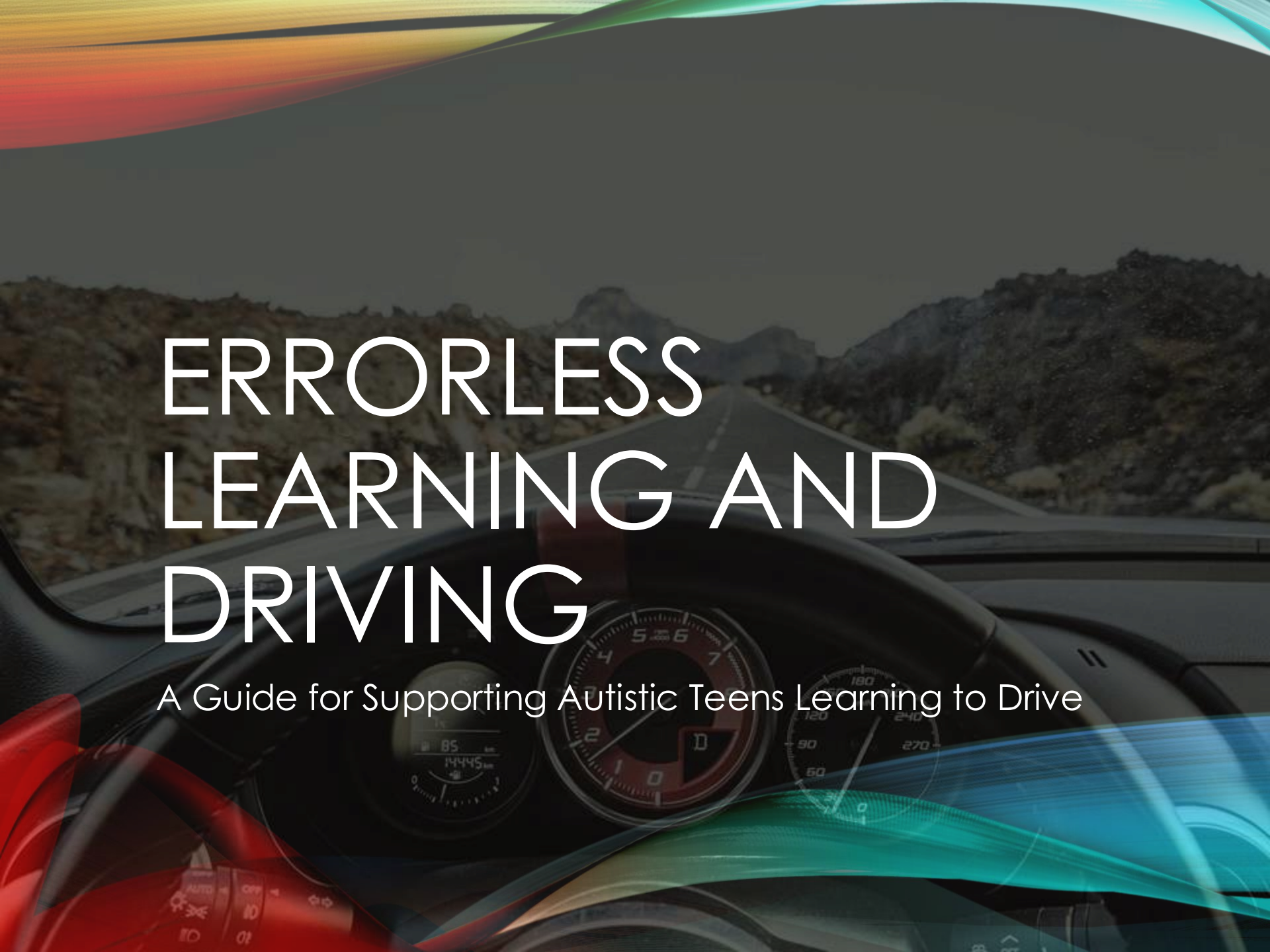


ERRORLESS LEARNING AND DRIVING

A Guide for Supporting Autistic Teens Learning to Drive

INTRODUCTION TO ERRORLESS LEARNING FOR DRIVING

- Errorless learning minimizes errors by providing immediate and accurate feedback and gradually increasing task difficulty. It creates a supportive learning environment for driving, helping learners build confidence and essential skills.

1. CLEAR AND EXPLICIT INSTRUCTIONS

- Provide clear, step-by-step instructions for each driving maneuver. This helps learners understand task requirements without confusion or ambiguity, which is crucial for autistic teens who may need structure.

2. DEMONSTRATION AND MODELLING

- Model correct driving behaviors such as signaling, checking mirrors, and maintaining speeds. Demonstrating behaviors helps autistic teens visualize what to do before performing tasks.

3. GUIDED PRACTICE

- Provide guided practice sessions where the instructor assists with reminders, verbal prompts, and physical guidance. This minimizes errors and helps teens gradually build confidence.

4. GRADUAL PROGRESSION OF DIFFICULTY

- Start with simple tasks in low-risk environments and gradually increase task complexity. This helps autistic learners build competence without feeling overwhelmed by challenges.

5. IMMEDIATE FEEDBACK

- Provide immediate and specific feedback after each attempt, focusing on both correct actions and areas for improvement. Positive reinforcement should be used to reinforce learning.

6. ERROR CORRECTION

- When errors occur, offer constructive feedback and explain how to correct the mistake. This ensures that mistakes don't discourage the learner, but rather serve as learning opportunities.

7. REPETITION AND PRACTICE

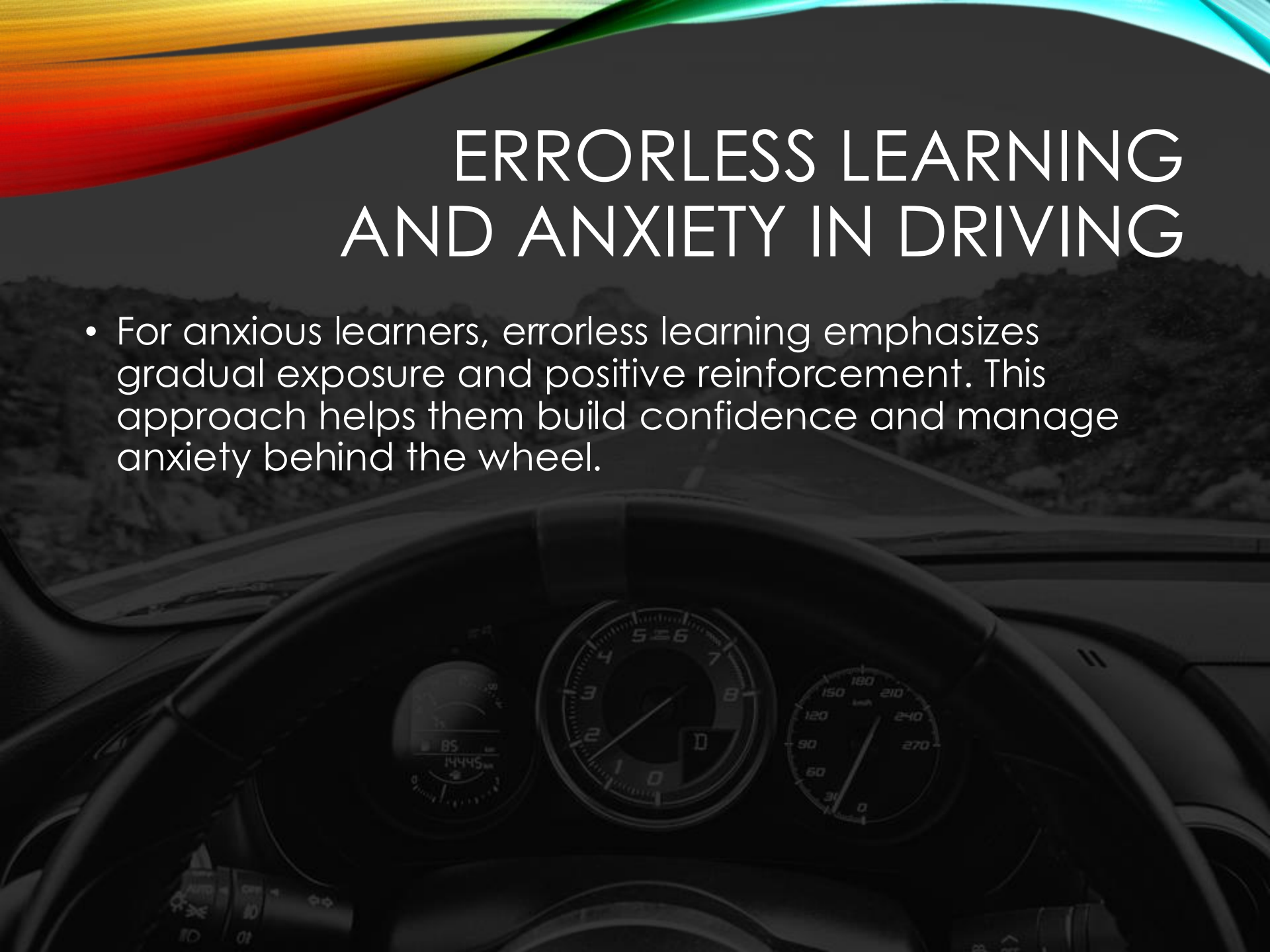
- Offer plenty of practice opportunities. Repetition ensures that skills are reinforced and retained. Encourage learners to practice regularly, as repetition leads to mastery.

8. POSITIVE REINFORCEMENT

- Praise and encourage progress, no matter how small. Positive reinforcement boosts motivation, encourages continued effort, and increases confidence.

ERRORLESS LEARNING AND ANXIETY IN DRIVING

- For anxious learners, errorless learning emphasizes gradual exposure and positive reinforcement. This approach helps them build confidence and manage anxiety behind the wheel.



GRADUAL EXPOSURE TO STRESSORS

- As anxiety decreases, introduce more complex tasks such as driving in traffic or navigating intersections. This gradual exposure helps build confidence and resilience.