



# 10 Habits **ZERO** Crashes!

*No Crash is Acceptable!*

## In-Car Guides



## Partnership for **EXPERT** Driving

Teacher • Teen • Parent

8th Edition

F R E D E R I K R . M O T T O L A



# 10 Habits Zero Crashes

*No Crash is Acceptable!*

**W**hen the key is put into the ignition, the car is like a tamed animal, ready to obey the driver's every command. However, without proper management of vision, motion control, and space, it can quickly turn into a monster. The trick is to know what makes the car turn into a monster, how to prevent it, and how to keep the monster caged.

**“Caged” means “with constraints, to hold back, to have limitations.”** Drivers need to know when to hold back the power of the vehicle and how to determine when it is at its limitation. This is the problem! Drivers don't always know the limitations of the vehicle, the limitations of the roadway, or their own limitations. It is very common to be at the edge of these limitations without having any negative consequences. The driver may do something that is not safe, but nothing happens. The driver gets positive feedback for wrongful behavior. When this happens frequently, it leads to bad habits. Then it's merely a matter of time and circumstance before the monster breaks out of the cage. It doesn't take any skill for a driver to speed while entering a curve, resulting in the car careening off the edge of the road and embedding itself into a tree. However, it takes considerable skills to constrain the power of the vehicle. If a driver fails to keep the monster caged it becomes difficult — sometimes impossible — to get it back into a controlled state.

**No one wakes up believing that it is the start of the last day of their life.** Yet, for more than 35,000 people each year, life ends on America's roadways. And each year, over 450,000 human beings have their quality of life drastically altered by permanent disabilities sustained during a car crash. These crashes are caused not only by teen drivers — they are caused by doctors, teachers, ministers, mothers, fathers, truck drivers, police officers, race car drivers, your friends, your relatives, drivers of all ages and of all educational backgrounds. The majority are good people who were suddenly confronted with a monstrous situation that was beyond their control.

**A crash can be classified into one or more of these categories:**

- The driver lacked awareness and failed to detect the potential crash.
- The limitation of the vehicle's traction control was exceeded.
- The driver failed to effectively use the vehicle's controls.
- The driver failed to detect and correct for others' wrongful actions.
- The driver performed a willful high-risk act of endangerment.

No driver training system will be able to prevent crashes from a driver intent on performing without regard to the consequences. Nothing short of a series of psychological consultations will help that individual. However, for drivers who want to achieve Habits for **Zero** Crashes, this program will help evaluate their driving style and serve as a guide to the development of the empowering mental skills of space management — skills that will give them a lifetime of **Zero** Crashes!

## Message to Parents/Mentors

**Everyone drives by habits**, not by conscious actions. Many of the habits are caught through chance experiences. The techniques in this program provide teens with a structure for developing space management habits that not only eliminate their own errors, but also find, solve, and control the vehicle's space requirements to compensate for the wrongful actions of others. This program is designed to help teens become better than the average "experienced" driver.

**How good is the "Experienced Driver?"** If you take a look at the statistics listed in the Crash Pyramid you will see that every day of every week of every month there are nearly 100 "experienced" drivers killed on highways in the United States; and there are 1000 "experienced" drivers each day who receive life-altering injuries — some being in a coma for the rest of their life, some receiving spinal injuries making them paraplegics or quadriplegics, some receiving traumatic brain injuries, and a whole list of other injuries that affect the quality of life. Every day on our roadways over 1000 people climb to the top of the Crash Pyramid.

**Most crashes are the result of failure to manage space.** Two objects cannot occupy the same space at the same time; therefore a crash results. When there are two drivers involved in the crash, one has failed to manage space and the other was victimized by wrongful behavior — either one of the drivers could have had Habits for Zero Crashes to prevent that outcome.

**Developing habits for best car control requires** a well-designed educational plan, a dedicated and knowledgeable educator, an informed and highly motivated learner, and a concerned parent or mentor who can guide the teen's practice session to cultivate the ten habits. The In-Car Guides in this book present a scientifically structured plan that can be used as a blueprint for specific actions that need to be performed repeatedly, over a period of time, so that habits will form. Fostering teen awareness of traffic situations can result in performance that is better than that of the average driver.

**The question is, "what House of Habits do you want your teen to build?"** Would you want your teen to have better car control skills than the average driver? Would you want your teen to stay out of the Crash Pyramid? Is any crash acceptable? The role you play is most important in providing the teen with an opportunity to practice the many behavioral patterns that promote EXPERT Habits for Zero Crashes.

I wish you the greatest success in helping your teen build a House of Habits that achieves a lifetime of **ZERO** Crashes.

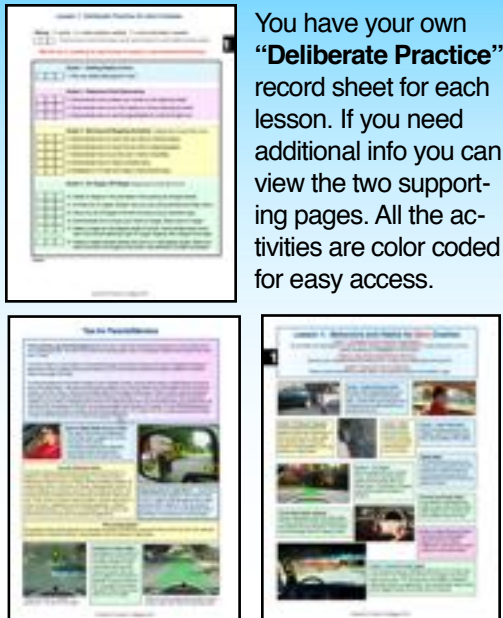
*Professor Frederik R. Mottola*

# Suggestions for Parents/Mentors to Conduct Practice Session

## Before conducting an In-Car Practice Session

The teen should complete all DVD activities for the Lesson — earning at least 80 percent of the total points available. This will prepare the mind for success.

1. Always wear safety belts; be relaxed and keep your voice calm.
2. Give your teen only the practice that is described in each lesson and behaviors from previous lessons.
3. For the first few sessions, start in parking lots or lightly traveled areas.
4. Sit in the front passenger seat with your left hand free to take over steering control if necessary.
5. Be clear with directions. Avoid using phrases like "Make a left, right here." When responding to a question, use the word "correct" instead of "right."
6. Give directions for turns well in advance. Give the location first, and then the action. Say "at the next intersection make a right turn." Think ahead to detect future problems.
7. Have a driving dialogue with your teen. Ask what he/she sees and what he will do well in advance of the maneuver you wish him to perform.
8. Be supportive and positive; this will promote success.
9. Feedback must be precise and immediate.
10. Be a good role model; your teen will respond to what is seen.
11. Learn your reference points from the right side of the car (explained in lesson two). Take a few minutes in a parking lot to learn how to steer the car from your "coaching" position.
12. Before doing any driving: On each practice session, begin by asking your teen to explain the meaning of two of the behaviors listed on the "Deliberate Practice" page. If the teen is uncertain, you can find correct information on the left side of your page and on the "Coach's" page (look for the same colored background as that of the question). When a correct response is made, give positive feedback. You should frequently ask the teen to explain or demonstrate how to perform something correctly. If the teen is not able to explain or demonstrate the behavioral patterns correctly, chances are that the in-car performance will not be effective, and in some situations it could be dangerous.



You have your own "Deliberate Practice" record sheet for each lesson. If you need additional info you can view the two supporting pages. All the activities are color coded for easy access.



### Three ways for the Parent/Mentor to help the teen control the car.

**1. The primary and most important method** is to give clear and accurate directions with ample time for the teen to take a proper and safe action.

**2. When the teen needs help steering the car**, put your left hand at the steering wheel's three o'clock position to prevent erratic steering, or to steer the car back on course.

**3. In an extreme emergency situation when you want to disengage the car's acceleration power, shift into neutral.** To do so, place your left hand on top of the shifter, whether the shift is on the column or in the console, as shown in the photos. With your palm open (very important not to close your fist) and facing down, push forward toward the dashboard. The shift will automatically go into the neutral position. This action may be necessary if the teen gets into a panic situation and the foot freezes on to the accelerator pedal. Practice the process several times until you feel confident that the shift will stop in the neutral position.

