

CHAPTER 3 Knowing Yourself

STUDY GUIDE FOR CHAPTER 3 LESSON 1

Emotions Affect Your Driving Ability

- A.** Strong emotions are a part of life. Being a good driver means knowing yourself well enough not to let your emotions interfere with your driving, and sometimes this means not driving at all. Indicate which of the guidelines below would be appropriate for each of the situations described. (Some situations can have more than one guideline.)

Guidelines

- a. Identify situations that can lead to upsets.
- b. Plan your trip to allow enough time.
- c. Expect other drivers to make mistakes.
- d. Delay driving when upset.

Situations

- _____ 1. The person you had been dating started going out with your best friend last week. You have been having a hard time sleeping and doing your homework.
 - _____ 2. You just got your license and are getting ready to take your mother for a ride. Your mother tells you that she cannot pay for your car insurance as she had promised.
 - _____ 3. It is Thanksgiving Day. You have to drive 100 miles in a snowstorm and arrive by noon.
 - _____ 4. The vehicle in front of you stops short, and you brake with a jolt.
 - _____ 5. You have a summer job delivering newspapers by car. Your boss and some of your customers often irritate you.
 - _____ 6. The check you expected in the mail is not there. You owe your friend money, which you had promised you would pay back today. You feel panicky.
 - _____ 7. You know that you are going to start a new job on Monday, and you are going away for the weekend.
 - _____ 8. Construction has started on a bridge along your route. You dread the drive home.
 - _____ 9. You are driving home after a basketball game in which you made a dumb play. You cannot stop thinking about the game.
 - _____ 10. The vehicle in front of you drives very slowly up to a signal and then speeds up through the yellow light. You have to stop for the red light.
- B. FIND OUT MORE.** Interview five people who drive. What kinds of situations or emotions set them off? What makes them lose their concentration while driving?
- _____
- _____
- _____

STUDY GUIDE FOR CHAPTER 3 LESSON 2

How Vision Affects Your Ability to Drive

A. Match the following terms by placing the letter of the clue in the right column next to the item in the left column.

- | | |
|---------------------------------|--|
| _____ 1. visual acuity | a. gives three-dimensional perspective to objects |
| _____ 2. field of vision | b. estimating distance between yourself and an object |
| _____ 3. area of central vision | c. ability to see clearly |
| _____ 4. peripheral vision | d. what you see looking straight ahead and at an angle to the left and right |
| _____ 5. depth perception | e. vision clearest in a narrow cone-shaped area directly in front of you |
| _____ 6. distance judgment | f. enables you to notice objects and movement to the side |

B. For each sentence below, circle T if the statement is true and F if it is false. Correct each false statement in the space below.

1. About 90 percent of all decisions that you make while driving are based on information gathered with your eyes. T F

2. A color-blind person cannot legally drive. T F

3. When driving at night, you should increase your following distance to 1 second. T F

4. You should switch on your high beams in city traffic. T F

5. The light from an oncoming vehicle's headlights cause your eyes' pupils to become larger.

T F

C. FIND OUT MORE. Look in your state driver's manual. What visual acuity do you need to pass the vision test? What can be done to get your license if your visual acuity is low?

STUDY GUIDE FOR CHAPTER 3 LESSON 3

Temporary Physical Conditions

A. For each sentence below, circle T if the statement is true and F if it is false. If the statement is false, correct it in the space below.

1. "Down time," or the time when people are less alert than usual, occurs for most people between the hours of 1 p.m. and 5 p.m. T F

2. The best way to fight fatigue is to stop what you are doing and get some coffee. T F

3. Having a steady flow of fresh air in your vehicle can help you fight fatigue. T F

4. If you have to pull off the road at night, your windows should be lowered at least halfway to avoid carbon monoxide poisoning. T F

5. You can drive after taking any medication prescribed by a doctor. T F

6. Temporary injuries can make it risky for you to drive. T F

B. Fatigue is a major cause of accidents on the highways. Write in the spaces below what your personal plan will be to avoid fatigue before going on a road trip as well as what your precautions will be during the trip to keep yourself awake and alert.

C. FIND OUT MORE. What if you had a cold and had to go on a trip? What kind of medication could you safely use? To find out, go to a local drugstore and look at the packages of cold remedies that they sell. Make a list of the ones that say they do not cause drowsiness.

STUDY GUIDE FOR CHAPTER 3 LESSON 4

Long-Term Physical Conditions

A. Many physically challenged, or disabled, people can now drive motor vehicles with the aid of certain improvements that have been made in technology and science. Some physical challenges are listed below. In the space next to each physical challenge, describe what can be used to make it possible for the person to drive.

1. people without full use of their legs _____
2. people without arms _____
3. people who use wheelchairs _____
4. people who can't turn their heads or shoulders _____

B. For each sentence below, circle T if the statement is true and F if it is false. Correct each false statement in the space below.

1. A person with a spinal cord injury cannot get a license to drive. T F

2. Another term for an artificial limb is *prosthetic device*. T F

3. People between the ages of 50 and 75 have the highest pedestrian death rates. T F

4. Anybody with a physical challenge can now get a driver's license. T F

5. An older person generally has a slightly faster reaction time than a younger person.
 T F

C. FIND OUT MORE. Call your state's department of motor vehicles and ask them what the procedure is for a physically challenged person to get a driver's license in your state. How are the tests administered? For what length of time are the licenses issued?
