

Smart Learners

your success is just a mouse click away!



How are you feeling?

In order to learn to drive safely and effectively - and to get the best possible value from your driving lessons - you need to be in a 'good learning state' when you are behind the wheel'.

A good learning state is one where you have a mix of 'feelings' ranging from "This is easy" through to "OOPS!".

This 'Traffic Light' system can help you monitor your own feelings and help you to share those feelings with your instructor - your lesson can then be adjusted for maximum learning efficiency.

The best learning states are in between 'totally relaxed' and 'feeling challenged'. Your instructor will aim to structure your course and your lessons so that there is a balance between relaxed practise and new challenges - this is done by setting realistic targets for each lesson and providing a secure environment both inside the car and with the routes that are chosen for the lesson.

As a guide you should be in the 'green' state for about 50% to 75% of your lesson time and the 'amber' state for between 25% and 45% of the lesson time.

Red time should be 5% or less!

If you feel 'red' - tell your instructor (who might ask "Green, Amber or Red?" from time to time).

Because driving instructors need to concentrate on many things at once (to keep you safe) they need input so that they know exactly how the pupil is feeling - remember, feeling comfortable and enjoying your lessons will greatly influence the speed at which you learn.

Make sure that you are always 'up front and honest' about the way you are feeling during your lessons. This will help your instructor to get you up to 'driving test standard' as quickly as possible

**I am uncomfortable
I would like to stop
I don't like this
I feel very insecure**

**I feel OK at the moment
This is stretching me a bit
This is a challenge
This is exciting
I feel *slightly* insecure**

**I feel comfortable
I am relaxed
I feel confident with this
I am enjoying this
I feel very secure**