

Professor Mottola's Driving Mind eCoach has two tracks of activities:

- The Co-Driver track for filling the mind with Awareness and Speed Control.
- The Driver track, for training the hands, feet, and eyes in expert Car Control skills.
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Professor Mottola's Driving Mind eCoach is a New Model for Training Teens:

- Parents of teens, 13-years and older are able to earn a Zone Control Co-Driver's License (see the Zone Control Strategies download).
- Parents learn the Zone Control Actions while having their teen performing Co-Driver activities.
- Teens are provided with Mind Cue Cards to guide "deliberate practice" that is essential for habits to develop.
- The teens' cultivation of Zone Control Actions into habits are measurable by the eCoach activities and quizzes.
- This becomes a new model of GDL, where teens acquire Awareness, Speed Control, Space Management, and Car Control HABITS before taking their driving exam.
- Driver educators can understand and effectively evaluate the teen's habit development of Zone Control actions.

The "Co-Driver" training is a major feature of this program.

- Teens are required to learn, practice, and achieve an understanding of how to perform actions that are necessary for each in-car session before scheduled to operate behind-the-wheel.
- When teens do attend the in-car session, they must demonstrate the Zone Control actions being presented in that lesson.

Here is a sequence of learning that can take place:

- Teens perform an Activity with the eCoach.
- They receive Mind Cue Cards describing actions to be practiced while being a co-driver, or a pedestrian
- They perform classroom PEP with your guidance. (Physical-mental Equivalent Practice activities are included on your Coach's Notebook).
- They take an entry quiz, which you are able to view. A passing score of 90 or higher is required.
- They get scheduled for an in-car session (An online Schedule can be made available).
- Three teens in the car is recommended.

- Teens in the backseat become part of the "coaching" team, identifying "successful" performance of each action.
- Teens explain how they will be performing a routine before they perform it, (For example, making a Precision Turn).
- The introduction of any maneuver should first take place in a parking lot, which allows the mind to soak in one action at a time.
- The maneuver, whether it is making a right turn, making a lane change, approaching an intersection, or entering a freeway, will be demonstrated flawlessly in the parking lot before performing it on the road.

You are provided with this 30-Day Sample so that you can explore at your own pace how you can help teens cultivate habits that control their actions to stay healthy — **physically and mentally** — after they complete your course.

If you would like to acquire the full course, there are two options available:

The full program will be available on March 24th until September 30, 2019 for both options.

Option 1:

- It will consist of all of the Blue and Black Sets of the Co-Driver and the Driver Tracks as shown on the Sample.
- Teens will have their own log-in.
- You will have the Driver Wellness Coach's Notebook for classroom and in-car activities.
- You will be able to monitor the teen's eCoach performance.
- You will have a clear set of standards that are to be achieved for each of the ten in-car lessons.

A pilot program is offered from March 24 to September 30, 2019 for **\$3/teen**.

ADTSEA members will receive, while the supply lasts, **free** 6th or 7th edition of *Partnership for Driver Excellence* books for each teen (only pay shipping).

Option 2:

You can purchase one log-in of Professor Mottola's Driving Mind eCoach for **\$89.00 for up to 60 teens** (additional teens are \$2/teen). You will be able to provide that Enrollment Key to all your students for their individual or classroom use. There is no Driver Wellness Coach's Notebook. You will not be able to evaluate the teens' performance of activities and quizzes. Teens will be able to learn use of SAM, Targeting, Reference Points, Skid Control, and all the other actions of Zone Control. The subscription will be valid from March 24th to September 30, 2019.