

Notice Board Bulletin for Week ending Saturday 24th August 2019

It's good to see so much commitment and engagement in the process of learning to drive. I know it's not easy and I really believe even with such great improvements in safety in modern cars these days driving on a busy road and in congested environments is a daunting prospect for any new learner.

Dealing with nerves is not easy, but there are ways of coming to terms with your nerves and reducing the effect they may have on your driving lesson.

Firstly, I advise to make sure that you aren't tired or overstressed after work or college/school. Take some time if you can after work to relax. Don't have a massive meal beforehand as that could result in fatigue thus reducing concentration and if you're starting your lesson in the morning get a good night's sleep.

The main causes of risk to drivers are alcohol, drugs and fatigue.

Next I'd say it's better if we have agreed the theme of the lesson beforehand on your previous lesson, (although clearly if a significant fault arises this has to be adapted accordingly) so we must always do that.

If you have prepared for the lesson, for example, we may have agreed that the theme would be "roundabouts", then I recommend that you read and prepare beforehand. Watch the AA driving school clip on our app, read up about the subject in the *Official DVSA Guide to Driving – The Essential Skills* (available on-line or in good book stores) and read the Highway Code.

Preparation is key and it does make you feel more confident.

Lastly, I'd say, brush up on the 'MSM Routine' ('The Routine'). Learn it and say it out loud whenever you have a quiet moment. (Mirrors, signal, position, speed - gear for the speed – look, assess, decide act).

If you know 'The Routine' off by heart you can put it into practice on the approach to every hazard, that reduces the risk and mitigates danger as you are ready and have planned and anticipated the hazard, which reduces nerves and gives you confidence. This can only lead to greater awareness and boost your ability, which again, makes you less nervous.

Focusing on applying 'The Routine' will reduce your nerves because you are concentrating on reality, your brain is dealing with processing real information so there's less room for nerves.

It's good to have a few mild nerves as it keeps your awareness strong and you are more alert and on the ball. Approach your lesson with confidence and with some pre-reading and preparation you'll be great, learn more and you'll enjoy it more.

Have a lovely Bank Holiday Weekend everyone and see you next week!