



## COURSE OVERVIEW

# Youth Driver Responsibility

- ✓ Available in workbook
- ✓ Available in eLearning

ITEM # W 113



## COURSE DESCRIPTION

This course on cognitive driving skills was designed for all drivers, regardless of age, who have exhibited a lack of proper driving values, attitudes, and behaviors.

This is perhaps the only traffic workbook in the nation that combines cognitive restructuring with traditional traffic curriculum. Notice that the workbook spends a lot of time and effort in the cognitive domain to challenge driver's faulty thinking, and less in the affective domain. Highlights in the workbook include Unit 5, which covers emotional factors, and Unit 6, which covers physical factors. Each unit sets the stage for the next unit and focuses on the ACCI motto:

If we keep on thinking the way we have been thinking, we will keep on getting what we have been getting. If we want to change what we have been getting, we will have to change what we have been thinking.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Personal responsibility
- Avoiding distractions while driving
- Overcoming negative thoughts, attitudes and behaviors while driving
- Positive driver attitudes, values, and behaviors
- Driving with skill and sense



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



## COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 800 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 111

Workbook Pages: 64

Course Length: ~10 hours



## COURSE CONTENT

### UNIT 1: DRIVER VALUES

The reason for most driver problems is driver values.

### UNIT 2: DRIVER RESPONSIBILITY

If you are not responsible for your actions, who is?

### UNIT 3: LAWS & CONSEQUENCES

A society without laws is not a society.

### UNIT 4: ANGER AVOIDANCE

Angry drivers drive with a full anger flask.

### UNIT 5: EMOTIONAL FACTORS

Strong emotions impede driving ability.

### UNIT 6: DRIVING WITH SKILL

Thirteen factors that cause accidents.

### UNIT 7: DRIVING UNDER THE INFLUENCE

A recipe for disaster.

### UNIT 8: HOW TO CHANGE

Driver awareness is the first step to change.



## CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial personalities
3. Education



## LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling
- Knowledge check