Chapter 17 - Psychological and social readiness

- Problems from losing attention or being distracted
- Emotional state and effects on driving
- Social impairments, peer pressure, and their effects
Lesson 1 - Inattention and Distraction

- Inattention - Lack of paying attention
- Distraction - Anything or situation that draws your mind away from driving
  - Both increase the risk of driving
- Types of distractions
  - Radio
  - Friends/passengers
  - Headphones
  - Eating/Drinking/Traffic
  - Cell phones
    - [http://stoptextsstopwrecks.org/](http://stoptextsstopwrecks.org/)
Lesson 2 - Emotions

What emotion puts you at greatest risk while driving?
- Increases aggressive and reckless maneuvers
- Young drivers experience the effect of emotions greater than older drivers
  - New emotions/Puberty/increase level of hormones
  - Continuous rewiring of feelings
- Controlling your own anger starts with understanding the triggers
- Increase level of anger can lead to Road rage
Aggressive Driving from others

- How can you avoid triggering aggressive driving from others:
  - Don’t tailgate
  - Don’t drive slowly in the passing lane
  - Don’t make gestures
  - Be courteous
  - Avoid eye contact
  - Don’t retaliate
  - Signal when changing lanes/turning
Lesson 2: Emotions

- Other negative emotions affecting your driving
  - Frustration
  - Sadness and depression

- How positive emotions can impair driving
  - Exuberance
  - Playfulness
  - Overconfidence and complacency
Lesson 3 - Scanning, Searching, Sensing

- What systematic scanning?
  - To use visual information quickly and accurately to produce an action
  - How to implement systematic searching and scanning
    - Checking the center of the travel path
    - Scanning searching, and listening to what is happening in the traffic scene
    - Checking inside and outside mirrors and inside and outside the instrument panel

- SIPDE
Lesson 3 - Norms and Peers

- Social Impairment - often involves peer pressure
  - Influence of other individuals your age in regards to your decision making
    - Socially energized (exciting situations) cause a “time out” effect where young drivers don’t feel that consequences will occur - injury, law, death

- “Norms”
  - Rules or normal standard of behaviors in different situations

- Customs
  - Behaviors with one another that follow a persons beliefs in society (religious, ethnic)