

Driving With Andrew Sinker ADI

Learning Log



Find me on

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Remember if you need to cancel a lesson 48 hours' notice needs to be given, otherwise you may still be charged for the lesson.

Please DO NOT book your driving test unless you have spoken to me. I must ensure that you are test ready before test day as I have a duty of care for the examiner. If I believe that you are not test ready, I am not allowed to let you have your test.

If you would like extra support with driving nerves or theory test preparation, please let me know as I subscribe to the Theory Test Pro app, where I can look at data to be able to offer you extra support. Additionally, I subscribe to an online course to help assist with driving and driving test nerves.

I hope you enjoy your lessons, and I would really appreciate it if you could leave me a review to ensure that future students are able to feel as comfortable as possible before they start their lessons. This can be done by following the links below. Thank you.

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Introduction

Welcome to your Driving with Andrew Sinker Learning Log. Please feel free to contact me if you need any further information.

In the car you will be offered support to help with learning to drive. Your learning journey will follow a coaching style of learning helping you to develop. Up until your test will only be a short part of your learning journey having only a relatively short period of time with an instructor in the car with you compared with the driving experiences you will have after you have passed your test and are able to drive independently. Once you have passed your test, it is important that you are able to learn from any mistakes/errors that are made so you are able to analyse what has happened and ensure that the risk of it happening again is minimised, giving you skills to learn from any experience and improve your road safety skills.

The learning log is to help you develop quicker and reduce the amount of lessons/practice you will need towards both your theory and practical test. Throughout this book you will be encouraged to reflect upon your driving experiences. There will be exercises to help aid your learning journey. Throughout the learning log it is recommended that you are completely honest. Your instructor will be able to help you by looking at it with you to help with your learning and will only look at it with your permission. If there is anything you do not want them to see, then simply don't let them see it.

We all learn in different ways, and we all have a preferred learning style that is individual to us. How you learn best will influence how your lessons are planned to give you the most effective learning experiences, as your instructor will be able to adapt each lesson to your preferred learning style. If you are not aware of how you learn best, there is a VARK questionnaire that could help you discover how you learn best. [Here](#) you can download copies of this VARK questionnaire to help you to identify your preferred learning style if you are not already aware of yours.

Learning styles can be:

- V – Visual, the learner will prefer to watch the task being performed, possibly a demonstration before attempting the task.
- A – Aural, Aural learners prefer to be told how to complete the task.
- R – read/write, learners could benefit by reading about the task or possibly writing things down to read back later.
- K – Kinaesthetic, Learners prefer the 'give it a go' approach where they have a go at the task and reflect on the outcome looking at ways to improve the result.

Some people are a combination of the above and learn in different ways but by working out your learning style this will help your instructor to adapt to your learning style.



Why are you learning to drive?

Our motives for wanting to learn to drive will impact on our learning. Someone who is invested and wants to learn to drive for themselves, will see a faster improvement than someone who feels that they must learn to drive but do not really want to.

I would like to invite you to look at the benefits for you personally from learning to drive and not for others. For example, we are not looking for answers like I need to for work, I am at an age now where I should learn to drive, or my parents have told me I need to start driving. The key to this task is to recognise the benefits to YOU and YOU alone to help you see how you would benefit and no other influences. What I would like you to do is make a list below of the advantages and disadvantages to you of learning to drive.

Advantages to me of learning to drive	Disadvantages to me of learning to drive

Looking at the above list I would be surprised if the list of disadvantages outweighs the advantages of learning to drive. If you still feel that at this point you still do not want to drive, I recommend talking to your instructor about this as they may be able to help. Remember not many people HAVE to learn to drive, we do it to make our lives easier and be able to achieve more, I know several people who have never learnt to drive.



Starting your in car lessons

In the box below write about how are you feeling about starting to learn to drive?

At this point starting your practical driving lessons, your emotions may be a little weird, there could be a mix of excitement and fear of the unknown, this is perfectly normal to feel like this. Look back at times in your life when you have started something new, possibly a new school, a job or going to a club/group where there are new people to meet and new challenges ahead. Yes, in the car things are different as we will be in moving classroom, and a mistake can cause damage but remember that your instructor is able to take control of the car at any point they feel things may get dangerous. Unlike most cars, in your driving instructors' car you should have dual controls- you have 2 people who can drive the car and 2 people looking around for dangers.

Feeling nervous/anxious is perfectly normal and most people feel the same, let your instructor know and they will take this into consideration. Remember your instructor will not go and put you straight onto a motorway on your first lesson you will build up to more complex tasks by setting goals and objectives to achieve first to ensure you are prepared for more complex areas of driving. If you feel unprepared for what you are discussing to do talk with your instructor, let them know how you are feeling they will be able to help.

Below list your emotions and feelings going into your first few lessons and how you felt afterwards, this will give you the opportunity to reflect and see how your confidence has developed.

Date	How I felt before driving	How I felt after driving

All your life up to starting your driving lessons you will have had life experiences that will help you with learning to drive. This could be things like watching others drive, using a pedestrian crossing, crossing the road and riding a bike for example. These skills will help you with your understanding of dealing with the roads and situations that you will come across. During your lessons, your instructor will be looking at ways to utilize transferable skills from past experiences into your driving lessons to help make the experience not as daunting and more understandable.

To help with your learning experiences you (along with your instructor) will be setting goals and objectives to complete a task:

What is a goal and objective?

Goals and objectives are what we are planning to achieve and how we are going to achieve it. A great way of looking at this is by using the GROW model in coaching:

G-Setting a clear Goal of what we want to achieve.

R-Looking at the Reality to explore what you already know and how you will achieve it.

O-Setting of clear Options of how to achieve the goal.

W-Planning a Way forward for the student to achieve their objective.

With the setting of goals it is important that we look at making sure the goal is SMART:

Specific – What do you want to achieve?

Measurable – How will you know you have achieved the GOAL?

Achievable – Is it something that is achievable?

Realistic – Can the GOAL be achieved?

Time bound – How long will it take to achieve the GOAL?

By a student been able to identify areas for improvement they will be taking responsibility for their learning and will give them the tools to be able to improve themselves post-test as well as pre-test. Using the GROW model is important as the student goes forward after passing their test and are driving independently as they will have the skills to continue reflecting and improving their driving.



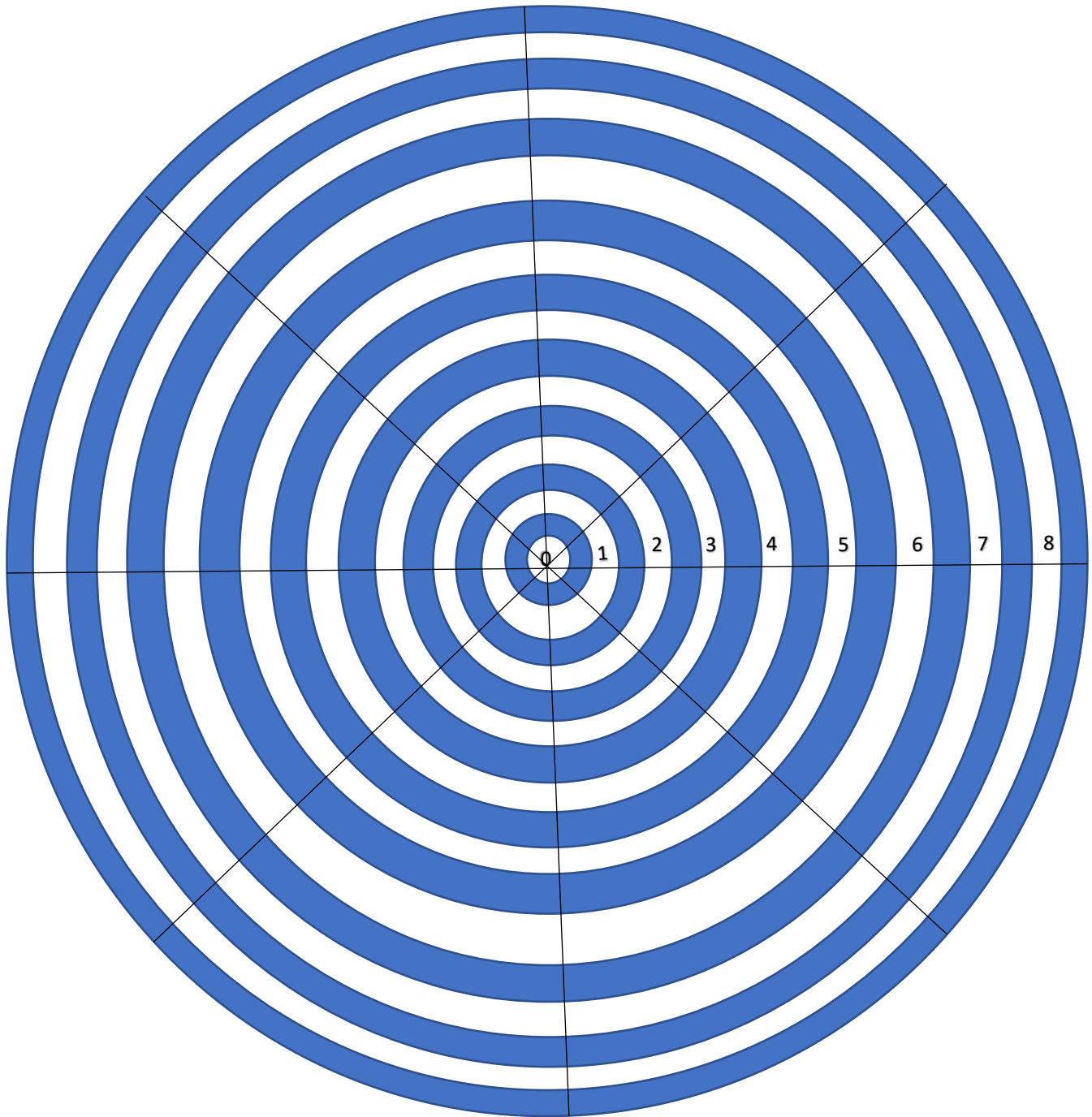
Lesson checklist

During your learning journey it is important that as many elements of driving are covered. Below is a table outlaying different elements and level of support needed. As you fill in the form below you will need to fill in the date that each level is achieved with your instructor and at what level of support you have needed on your drive. The goal for this is to have independence in all elements to enable you to be able to have a safe independent drive once you have passed your test.

	Level 1 Introduced	Level 2 Helped	Level 3 Prompted	Level 4 Minimum help	Level 5 Independent	Notes
Legal responsibilities						
Safety checks						
Cockpit checks						
Security						
Controls and instruments						
Moving and stopping						
Safe positioning						
Mirrors – vision and use						
Signals						
Anticipation and planning.						
Use of speed						
Other traffic						
Fuel-efficient driving						
Junctions						
Roundabouts						
Pedestrian crossings						
Reversing						
Turning the car around						
Parking						
Emergency stop						
Country roads						
Dual carriageways						
Motorways						
Driving in the dark						
Weather conditions						
Passengers and loads						
Independent driving (sat nav and road signs)						

The Coaching Wheel

The coaching wheel provides an opportunity for you to be able to look at your learning journey. Look at eight skills needed for driving, that you find a challenge for example hill starts, manoeuvres, moving off from the side of the road, etc and fill in the skill in one of the sections. Then grade yourself on the wheel from 0 to 8 as to your progress either with confidence or skill level and mark where you feel you are at. This will then give you the opportunity to see where you need more practice/help to make the wheel the same level all the way round. No one likes a wheel that is not round.



Reflective Log

It is a good idea to look back at a lesson or when practicing and reflect on what has happened, both positive and negative. Please take some time to fill in the reflective log a little while after you have driven. You can bring the log along to your next lesson and share your thoughts and experiences with me so we can look at ways to improve on your lessons or you can just keep this for yourself to look back at it as a reminder to talk about with me.

Date:	Weather conditions:
How was I feeling before the drive?	
What went well today?	
What didn't go as well as I would have liked today?	
What could I do next time to help with what did not go as well as I would have liked?	
Looking at you're driving in general and the above box. What could you do to do to improve?	
How could you achieve this? And how much help would you like from your instructor?	
How was I feeling after the drive?	
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