

CHAPTER 2 OBJECTIVES

LESSON ONE



Emotions Affect Your Driving Ability

1. Describe three effects your emotions can have on your driving.
2. Describe at least six ways to control the effects your emotions may have on your driving.

LESSON THREE



Temporary Physical Conditions that Affect Your Ability to Drive

5. Describe how fatigue affects driving ability and how to fight fatigue.
6. Explain the ways that short-term illnesses and injuries may affect driving.

LESSON TWO



How Vision Affects Your Ability to Drive

3. Explain why good vision is critical.
4. Explain how to compensate for such vision problems as poor depth perception, color blindness, and night blindness.

LESSON FOUR



Long-Term Physical Factors that Affect Driving Ability

7. Describe the ways that hearing loss affects driving ability.
8. Identify several ways that drivers can compensate for physical disabilities.
9. Describe how aging and chronic illnesses can affect driving ability.

Responsibility. Maturity. Self-control. No doubt you've heard these words spoken many times over the years by parents, teachers, and other adults.

As a new driver, those same words will again take on important meaning for you. When you're behind the wheel, it's not just driving skill that matters. It's your ability to think clearly and make sound, responsible driving decisions.

How Do Emotions Affect Your Driving?

Throughout your life you experience a range of strong feelings, both positive and negative: joy, sadness, anger, fear. Such feelings are part of what it means to be alive.

However, strong emotions can affect the way you see and think and distract you from driving. Lost in thoughts and daydreams, whether happy or sad, you may pay less attention to what is going on around you. You may miss important road and traffic information, causing you to make unsafe driving decisions.

When you experience a strong negative emotion, you may feel the need to do something forceful. If you're driving, you may have an impulse to act out your emotion by driving recklessly—a very dangerous and irresponsible attitude to take.

Inattention

Strong feelings have the power to focus all your attention on one thing. You may become obsessed with an idea or a person. If you've just won a tough game, maybe you review the big play in your mind again and again. If you're in love, maybe you can't stop thinking about your boyfriend or girlfriend.

Whatever the cause of the emotion, it can interfere with your driving by taking your attention away from the road. You may be so preoccupied that you drive dangerously—speeding or taking other risks—without even realizing what you're doing.

Lack of Concentration

Sometimes you can't seem to concentrate on anything. You may feel anxious about a date or excited about

SAFETY TIPS

Don't let conversation with passengers distract you while driving. If you have a serious or emotional matter to discuss with a companion, do so after you've parked the car.

Strong emotions can have an effect on your driving. They can interfere with your ability to manage risk. ▼



getting an A on a test. Your mind may be spinning with ideas or fantasies.

This is not a good state of mind to be in when you're driving. If you can't concentrate, you should let someone else drive or else wait until you're better able to focus on the driving task.

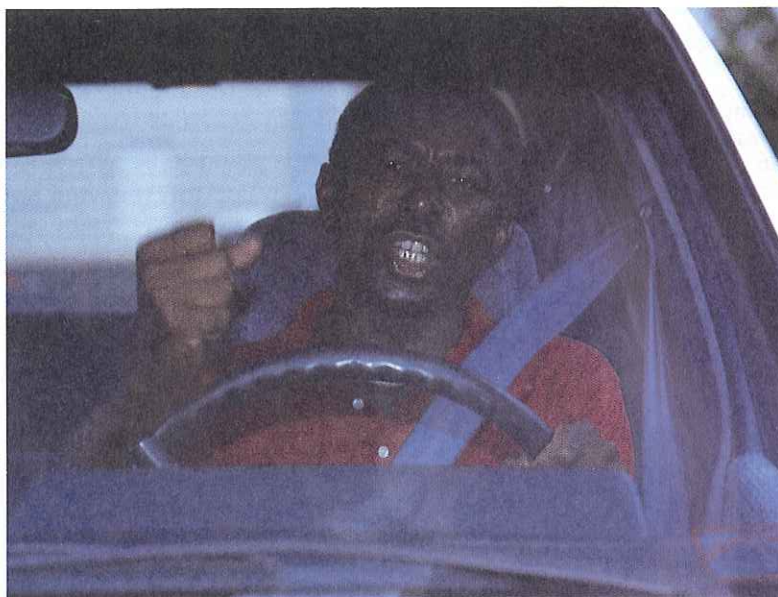
Ability to Process Information

Safe driving is a full-time job for your mind as well as for your body. You not only have to see and hear the signs and signals of the roadway, you also have to use good judgment based on the information you gather. The decisions you make can mean the difference between safe driving and dangerous driving.

If your mind is in the grip of a strong emotion, your ability to process information about the roadway may be diminished. It may seem as if you're in a kind of twilight zone where the things you see and hear on the road don't connect with your ability to reason and make sound judgments. Some people call this "being in a daze," "spacing out," or "tuning out." Whatever it's called, such a state of mind seriously decreases your ability to manage risk.

How Can You Control Your Emotions?

Though sometimes it may not seem possible, you *can* learn to control your emotions when you have to. You can also take steps to avoid or minimize problems relating to your emotional state. Often, just by admitting to yourself that you're upset or angry, you can calm yourself down.



Maintain a Mature Attitude

You exhibit a mature attitude when you show respect for order and safety and take responsibility for your actions. You should assume a mature attitude as soon as you enter your car, and put aside strong emotions while you drive. Be courteous even if you happen to feel angry. In other words, put your emotions on "hold" and concentrate on driving safely.

Identify Troublesome Situations

Identify situations that may upset or annoy you, and deal with them in a mature way. When a situation is likely to bother you—bad weather or an unexpected traffic jam, for example—take a few deep breaths, say to yourself "I won't let this get to me," and focus your attention on driving.

Anticipate traffic situations that irritate you, and prepare yourself. You know, for example, that traffic is

▲ *Don't let your emotions get the better of you. Instead, learn ways to control your emotions.*

ENERGY TIPS

Idling in heavy traffic wastes fuel. Find a route to your destination that is not heavily traveled.



WHAT WOULD YOU DO?

You're already late. How would you deal with your emotions and with getting to your destination in this situation?



heavy at rush hour. If you must drive then, you have a choice to make. You can grit your teeth and snarl at the traffic. Or you can tell yourself “I know traffic is going to be slow now, but this won’t last forever. I’m not going to let it bother me.” Then you can drive safely and patiently.

Plan Ahead

Advance planning can reduce stress and avoid problems. Will your planned route take you near a stadium at the same time that sports fans are crowding the roadways? Perhaps you can leave home earlier. Will you be traveling on a highway that is partially closed for repair? Try to find an alternate route.

Always allow enough time to get where you are going—extra time if you know you’ll be traveling in heavy traffic or bad weather.

Expect Mistakes from Others

Rather than let yourself get irritated by every instance of bad driving you encounter, accept the fact that everyone makes mistakes at one time or another. Drivers may be distracted, inexperienced, or even intoxicated. Never assume that other drivers will drive safely or obey all rules.

Don't Drive When Upset

If anger or other strong emotions have you “in a state” when you’re about to get into your car, think twice before driving. Better to wait until your feelings settle down and you’re better able to concentrate. Something as simple as taking a walk may be enough to clear your mind so that you can drive safely.

Don't Drive When Depressed

Feelings of grief, hopelessness, or intense anxiety may last for several days or more. Such emotions may make it dangerous to drive. Stay off the road until these feelings subside.

Train Yourself Always to Use Correct Procedures

Get into the habit of using safe driving procedures. Your goal should be to make such procedures automatic, no matter what your emotional state may be.

CHECKPOINT

1. How can strong emotions affect your driving?
2. How can you control your emotions when you drive?

Your sense of sight is the most important of the senses that affect your ability to drive. In fact, 90 percent of the decisions you make while driving are based on information you gather with your eyes. If you're having trouble seeing, your ability to drive safely is in serious jeopardy.

Why Is Good Vision Critical to Driving Ability?

Being able to see well means more than simply having "20/20 vision." It means being able to see straight ahead and to the sides and being able to perceive depth as well as color.

If your ability to see clearly is impaired, you will have difficulty adjusting your car's speed and position to minimize risk. You will not be able to scan the roadway far enough ahead to spot a threatening condition early. You will also have trouble identifying signs, signals, and roadway markings.

To check your ability to see clearly, you should be tested for *visual acuity* (clear vision) by a health care professional or by your local department of motor vehicles. The visual acuity test measures how well you can see and whether or not you need to wear glasses or contact lenses to improve your vision.

Field of Vision

When you are standing still and looking straight ahead, you can see what is directly ahead and also what



is at an angle to your right and left. This is your *field of vision*.

Your vision is clearest in a narrow beam directly in front of you, your *area of central vision*. Vision at angles to your right and left is called *peripheral vision*. This vision enables you to notice objects and movement to your sides. When you are in forward motion as you drive, your field of vision narrows. You need to move your eyes from side to side to detect any potentially dangerous conditions.

How Can You Compensate for Vision Problems?

If you have a problem with depth perception, distance perception, night blindness, or color blindness, you can learn to compensate when you drive.

▲ Have your vision tested regularly. Good vision is crucial to risk management. Traveling at 30 mph, with 20/20 visual acuity, you can read a 6-inch-high street sign from a distance of about 180 to 225 feet, or 4 to 5 seconds away. With 20/40 vision, you would have to be within 90 to 135 feet, or 2 to 3 seconds away, to read the same sign. With 20/100 vision, you would have less than 1 second to read and respond to the sign.

SAFETY TIPS

If you are driving with your high beams on, don't blind drivers coming toward you. Switch to low beams when oncoming traffic is within 500 feet.

Poor Depth Perception

Depth perception gives a three-dimensional perspective to objects. It helps you judge the relative distance between two objects. Any time you look at an object far away from you, you are using depth perception. When you estimate the distance between yourself and the object, you're using distance judgment.

Depth perception and distance judgment work together. They are especially important when you drive because they help you control your following distance and adjust your position in traffic. If you generally have trouble judging distances, you'll have even more difficulty when you're in a moving car.

To compensate for poor depth perception, increase your following distance. You can also compare the speeds of the cars coming toward you.

Color Blindness

The most commonly used colors in traffic are red, green, and yellow. If

you have normal color vision, you won't have a problem recognizing these colors when you see them. Some people, however, are *color blind*. These people are unable to tell the difference between red and green or between blue and yellow.

Color-blind people can drive safely. They can tell the meaning of signs and signals by their shape and position, or by reading the words printed on them.

Night Blindness

Even if you have 20/20 vision, you don't see as well at night as you do during the day. At night your visual acuity, field of vision, depth perception, and color vision are all reduced. For some people, seeing at night is even more difficult.

If seeing at night poses a particular problem for you, you may have a condition known as night blindness. Have your eyes checked, and avoid driving at night.

One of the biggest problems in night driving is glare caused by the sudden brightness of the headlights

THE SCIENCE CONNECTION

A person who can read 3/8-inch-high letters clearly from a distance of 20 feet, without glasses or contact lenses, is considered to have normal visual acuity. This is called 20/20 vision because at 20 feet, that's what most people with normal vision can see. People with 20/40 vision can see at 20 feet what people with normal vision can see at 40 feet. A person with 20/40 vision sees less accurately or clearly than someone with 20/20 vision.

Eyeglasses or contact lenses improve eyesight, but they do not necessarily improve it to 20/20 vision. Some people's vision cannot be made better than 20/70 with glasses or contact lenses. Some states grant these people restricted driving licenses, allowing them to drive only under certain conditions, such as during daylight hours.

Tips for New Drivers

Driving at Night

When you drive at night, you need to compensate for reduced visibility. Here are some steps to take:

- Drive more slowly than you would during the day. Adjust your speed to the range of your headlights. Increase your following distance to 3 seconds or more.
- Keep your eyes moving. Don't stare at brightly lighted areas. Keep your attention on the street-level activities around you and in the direction in which you're heading.
- Make sure your windshield and headlights are clean.
- Use your headlights wisely. Use your high beams when possible, such as on long stretches of empty highway. Switch to low beams for city driving and when following vehicles or meeting oncoming vehicles.
- Avoid driving near your usual bedtime. Your level of alertness is low at this time.

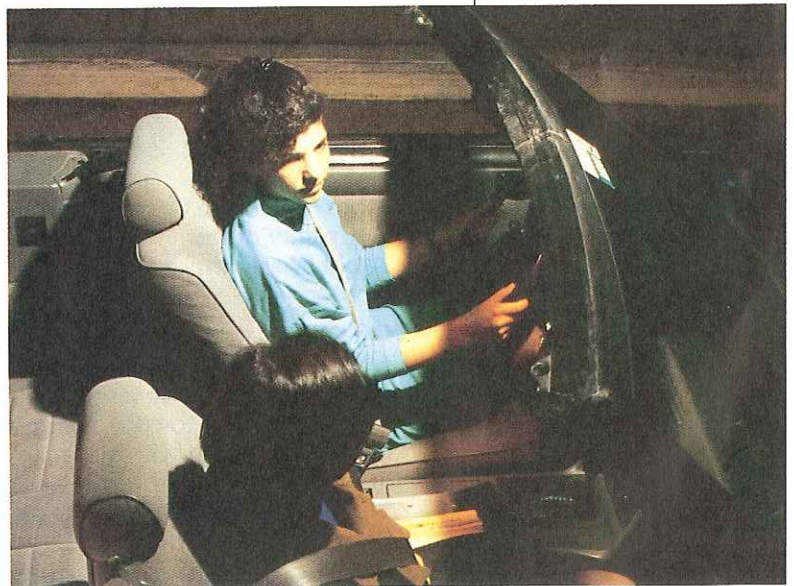
of oncoming vehicles. Whether you look directly at the approaching beams or not, the pupils of your eyes narrow to adjust to the brightness. Your eyes then take a moment to readjust to the darkness of night. During this time you may be temporarily blinded.

Here are some ways to deal with the danger of glare.

- ◆ Don't look directly at the headlights of an oncoming car. Instead, look beyond them and direct your attention to the right edge of the roadway, keeping the approaching car in your peripheral vision.
- ◆ Reduce your speed if you are momentarily blinded by glare.
- ◆ Keep alert to possible glare situations that may arise, as on curved or hilly roadways. When you anticipate such a situation, turn your eyes away from it, keeping it in your peripheral vision.

CHECKPOINT

3. Why is good vision important?
4. What can you do to compensate for poor depth perception? For night blindness?



WHAT WOULD YOU DO?

You are driving at night and are having trouble seeing the road. How could you ensure the safety of yourself and your passengers?



Everyone experiences a "down time" during the day. For most people, this period occurs sometime between 1 and 5 P.M. During a "down time" period, which usually lasts from 15 to 20 minutes, people are at very high risk for falling asleep unless they are involved in a challenging activity. To reduce your risk, know when you usually experience your "down time." If necessary, pull off the road to a safe location and take a short nap. If you're drowsy, coffee may keep you from falling asleep for about 15 minutes. After that, there is no safe alternative but to get some sleep.

At times, you'll have to decide whether or not you feel physically well enough to drive—or whether it's safe to ride with another driver. Conditions such as fatigue, a cold, the flu, or an injury may be temporary, but these conditions can affect your ability to make good decisions while driving.

You've already read about two important factors affecting a driver's ability to operate a car: emotional state and vision. Various other physical factors can limit or impair driving ability.

In some instances, you can compensate for a limiting physical condition. Other times, however, your wisest course of action is not to drive at all.

How Does Fatigue Affect Your Driving Ability?

Nearly everyone experiences fatigue at times. Fatigue may be brought on by lack of sleep, boredom, illness, or stress. Drivers often experience fatigue during a long, monotonous drive.

Fatigue is dangerous if you're driving. It affects your body and your mind. Your senses are impaired. You are not as alert as you should be. You may not see objects clearly. You may miss critical information—signs, lights, sounds. You may misjudge speed and distance or take needless risks. You may drift into a state of "highway hypnosis" or even fall asleep at the wheel.



Tips for New Drivers

Fighting Fatigue

Fatigue is usually temporary and easily overcome. The best way to overcome fatigue is to stop doing whatever you're doing and get some rest.

Before You Drive

- Get plenty of rest.
- Avoid heavy, fatty foods.
- Don't drink alcoholic beverages.

While You Drive

- Make sure there is a good flow of fresh air in the car. If your car is overheated or poorly ventilated, you may become sleepy.
- Wear sunglasses to cope with glare from sun and snow.
- Take turns driving with someone else.
- Turn on the radio. Sing, whistle, or talk to yourself.
- Stop regularly, get out of the car, and walk, jog, or do other light exercise for a few minutes.

Lack of sleep is now recognized as perhaps the leading cause of traffic fatalities—even ahead of drinking. Combining too little sleep with alcohol consumption virtually guarantees a crash.

When you feel fatigued, you're clearly in no condition to begin a long drive. If you're already on the road and find yourself getting sleepy, you're better off pulling over than trying to continue driving. Although it's usually not a good idea to sleep in your car at the side of the road, here are some tips if you have no choice but to stop and rest.

- ◆ At night, stop at a lighted roadside rest area. If you can't find such an area, make sure you are as far off the highway as possible.
- ◆ Roll down a window just enough so that fresh air comes into the car but not enough that someone might be able to enter the car from outside.
- ◆ Turn off the engine to avoid carbon monoxide poisoning. Lock all the doors.
- ◆ Leave your parking lights on, but turn off all other electrical equipment.
- ◆ Before you begin to drive again, get out of the car and make sure you are fully awake.

How Do Short-Term Illnesses or Injuries Affect Your Driving?

A temporary illness, such as a cold, flu, or allergy, can make it risky for you to drive. So can an injury, such as a broken bone or a pinched nerve. The discomfort or pain you experience can distract your attention from

the road and lessen your ability to manage visibility, time, and space.

If you can't avoid driving when you're ill, at least try to minimize the amount of driving you do. Allow extra time to get where you're going. Drive more slowly than you normally would, and keep your attention focused on driving, not on how you feel.

Be especially careful about driving if you're taking any medication. Always read the information that appears on medicine containers. Some labels specifically warn against driving. Indeed, some medications for common illnesses can cause drowsiness, nausea, headache, or dizziness—conditions that are extremely dangerous for the driver of a car.

CHECKPOINT

5. How can fatigue affect your driving? How can you fight fatigue?
6. What effect can temporary illness or injury have on your driving?



WHAT WOULD YOU DO?

Describe your driving strategy for the next few hours until you reach your destination.

SAFETY TIPS

All vehicles emit carbon monoxide gas. It can make you physically ill or even kill you. Have your car's exhaust system checked regularly. Avoid driving a car that has an exhaust leak or a broken tailpipe. Such defects allow harmful exhaust gases to be trapped beneath the car, even when the car is moving. These gases may leak up into the car's interior.

Special devices enable many people to drive who would otherwise be unable to do so. ▶

Some people face long-term or permanent physical challenges. Science and medicine, along with advances in technology, have greatly improved the driving potential of individuals.

How Does Hearing Loss Affect Driving Ability?

Your sense of hearing is an important guide to conditions on the roadway and within your own car. The sound of a siren, horn, or train signal warns you of possible danger. You may hear the sound of a vehicle in your blind spot before you actually see the vehicle. Sounds from your

own car may alert you to engine, muffler, or tire trouble.

Drivers with a hearing loss may be able to compensate by wearing hearing aids. They can rely more on their vision, frequently scanning the roadway, and making good use of the rearview and side-view mirrors.

How Can Challenges Caused by Physical Disabilities Be Met?

A few years ago, it would have been virtually impossible for a person with cerebral palsy or a spinal cord injury to drive. Such challenges, called physical disabilities, often created



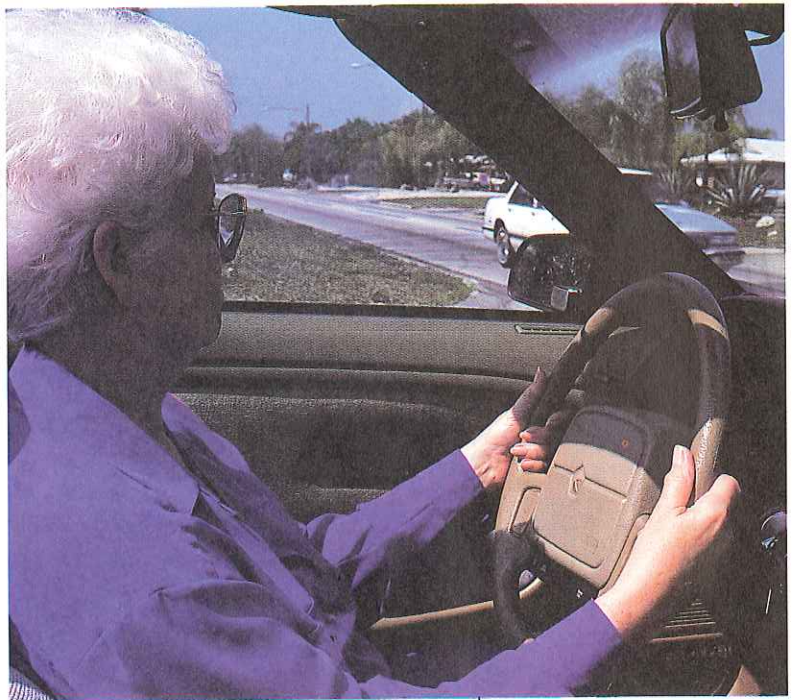
obstacles that were impossible to overcome. With the development of modern science and technology, however, such disabilities are no longer permanent barriers. Although the severity of a person's physical disability still impacts on driving ability, new types of equipment such as joy stick driving systems, voice-activated controls, and modified vehicles, can greatly increase his or her driving potential.

For example, many people who do not have full use of their legs are able to drive with the aid of such special devices as hand-operated brakes and accelerators. Those without arms can utilize special rings that are attached to the steering wheel, dashboard controls, door locks, radio controls, and so forth. Artificial limbs, called prosthetic devices, enable these drivers to grasp the rings and operate the car.

Special vans are made for people who use wheelchairs. These vans are equipped with wheelchair lifts that can be operated from inside or outside the vehicle, as well as with extra space that permits the driver to smoothly transfer from a wheelchair to special power seats.

Drivers who have no ability to turn their heads or shoulders can use extra large rear-view mirrors to extend their vision over a wider area.

Anyone with a physical disability who wants to drive a car, and is able to show that he or she can do so safely, can get a license. Usually, such individuals are required to undergo a comprehensive medical assessment that determines their potential to drive. Special centers, called driver evaluation facilities, are designed specifically for this purpose.



How Do Aging and Chronic Illnesses Affect Driving Ability?

Aging and chronic illnesses are other long-term physical factors that can affect a person's ability to drive.

Aging

As a young person, your reaction time is likely to be faster and your sense of sight keener than that of an older person. Older people, however, can call on their driving experience to help them reduce risk and anticipate threatening conditions. They can also compensate for possible age-related limitations by reducing driving speed and by avoiding roadways that have heavy traffic.

As you encounter older drivers and pedestrians, be respectful of their age and experience. Slow down and

▲ Older drivers can call on their experience to help them manage risk.



Be especially careful when you see elderly pedestrians. Persons 75 years of age and older have the highest pedestrian death rates.

Advice From the Experts

Sue MacNeil, Injury Prevention Specialist, Little World Road Safety and Injury Prevention, Kingburn, Ontario, Canada



Sue MacNeil

To evaluate and manage risk, you have to be honest with yourself. Are you feeling upset or angry about something? Is your mind focused on some disturbing event that just occurred? If so, you may be wise to put off driving until you feel calmer and can better concentrate.

Sometimes events that upset you occur *while* you are driving. For example, another driver may cut in front of you. Resist the urge to let your emotions affect your driving. Don't let outside pressures interfere with your ability to manage risk.



WHAT WOULD YOU DO?

What would you tell this woman about driving?

be patient. Someone will do the same for you one day.

Chronic Illnesses

A chronic illness is one that lasts over a long period of time or one that recurs often.

Some chronic illnesses such as epilepsy, arthritis, diabetes, and asthma can be treated and controlled by medication. However, the medication itself can result in side effects such as drowsiness, dizziness, headache, and nausea that interfere with safe driving. To obtain a driver's license, people with chronic illnesses must furnish proof that the illnesses are under control and that the medication they're taking won't cause side effects that impair driving ability.



CHECKPOINT

7. How can impaired hearing affect your ability to drive?
8. How can physically disabled drivers compensate?
9. What effect do aging and chronic illnesses have on driving ability?

CHAPTER 2 REVIEW

KEY POINTS

LESSON ONE

1. Emotions such as joy, sadness, anger, and fear can cause you to be inattentive, interfere with your ability to concentrate, and hinder your ability to process information while driving.
2. You can make an effort to control your emotions by maintaining a mature attitude and identifying situations that may cause you to become upset. You can also plan ahead to avoid traffic problems, expect mistakes from other drivers, avoid driving if you are upset or depressed, and train yourself to use correct procedures.

LESSON TWO

3. You must have good vision in order to adjust your car's speed and position to minimize risk. Good vision also enables you to identify signs, signals, and roadway markings.
4. To compensate for poor depth perception, practice judging the distance between two objects; for color blindness, learn the meaning of signs and signals by shape and position; for night blindness, drive slower than you would in the day.

LESSON THREE

5. Fatigue impairs your senses. It could cause you to fall asleep while driving, miss critical infor-

mation, take risks, or misjudge speed and distance. You can fight fatigue by getting plenty of rest, avoiding alcoholic beverages and heavy foods, opening the windows to get fresh air, wearing sunglasses to cope with glare, stopping the car and moving around, and taking turns driving with someone else.

6. Short-term illness or injury can cause pain or discomfort, which can distract your attention from the road and lessen your ability to manage visibility, time, and space.

LESSON FOUR

7. Hearing loss may prevent you from being aware of sounds that warn you of possible danger, such as the sounds of sirens or horns and can prevent you from being aware of problems within your own car.

8. People without full use of their legs can drive with the aid of devices such as hand-operated brakes and accelerators. With the aid of prosthetic devices, those without arms can drive using special rings and dashboard controls. People who cannot turn their heads or shoulders can use extra-large mirrors; those who use wheelchairs can use specially equipped vehicles.

9. Aging can affect a driver's reaction time and eyesight. Some medications for chronic illnesses may have side effects that interfere with safe driving.

PROJECTS

1. Emotional factors play an important part in the way people drive. What are some ways that people could be reminded to maintain a mature attitude and to be courteous and patient while driving?

2. While you are a passenger, close your eyes. Use your other senses to gather information. Can you identify the sounds you hear? Can you tell whether the car is speeding up, slowing down, or making a turn?

CHAPTER 2 REVIEW



BUILDING CRITICAL THINKING SKILLS

Kitty O'Neil

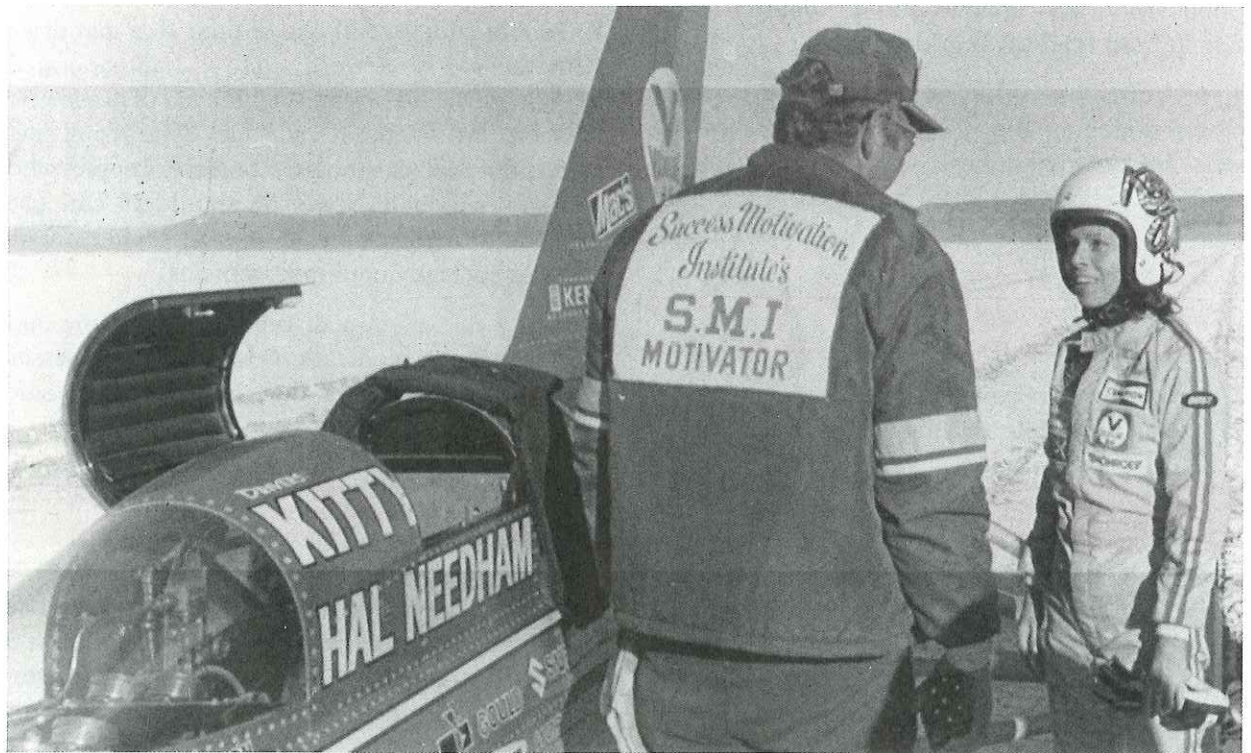
Kitty O'Neil is five feet three inches tall and weighs only ninety-eight pounds, but her accomplishments are giant-sized. She has held the women's world land speed driving record of 512 mph and went on to become the second-fastest human with a speed of 618 miles per hour. Of course, both of these records were accomplished in specially designed cars driven at test sites and not on highways.

Ms. O'Neil has also set records as a champion drag boat racer and water skier, and is a former American Athletic Union national diving champion. She uses the skills that enabled her to set these records in her work as a movie stunt woman. Among other things, she has jumped off six-story buildings, pretended to be drowning, and has been set on fire.

Why does Kitty O'Neil do these things? As she says, one reason is to prove that physically challenged people "can do anything." Kitty O'Neil has been deaf since she was four months old. Kitty believes that she owes her will to succeed to her mother, a woman of Cherokee descent who died when Kitty was 21 years old. She taught Kitty how to talk and play the cello and the piano, and rewarded Kitty whenever she perfected a new skill. Kitty says that she would like to show others that her mother's encouragement and support "has paid off beyond anyone's hopes."

What Do You Think Now?

Does the story of Kitty O'Neil change or confirm your opinion of the capabilities of physically challenged people? Explain your answer.



CHAPTER 2 REVIEW

CHAPTER TEST

Write the letter of the answer that best completes each sentence.

- Strong emotions can
 - affect your night vision.
 - help you drive safely.
 - interfere with your driving judgment.
- If you are severely fatigued, you should
 - avoid driving.
 - drive with your high beams on.
 - drive quickly to your destination.
- A physical factor that may affect driving ability is
 - the effects of medication.
 - the color of your eyes.
 - a feeling of sadness.
- A person who cannot see well at angles to the left and right has difficulty with
 - night vision.
 - depth perception.
 - peripheral vision.
- One way to deal with glare from the headlights of oncoming cars is to
 - look right at the car's headlights.
 - look at the right edge of the road.
 - increase speed to get past the car quickly.
- As a driver, it is your responsibility to drive
 - your friends to school.
 - only when you are able to concentrate.
 - no matter how you're feeling.
- Drivers who are unable to turn their heads or shoulders can use
 - revolving seats.
 - extra-large rearview mirrors.
 - a thickly padded seat cushion.
- To control your emotions in traffic, it's wise to
 - yell at other drivers.
 - daydream about pleasant events.
 - expect others to make mistakes.
- If you train yourself always to use correct procedures, you will
 - reduce risk no matter how you may feel.
 - never have a collision.
 - be able to drive without paying attention.
- Most of the information you gather about traffic situations comes from
 - other drivers.
 - your vision.
 - your sense of hearing.

Choose the phrase that best completes each sentence.

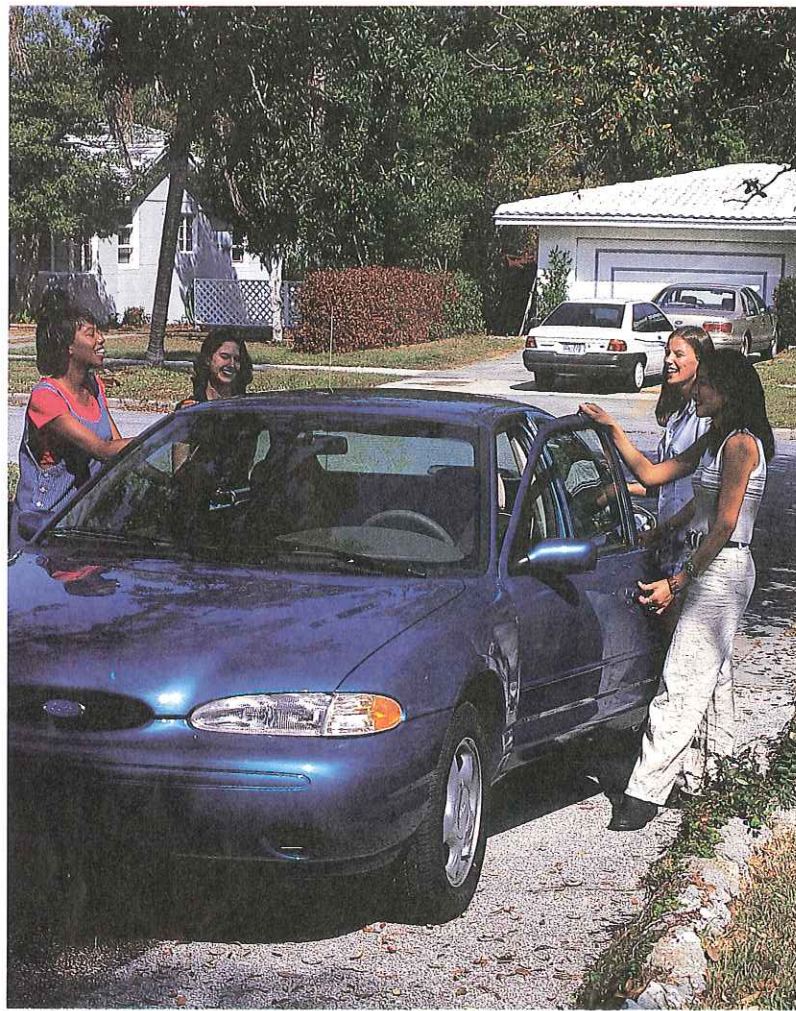
field of vision wheelchair lifts
mature attitude lack of concentration
depth perception sense of hearing

- Your _____ helps you judge the distance between cars.
- Having a _____ means respecting safety and taking responsibility for your actions.
- Your _____ includes what you can see both directly in front of you and at an angle to the sides.
- Strong emotions can lead to a _____ when you drive.
- Modified vehicles for the physically disabled may include _____.

DRIVER'S LOG

In this chapter, you have learned about how emotional and physical factors can affect the driving task. Write at least two paragraphs giving your ideas on the following questions.

- ◆ What "sets you off" emotionally?
- ◆ How will you control these situations and emotions?



CHAPTER ♦ 3

HANDLING SOCIAL PRESSURES

As a driver, you will be responsible for your safety as well as that of your passengers and other roadway users. It is important to learn how to base your decisions on good judgment and not on a desire to “go along” with the crowd.