — *by habit* — or not?

At oblique intersections for deep search, position vehicle at 90° angle — *by habit* — or not?.

Use the least amount of space when making left and right turns — *by habit* — or not?

Check the rear view mirror before, during, and after braking — *by habit* — or not?

Evaluate whether rear zone is “open,” “closed,” or “unstable” when braking — *by habit* — or not?

Unstable rear zone, apply brakes as early as possible to stabilize rear zone — *by habit* — or not?

Safety belts clicked-on — *by habit* — or not?

Windows closed — *by habit* — or not?

**Click the link below to sample “*Professor Mottola's Driving Mind*” eCoach.**

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