

101 CHECKLIST

A must-have learner driver checklist to **pass faster, save money, and stay safe on UK roads.**



101 Secrets Driving Instructors Don't Tell You

✓ The essential UK checklist for learners who want to pass first time, **save hundreds on lessons, and stay safe on the roads for life.**

This isn't just any checklist. ***These 101 secrets cover what most instructors don't tell*** you — the little details that make the biggest difference to your learning, confidence, and safety on the road.

Introduction

Learning to drive is one of life's most significant milestones—a gateway to independence, opportunity, and freedom. Yet for many, the journey from complete beginner to confident driver can feel daunting. Between mastering vehicle controls, understanding complex road rules, developing hazard perception skills, and preparing for the practical test, it's easy to feel overwhelmed by the sheer volume of knowledge and skills required.

That's precisely why *Checklist 101* was created: to transform what can feel like an insurmountable challenge into a clear, manageable pathway to driving success.

This comprehensive checklist serves as your personal driving companion, whether you're nervously approaching your very first lesson, steadily building skills through regular practice, or fine-tuning your abilities in preparation for test day. More than just a simple tick-list, it's a carefully structured learning framework that ensures no critical skill or safety habit is overlooked.

What makes this checklist special?

- **Progressive Learning Structure:** Each section builds naturally on the previous one, reflecting how driving skills develop in real-world lessons
- **Dual Purpose Design:** Equally valuable for learners building foundational skills and newly qualified drivers refining their abilities
- **Practical Focus:** Every item directly relates to real driving situations you'll encounter on UK roads
- **Test Integration:** Seamlessly aligns with DVSA test requirements while emphasising long-term safe driving habits

Use this checklist as your personal progress tracker—tick off skills as you master them, revisit challenging areas that need extra attention, and approach your test with the confidence that comes from thorough preparation. Remember, driving isn't just about passing a test; it's about developing the knowledge, skills, and attitudes that will keep you, your passengers, and other road users safe throughout your driving life.

Let this checklist be your guide to not just becoming a licensed driver, but becoming a skilled, confident, and responsible one.

Why Trust This Checklist?

In a world where driving advice comes from countless sources—friends, family, online forums, and social media—it's crucial to rely on guidance that's both accurate and comprehensive. Here's why *Checklist 101* stands apart:

Professional Expertise

Created by a fully qualified UK driving instructor with over two decades of hands-on teaching experience. This isn't theoretical knowledge—it's practical wisdom gained from thousands of hours in the passenger seat, guiding learners from their first tentative steering inputs to confident test passes.

DVSA Standards Compliance

Every element of this checklist aligns precisely with current DVSA (Driver and Vehicle Standards Agency) requirements, Highway Code regulations, and official test criteria. When standards update, so does this checklist—ensuring you're always learning the most current requirements.

Real Examiner Insights

Built with deep understanding of what driving examiners actually look for during tests. This isn't just about knowing the rules—it's about understanding how those rules are applied and assessed in real test conditions.

Proven Track Record

These methods and priorities have guided hundreds of learners to successful test passes. The checklist reflects teaching strategies that consistently work, refined through years of helping students overcome common challenges and build lasting confidence.

Structured Learning Approach

Unlike random lists of driving tips, this checklist follows a logical progression that mirrors how driving skills naturally develop. Each skill builds on previous ones, creating a solid foundation for safe, competent driving.

✓ **Safety-First Philosophy**

While passing your test is important, this checklist prioritises developing the attitudes and habits that prevent accidents. It emphasises defensive driving, hazard awareness, and the kind of responsible decision-making that keeps roads safe for everyone.

✓ **Comprehensive Coverage**

From basic vehicle controls to advanced motorway skills, from pre-test nerves to post-test development—this checklist covers the complete spectrum of driving knowledge and skills you'll need.

✓ **Clear, Actionable Format**

Complex driving concepts are broken down into manageable, achievable steps. No confusing jargon or overwhelming information dumps—just clear, practical guidance you can immediately apply.

Your journey to becoming a confident, skilled driver starts here. Trust the process, trust the expertise, and most importantly, trust yourself to learn and grow with each item you tick off this comprehensive checklist.

“Learn smart. Drive with confidence. Stay safe for life.”

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SECTION 1:

BEFORE YOU EVEN START (Items 1–15)

“For complete beginners – get this right before you even book your first lesson.”

Before you even turn the key, you can avoid so many mistakes that cost learners time, money and confidence. This section is about setting yourself up for success before the first lesson even begins.

1. Choose the Right Instructor

Why it matters:

Your instructor will shape how quickly and confidently you learn. The wrong fit wastes time and money.

Do's & Don'ts

Do:

- ☐ Do research local instructors with good reviews
- ☐ Do ask friends for recommendations
- ☐ Do have a trial lesson

Don't:

- ☐ Don't just choose the cheapest option
- ☐ Don't stay if you're uncomfortable

Pros & Cons

Pros:

- Personalised teaching style
- Better communication
- Faster progress

Cons:

- Wasted lessons if you switch later
- Frustration and loss of confidence

2. Budget Your Lessons and Tests

Why it matters:

Learning to drive costs more than just lessons. Planning prevents nasty surprises.

Do's & Don'ts

Do:

- ☐ Do research typical costs
- ☐ Do budget for theory and practical tests
- ☐ Do set aside extra for emergencies

Don't:

- ☐ Don't assume 10 lessons is enough for everyone
- ☐ Don't forget insurance for private practice

Pros & Cons

Pros:

- Less financial stress
- Realistic planning
- Avoid stopping mid-way

Cons:

- Running out of money before test
- Delays in learning

3. Understand Total Costs

Why it matters:

Many learners underestimate full costs. Knowing the real number keeps you in control.

Do's & Don'ts

Do:

- ☐ Do include instructor fees, tests, licence fees
- ☐ Do ask your instructor for a realistic estimate

Don't:

- ☐ Don't ignore the cost of private practice insurance

Pros & Cons

Pros:

- Avoid debt
- Plan savings
- Confident booking

Cons:

- Getting stuck halfway
- Needing to pause learning

4. Provisional Licence Checklist

Why it matters:

You can't legally learn without it. Sorting it early saves hassle.

Do's & Don'ts

Do:

- ☐ Do apply online via [GOV.UK](https://www.gov.uk)
- ☐ Do check photo requirements

Don't:

- ☐ Don't leave it until you want to book your first lesson

Pros & Cons

Pros:

- Can start lessons right away
- Avoid last-minute panic

Cons:

- Can't book lessons without it
- Delays your start date



5. Insurance Options for Learners

Why it matters:

If you want private practice, you need insurance.



Do's & Don'ts

Do:

- ☐ Do compare specialist learner insurance
- ☐ Do check instructor's insurance too

Don't:

- ☐ Don't assume your parents' policy covers you automatically



Pros & Cons



Pros:

- Legal cover for private practice
- Peace of mind



Cons:

- Driving without insurance is illegal
- Risk of huge fines and points

6. Plan Your Learning Timeline

Why it matters:

Avoid rushing or dragging it out forever.

Do's & Don'ts

Do:

- ☐ Do set a realistic goal date
- ☐ Do talk to your instructor about pacing

Don't:

- ☐ Don't rush to test before you're ready

Pros & Cons

Pros:

- Clear goals
- Motivating
- Easier to budget

Cons:

- Losing momentum
- Forgetting skills between lessons

7. Private Practice Pros & Cons

Why it matters:

It can save money, but only if done right.

Do's & Don'ts

Do:

- ☐ Do plan practice routes
- ☐ Do communicate calmly

Don't:

- ☐ Don't skip lessons thinking you don't need them

Pros & Cons

Pros:

- Extra practice for less cost
- Builds confidence

Cons:

- Bad habits without supervision
- Arguments with family

8. Know the Test Structure Early

Why it matters:

Understanding the journey helps plan smartly.

Do's & Don'ts

Do:

- ☐ Do research theory and practical test format
- ☐ Do ask your instructor for guidance

Don't:

- ☐ Don't assume it's the same as a friend's experience

Pros & Cons

Pros:

- Less anxiety
- Better lesson planning

Cons:

- Surprises on test day
- Wasted lesson time explaining basics

9. Set Your Pass Goal Date

Why it matters:

Having a target keeps you focused.

Do's & Don'ts

Do:

- ☐ Do pick a realistic date
- ☐ Do allow for flexibility

Don't:

- ☐ Don't set an impossible deadline

Pros & Cons

Pros:

- Motivation
- Easier to plan lessons

Cons:

- Aimless practice
- Potential wasted money

10. Communicate with Family About Time/Cost

Why it matters:

Driving lessons need support from those around you.

Do's & Don'ts

Do:

- ☐ Do talk honestly about the plan
- ☐ Do ask for help early

Don't:

- ☐ Don't spring big costs last minute

Pros & Cons

Pros:

- Avoids surprises or arguments
- Can arrange lifts to lessons

Cons:

- Missed lessons if people won't help
- Financial misunderstandings



11. Read the Highway Code First

Why it matters:

Your foundation for everything you learn.



Do's & Don'ts

Do:

- ☐ Do buy or download the latest edition
- ☐ Do study little and often for better retention

Don't:

- ☐ Don't rely on old copies



Pros & Cons



Pros:

- Safer, better informed
- Boosts theory test prep



Cons:

- Getting things wrong in lessons
- More time spent correcting mistakes



12. Book Lessons in Advance

Why it matters:

Good instructors are busy!



Do's & Don'ts

Do:

- ☐ Do ask about package deals
- ☐ Do schedule regular slots

Don't:

- ☐ Don't assume you can book last minute



Pros & Cons



Pros:

- Secures your preferred times
- Keeps learning consistent



Cons:

- Gaps between lessons
- Losing momentum



13. Choose Automatic vs Manual

Why it matters:

Your licence type affects what you can drive.



Do's & Don'ts

Do:

- ☐ Do decide early
- ☐ Do consider future needs

Don't:

- ☐ Don't let others pressure you



Pros & Cons



Pros:

- Matches your goals
- Avoids surprises at test booking



Cons:

- Restrictive licence if automatic only
- Extra costs if you change later

14. Understand DVSA Rules

Why it matters:

You need to know what's expected legally.

Do's & Don'ts

Do:

- ☐ Do read DVSA advice online
- ☐ Do ask your instructor about the rules

Don't:

- ☐ Don't assume you know it all already

Pros & Cons

Pros:

- No accidental rule-breaking
- Easier test experience

Cons:

- Risk of failing test
- Possible legal issues



15. Avoid Learning with Uninsured Friends

Why it matters:

It's tempting, but risky and illegal.



Do's & Don'ts

Do:

- ☐ Do use proper learner insurance
- ☐ Do check the car owner's policy

Don't:

- ☐ Don't ever drive uninsured



Pros & Cons



Pros:

- Protects you financially
- Stays legal



Cons:

- Fines, points on licence
- Insurance issues in a crash



SECTION 2:

FIRST LESSON PREP (Items 16–28)

“Get the best possible start before you even get in the car.”

The first few lessons can shape all your driving habits — good or bad. This section gives you the tools to feel calm, ready and focused, so you make the most of every minute in the car.

16. What to Wear

Why it matters:

Comfort and safety matter in the car. What you wear can help or hinder your learning.

Do's & Don'ts

Do:

- ☐ Do wear flat, thin-soled shoes
- ☐ Do choose comfortable, non-restrictive clothes

Don't:

- ☐ Don't wear flip-flops or heavy boots
- ☐ Don't wear big coats that limit turning

Pros & Cons

Pros:

- Comfortable movement
- Better pedal control
- Avoid distractions

Cons:

- Uncomfortable shoes can slip
- Bulky clothes restrict movement
- Risk of unsafe driving

17. What to Bring

Why it matters:

Being prepared avoids wasting lesson time.

Do's & Don'ts

Do:

- ☐ Do bring your provisional licence
- ☐ Do bring payment or your booking details
- ☐ Do have glasses/contact lenses if needed

Don't:

- ☐ Don't assume your instructor will have spare change
- ☐ Don't forget a notebook if you want to take notes

Pros & Cons

Pros:

- Saves time and stress
- Shows you're organised
- Makes you feel ready

Cons:

- Delayed start to lesson
- Forgetting essentials

18. Mental Prep for Nerves

Why it matters:

Nerves can ruin concentration and make you forget the basics.

Do's & Don'ts

Do:

- ☐ Do practise deep breathing before you go
- ☐ Do remind yourself it's normal to be nervous
- ☐ Do think of 1-2 questions you want to ask

Don't:

- ☐ Don't drink too much caffeine beforehand
- ☐ Don't arrive late and stressed

Pros & Cons

Pros:

- Calmer start
- More focused learning
- Builds confidence over time

Cons:

- Panicky mistakes
- Bad first impression with instructor

19. Setting Goals with Your Instructor

Why it matters:

Clear goals keep your learning on track and avoid wasted lessons.

Do's & Don'ts

Do:

- ☐ Do talk about your target test date
- ☐ Do agree on a plan for early lessons
- ☐ Do share any fears or worries

Don't:

- ☐ Don't be shy about asking questions
- ☐ Don't just "go along" without a plan

Pros & Cons

Pros:

- Instructor knows what you want
- Faster, more focused progress
- Better communication

Cons:

- Lessons without structure
- Feeling like you're "just driving around"

20. Familiarise with Basic Controls

Why it matters:

Reduces overwhelm in your first lesson.

Do's & Don'ts

Do:

- ☐ Do watch videos or read up on car controls
- ☐ Do ask your instructor to explain things clearly
- ☐ Do take notes if you're unsure

Don't:

- ☐ Don't panic if you forget
- ☐ Don't rush – mastering basics is essential

Pros & Cons

Pros:

- Feel more in control
- Faster learning curve
- Avoid basic mistakes

Cons:

- Confusion in the car
- Needing to waste time on tiny details

21. How to Ask Questions

Why it matters:

If you don't ask, you won't get answers. Good questions help you understand and improve faster.

Do's & Don'ts

Do:

- ☐ Do write down questions before your lesson
- ☐ Do ask if something is unclear immediately
- ☐ Do listen carefully to the answer

Don't:

- ☐ Don't feel embarrassed – it's your time
- ☐ Don't stay silent if you're struggling

Pros & Cons

Pros:

- Clears up confusion
- Builds confidence
- Shows you're serious

Cons:

- Staying confused and frustrated
- Wasting lesson time repeating mistakes

22. Planning Your Route

Why it matters:

Knowing what you'll cover avoids aimless driving around.

Do's & Don'ts

Do:

- ☐ Do discuss possible routes with your instructor
- ☐ Do request specific types of roads or skills

Don't:

- ☐ Don't just say "anything's fine" if you have goals
- ☐ Don't be afraid to ask for repetition of tricky areas

Pros & Cons

Pros:

- Maximises lesson value
- Builds skill systematically
- Reduces nerves about surprises

Cons:

- Instructor improvises randomly
- Missing key skills

23. Be Honest About Fears

Why it matters:

Instructors can't help with fears they don't know about.

Do's & Don'ts

Do:

- ☐ Do tell your instructor if you're nervous about certain skills
- ☐ Do explain any past bad experiences

Don't:

- ☐ Don't pretend you're fine if you're scared
- ☐ Don't think it's "silly" to be afraid – it's normal

Pros & Cons

Pros:

- Builds trust
- Instructor adapts their teaching
- Reduces anxiety over time

Cons:

- Hiding fear makes it worse
- Unhelpful surprises during lessons

24. Take Notes After Lesson

Why it matters:

Memory fades quickly. Notes help you remember key points and track progress.

Do's & Don'ts

Do:

- ☐ Do jot down what went well
- ☐ Do note what needs improvement
- ☐ Do review notes before next lesson

Don't:

- ☐ Don't rely on memory alone
- ☐ Don't skip this step if you're tired

Pros & Cons

Pros:

- Reinforces learning
- Sets clear goals for next time
- Personal progress record

Cons:

- Forgetting corrections
- Repeating mistakes

25. Confirm Your Instructor's Plan

Why it matters:

Avoids confusion and wasted time in the next lesson.

Do's & Don'ts

Do:

- ☐ Do ask at the end: "What will we cover next time?"
- ☐ Do agree on any skills to practise between lessons

Don't:

- ☐ Don't leave the car with no idea what's next
- ☐ Don't be afraid to ask for a quick recap

Pros & Cons

Pros:

- Keeps lessons structured
- Clear mutual expectations
- Faster skill-building

Cons:

- Turning up unprepared
- Feeling lessons have "no plan"

26. Review the Highway Code

Why it matters:

Your instructor will expect you to know the rules. Brushing up before lessons saves time and avoids mistakes.

Do's & Don'ts

Do:

- ☐ Do read a few pages before each lesson
- ☐ Do highlight confusing parts to ask your instructor
- ☐ Do use apps or online quizzes

Don't:

- ☐ Don't assume you know it all already
- ☐ Don't skip it just because it's "boring"

Pros & Cons

Pros:

- Safer, more confident driving
- Fewer surprises during lessons
- Helps you pass theory test sooner

Cons:

- Breaking rules without realising
- Needing to relearn basics mid-lesson

27. Prepare for Clutch Control

Why it matters:

If you're learning in a manual, the clutch is often the hardest skill to master. Being mentally ready reduces stress.

Do's & Don'ts

Do:

- ☐ Do watch videos on clutch control before lessons
- ☐ Do ask your instructor to explain the bite point clearly
- ☐ Do practise gently if you can on private land (insured!)

Don't:

- ☐ Don't panic if you stall – everyone does
- ☐ Don't rush learning this critical skill

Pros & Cons

Pros:

- Smoother starts and stops
- Less stalling
- Quicker progression

Cons:

- Embarrassing stalls
- Frustration and anxiety



28. Ask for Mirror Adjustments

Why it matters:

Mirrors are your eyes on the road. Getting them right from day one is vital for safety and test success.



Do's & Don'ts

Do:

- ☐ Do ask your instructor to check your mirror setup
- ☐ Do learn how to adjust them properly yourself
- ☐ Do make mirror checks part of your routine

Don't:

- ☐ Don't ignore uncomfortable or awkward mirror positions
- ☐ Don't rely only on instructor's view



Pros & Cons



Pros:

- Better awareness
- Avoids dangerous blind spots
- Builds good lifelong habits



Cons:

- Missing hazards
- Failing test for poor observation



SECTION 3:

IN-LESSON CHECKLISTS (Items 29–45)

“Make every minute in the car count with these essential reminders.”

Driving isn’t just about remembering what to do — it’s about doing it confidently, every time. These tips help you build the real-world skills examiners love and drivers respect.

29. Set a Clear Lesson Objective

Why it matters:

You'll get more out of each lesson if you know exactly what you're working on.

Do's & Don'ts

Do:

- ☐ Do agree on the goal at the start of the lesson
- ☐ Do review your progress at the end

Don't:

- ☐ Don't just leave it to the instructor every time
- ☐ Don't finish without knowing what you learned

Pros & Cons

Pros:

- Focused, structured learning
- Faster progress
- Instructor can tailor the session

Cons:

- Aimless driving around
- Missing key skills

30. Mirror-Signal-Manoeuvre (MSM) Drill

Why it matters:

This is the absolute core of safe driving in the UK.

Do's & Don'ts

Do:

- ☐ Do say the steps out loud if needed
- ☐ Do practise until it's second nature
- ☐ Do check your blind spots

Don't:

- ☐ Don't rush signals
- ☐ Don't skip mirror checks under pressure

Pros & Cons

Pros:

- Makes you safer immediately
- Essential for passing your test
- Becomes a lifelong habit

Cons:

- Failing test if you skip it
- Dangerous mistakes on real roads

31. Clutch Control Practice

Why it matters:

One of the most common early struggles in manual lessons.

Do's & Don'ts

Do:

- ☐ Do ask for bite point drills
- ☐ Do practise on quiet roads
- ☐ Do stay calm after stalls

Don't:

- ☐ Don't slam the pedals
- ☐ Don't get frustrated if it takes time

Pros & Cons

Pros:

- Smoother starts
- Less stalling
- Builds confidence

Cons:

- Jerky movements
- Rolling backwards on hills

32. Gear Change Steps

Why it matters:

Smooth gear changes make driving easier, safer, and more comfortable.

Do's & Don'ts

Do:

- ☐ Do watch your revs and speed
- ☐ Do practise hand movements slowly
- ☐ Do coordinate clutch and accelerator

Don't:

- ☐ Don't rush changes
- ☐ Don't look at the gear stick too long

Pros & Cons

Pros:

- Reduces wear on the car
- Keeps you in control
- Impresses the examiner

Cons:

- Jerky driving
- Distracted control of the car

33. Approaching Junctions Safely

Why it matters:

Junctions are where most learner mistakes happen – and where examiners watch you closely.

Do's & Don'ts

Do:

- ☐ Do slow early and smoothly
- ☐ Do check mirrors before braking
- ☐ Do look both ways carefully

Don't:

- ☐ Don't panic-stop at the last moment
- ☐ Don't assume it's clear without checking

Pros & Cons

Pros:

- Prevents crashes
- Shows control and planning
- Crucial for passing the test

Cons:

- Harsh braking
- Cutting other drivers off
- Failing the test

34. Roundabout Routine

Why it matters:

Roundabouts are tricky – get your routine right from the start.

Do's & Don'ts

Do:

- ☐ Do use MSM routine early
- ☐ Do choose the right lane in advance
- ☐ Do keep speed appropriate

Don't:

- ☐ Don't change lanes last second
- ☐ Don't assume others will give way

Pros & Cons

Pros:

- Smooth, safe entry and exit
- Confident decisions
- Essential for test routes

Cons:

- Stopping unnecessarily
- Cutting across lanes
- Confusing other drivers

35. Parking Technique Breakdown

Why it matters:

Parking is one of the most stressful parts for learners. A clear technique helps avoid panic.

Do's & Don'ts

- ☐ Do ask for a step-by-step breakdown
- ☐ Do use reference points
- ☐ Do practise until comfortable

Don't:

- ☐ Don't rush parking manoeuvres
- ☐ Don't be afraid to correct or start again

Pros & Cons

Pros:

- Reduces test stress
- Real-life essential skill
- Safer results

Cons:

- Hitting kerbs or other cars
- Failing manoeuvre on test

36. Observation at Junctions

Why it matters:

Poor observation is one of the top reasons for failing the test and causing accidents.

Do's & Don'ts

Do:

- ☐ Do look right, left, right before pulling out
- ☐ Do check for cyclists and pedestrians
- ☐ Do use mirrors before and after junction

Don't:

- ☐ Don't assume other drivers will stop
- ☐ Don't rush decisions under pressure

Pros & Cons

Pros:

- Safer decision-making
- Impresses examiners
- Builds lifelong habits

Cons:

- Risk of collision
- Automatic test fail

37. Speed Awareness

Why it matters:

Controlling speed shows you're in charge and respectful of the rules.

Do's & Don'ts

Do:

- ☐ Do check speedometer often
- ☐ Do plan speed reductions early
- ☐ Do adjust for conditions (wet, fog, night)

Don't:

- ☐ Don't break last second
- ☐ Don't rely only on instructor prompts

Pros & Cons

Pros:

- Safer driving
- Avoids speed-related test faults
- Reduces stress in traffic

Cons:

- Risk of speeding tickets
- Harsh braking if too fast

38. Positioning on the Road

Why it matters:

Good positioning is essential for safety, comfort, and test success.

Do's & Don'ts

Do:

- ☐ Do keep a safe gap from kerb and other vehicles
- ☐ Do adjust position for bends and obstacles
- ☐ Do check mirrors before moving position

Don't:

- ☐ Don't drift in lane
- ☐ Don't hug the kerb unnecessarily

Pros & Cons

Pros:

- Keeps safe distance from hazards
- Helps other drivers predict you
- Smooth, confident driving

Cons:

- Risk of side-swiping parked cars
- Confusing other road users



39. Use of Indicators

Why it matters:

Indicators are your way of talking to other drivers – use them well to avoid confusion and danger.



Do's & Don'ts

Do:

- ☐ Do signal early but not too early
- ☐ Do cancel the indicator after turning
- ☐ Do combine with mirror checks

Don't:

- ☐ Don't signal without checking if it's needed
- ☐ Don't forget to cancel them



Pros & Cons



Pros:

- Clear communication
- Reduces risk of collisions
- Essential for passing your test



Cons:

- Misleading other drivers if used incorrectly
- Failing test manoeuvres

40. Coping with Distractions

Why it matters:

Even learners get distracted. Managing it keeps you safe and focused.

Do's & Don'ts

Do:

- ☐ Do ask your instructor for tips on focus
- ☐ Do practise ignoring conversations or noises
- ☐ Do keep eyes moving – mirrors, road ahead

Don't:

- ☐ Don't get drawn into arguments
- ☐ Don't stare at distractions outside

Pros & Cons

Pros:

- Builds concentration
- Safer responses
- Prepares you for real-world driving

Cons:

- Missing hazards
- Panic reactions



41. Dealing with Heavy Traffic

Why it matters:

Traffic jams can be stressful. Knowing how to stay calm and in control keeps you safe.



Do's & Don'ts

Do:

- ✓ Do leave extra space ahead
- ✓ Do plan gentle clutch and brake use
- ✓ Do practise hill starts

Don't:

- ☐ Don't rush gaps
- ☐ Don't get angry at other drivers



Pros & Cons



Pros:

- Smooth clutch control
- Better anticipation
- Less stress for everyone in the car



Cons:

- Stalling in queues
- Rolling back on hills
- Angry reactions

42. Hill Start Techniques

Why it matters:

One of the top stress points for learners in manual cars – get it right early.

Do's & Don'ts

Do:

- ☐ Do practise clutch bite thoroughly
- ☐ Do use handbrake confidently
- ☐ Do stay calm even if you stall

Don't:

- ☐ Don't panic and rush
- ☐ Don't skip practice thinking you'll "wing it"

Pros & Cons

Pros:

- No rolling back
- Test-ready skill
- Builds trust with instructor

Cons:

- Risk of hitting cars behind
- Panic stalls

43. Anticipating Other Drivers

Why it matters:

Driving is not just about you. Reading the road prevents accidents.

Do's & Don'ts

Do:

- ☐ Do watch brake lights ahead
- ☐ Do check side roads for emerging cars
- ☐ Do think “what might they do next?”

Don't:

- ☐ Don't assume everyone follows the rules
- ☐ Don't switch off mentally in traffic

Pros & Cons

Pros:

- Safer choices
- Smoother reactions
- Impresses examiners

Cons:

- Late braking
- Cutting people off
- Test faults

44. Safe Following Distance

Why it matters:

Tailgating is dangerous, intimidating, and a test fault.

Do's & Don'ts

Do:

- ☐ Do use the 2-second rule in normal conditions
- ☐ Do double it in wet or icy weather
- ☐ Do watch for brake lights ahead

Don't:

- ☐ Don't let impatience make you close gaps
- ☐ Don't ignore your instructor's warnings

Pros & Cons

Pros:

- More time to react
- Avoids rear-end collisions
- Calmer drive

Cons:

- Risk of crashing if car ahead brakes suddenly
- Failing test for unsafe distance

45. Using Your Mirrors Effectively

Why it matters:

Mirrors are vital for safe, legal driving – examiners check your habits constantly.

Do's & Don'ts

Do:

- ☐ Do check mirrors regularly (every ~5–10 seconds)
- ☐ Do check before changing speed or direction
- ☐ Do use mirror-signal-manoevre (MSM) every time

Don't:

- ☐ Don't just do it once at the start of lesson
- ☐ Don't "fake" mirror checks – examiners can tell

Pros & Cons

Pros:

- Better awareness of traffic
- Safer manoeuvres
- Higher chance of passing test

Cons:

- Missing hazards
- Failing manoeuvres or tests



SECTION 4:

IN-LESSON SKILLS & CONFIDENCE (Items 46–78)

(We're still in-lesson content but heading into the confidence/advanced handling tips)

Once you've got the basics, the real work begins. This section helps you develop the awareness and calm control that makes you a safe, confident driver in all conditions.

46. Dealing with Aggressive Drivers

Why it matters:

You can't control others, but you can control your reactions.

Do's & Don'ts

Do:

- ☐ Do stay calm and focused
- ☐ Do keep your distance
- ☐ Do let them overtake if safe

Don't:

- ☐ Don't react emotionally
- ☐ Don't engage or "race" them

Pros & Cons

Pros:

- Safer, calmer responses
- Avoids escalating conflict
- Builds real-world confidence

Cons:

- Risk of rash decisions
- Getting intimidated and panicking

47. Staying Calm Under Pressure

Why it matters:

Lessons can get intense. Staying calm helps you learn faster and drive safer.

Do's & Don'ts

Do:

- ☐ Do practise deep breathing
- ☐ Do ask your instructor for short breaks
- ☐ Do remind yourself it's normal to be nervous

Don't:

- ☐ Don't bottle it up
- ☐ Don't let one mistake ruin your lesson

Pros & Cons

Pros:

- Makes better decisions
- Reduces mistakes
- Sets you up for test day

Cons:

- Freezing up in traffic
- Forgetting your routine

48. Controlling Your Speed on Bends

Why it matters:

Too many learners misjudge corners – risking control and safety.

Do's & Don'ts

Do:

- ☐ Do slow before the bend, not during
- ☐ Do select the right gear early
- ☐ Do accelerate gently out of the bend

Don't:

- ☐ Don't slam brakes mid-corner
- ☐ Don't take bends too fast

Pros & Cons

Pros:

- Smoother, safer cornering
- Instructor trust
- Test readiness

Cons:

- Understeering or oversteering
- Needing harsh braking mid-turn

49. Practising Emergency Stops

Why it matters:

Essential for the test and for real life – you must be able to stop safely in an emergency.

Do's & Don'ts

Do:

- ☐ Do listen carefully to instructor's command
- ☐ Do press brake and clutch firmly together
- ☐ Do practise staying calm

Don't:

- ☐ Don't slam brake without control
- ☐ Don't forget to check around before moving off again

Pros & Cons

Pros:

- Shows you're test-ready
- Improves reaction times
- Can save lives

Cons:

- Skidding if done incorrectly
- Failing the test if you don't react properly

50. Practising Reverse Manoeuvres

Why it matters:

Reverse skills are part of the test and real-life parking – many learners dread them.

Do's & Don'ts

Do:

- ☐ Do go slow and steady
- ☐ Do use all mirrors and look over shoulders
- ☐ Do adjust if you go offline

Don't:

- ☐ Don't rush the manoeuvre
- ☐ Don't forget blind spot checks

Pros & Cons

Pros:

- Greater control and confidence
- Easier test manoeuvres
- Better parking in daily life

Cons:

- Mounting kerbs
- Poor observation = test faults

51. Using Reference Points for Manoeuvres

Why it matters:

Reverse parking or bay parking becomes much easier when you have visual markers to guide you.

Do's & Don'ts

Do:

- ☐ Do ask your instructor to show you helpful reference points
- ☐ Do practise them until they feel natural
- ☐ Do adjust based on car size

Don't:

- ☐ Don't rely only on instinct
- ☐ Don't panic if you need to correct – that's allowed!

Pros & Cons

Pros:

- Builds precision and control
- Boosts confidence during test manoeuvres
- Reduces over-correction

Cons:

- Without them, you may guess and mess it up
- Increases test stress



52. Knowing When to Use the Handbrake

Why it matters:

Handbrake use shows control and avoids unnecessary rolling, especially during hill starts or traffic stops.



Do's & Don'ts

Do:

- ☐ Do use it on hills or long stops
- ☐ Do listen to your instructor's advice on best practice
- ☐ Do release it smoothly

Don't:

- ☐ Don't pull it up hard without clutch control
- ☐ Don't forget to release it when moving o



Pros & Cons



Pros:

- Prevents rollback
- Demonstrates control during tests
- Useful in stop-start traffic



Cons:

- Misuse causes jerky driving
- Slowing yourself down unnecessarily

53. Learning to Judge Gaps and Speed

Why it matters:

Joining traffic, crossing roads, or overtaking all require judging space and speed like a pro.

Do's & Don'ts

Do:

- ☐ Do practise in different scenarios (roundabouts, junctions, overtakes)
- ☐ Do ask instructor for real-time feedback
- ☐ Do watch other drivers to learn timing

Don't:

- ☐ Don't rush decisions
- ☐ Don't wait too long and frustrate other drivers

Pros & Cons

Pros:

- Prevents accidents
- Makes merging smoother
- Critical for test pass

Cons:

- Misjudgement leads to harsh braking or risky decisions
- Delays and blocks other traffic



54. Staying Aware of Cyclists and Pedestrians

Why it matters:

Learners often focus so much on driving they forget vulnerable road users — this is a key safety and test factor.



Do's & Don'ts

Do:

- ☐ Do check mirrors and blind spots before turns or opening doors
- ☐ Do give at least 1.5m when passing cyclists
- ☐ Do anticipate children and pedestrians near crossings

Don't:

- ☐ Don't assume they've seen you
- ☐ Don't overtake aggressively



Pros & Cons



Pros:

- Prevents dangerous situations
- Builds awareness early
- Required for test success



Cons:

- Failing to give space = automatic fail
- Increased accident risk

55. Managing Multi-Lane Roads

Why it matters:

Motorways or large roundabouts require lane awareness — many learners panic here.

Do's & Don'ts

Do:

- ☐ Do read road signs and arrows early
- ☐ Do plan lane changes with MSM and anticipation
- ☐ Do stay in your lane unless safe to move

Don't:

- ☐ Don't panic-switch lanes
- ☐ Don't assume others will let you in

Pros & Cons

Pros:

- Builds real-world road confidence
- Shows you're test-ready
- Safer navigation

Cons:

- Wrong lane = confusion or test fail
- Missing signs or markings



56. Planning for Hazards Ahead

Why it matters:

Driving is about seeing trouble before it happens. Learners often focus too close in front.



Do's & Don'ts

Do:

- ☐ Do look 10–15 seconds ahead on the road
- ☐ Do scan for crossing pedestrians, parked cars opening doors, cyclists
- ☐ Do plan lane or speed changes early

Don't:

- ☐ Don't stare only at the bonnet or lines
- ☐ Don't ignore what's happening up ahead



Pros & Cons



Pros:

- Avoids last-second braking
- Gives time to plan safe moves
- Improves test performance



Cons:

- Sudden stops
- Risk of hitting obstacles

57. Weather Adaptation

Why it matters:

Wet, icy or foggy conditions change everything. Examiners love to see you adjust.

Do's & Don'ts

Do:

- ☐ Do double your following distance in rain
- ☐ Do slow right down in fog or ice
- ☐ Do use appropriate lights (fog lights only in poor visibility)

Don't:

- ☐ Don't slam brakes
- ☐ Don't drive at normal speeds in poor grip

Pros & Cons

Pros:

- Safer stopping distances
- Avoids skidding
- Shows mature driving

Cons:

- Risk of losing control
- Failing for "driving too fast for conditions"

58. Navigating Unmarked Roads

Why it matters:

Country lanes and older urban roads might not have lines — many learners freeze.

Do's & Don'ts

Do:

- ☐ Do keep well left on narrow roads
- ☐ Do slow for blind bends
- ☐ Do use horn on tight country bends if needed

Don't:

- ☐ Don't assume no oncoming traffic
- ☐ Don't cut corners

Pros & Cons

Pros:

- Builds true road sense
- Essential for rural driving
- Shows you can adapt

Cons:

- Drifting onto wrong side
- Collisions on blind bends

59. Checking Blind Spots Properly

Why it matters:

Examiners will fail you instantly for missing this. It's also essential for real safety.

Do's & Don'ts

Do:

- ☐ Do check over shoulder before pulling out or changing lanes
- ☐ Do combine with mirror checks
- ☐ Do make it a natural habit

Don't:

- ☐ Don't flick your eyes quickly to "fake it"
- ☐ Don't forget in quiet roads — always check

Pros & Cons

Pros:

- Avoids hitting cyclists and motorbikes
- Essential for changing lanes, pulling away
- Shows good habits

Cons:

- Failing test for observation
- Serious collisions in real life



60. Practising Independent Driving

Why it matters:

The driving test includes following sat-nav or signs without help — many learners panic here.



Do's & Don'ts

Do:

- ☐ Do listen carefully to sat-nav or examiner instructions
- ☐ Do read road signs early
- ☐ Do correct mistakes safely (ask instructor how)

Don't:

- ☐ panic if you go wrong
- ☐ Don't switch off or lose awareness



Pros & Cons



Pros:

- Builds real-world skill
- Makes you test-ready
- Improves confidence when solo



Cons:

- Wrong turns = stress
- Failing to follow directions safely

61. Reading Road Signs Early

Why it matters:

Learners often miss signs or read them too late — a classic test fail.

Do's & Don'ts

Do:

- ☐ Do scan for signs constantly
- ☐ Do confirm what each sign means with your instructor
- ☐ Do adjust speed or lane early

Don't:

- ☐ Don't rely only on your instructor's prompts
- ☐ Don't ignore small local signs

Pros & Cons

Pros:

- Gives you time to plan
- Prevents wrong turns or panic stops
- Shows examiner you're proactive

Cons:

- Missed speed limit changes
- Dangerous last-second moves



62. Anticipating Traffic Lights

Why it matters:

Good drivers read the lights ahead and plan their moves smoothly.



Do's & Don'ts

Do:

- ☐ Do watch for pedestrian crossing lights that warn lights will change
- ☐ Do check mirrors before slowing
- ☐ Do cover the brake if lights ahead are stale green

Don't:

- ☐ Don't rush amber lights
- ☐ Don't zone out approaching lights



Pros & Cons



Pros:

- Reduces harsh braking
- Saves fuel
- Feels professional and calm



Cons:

- Emergency stops if not paying attention
- Risk of running red lights

63. Controlled Stop Practice

Why it matters:

Controlled stops are not only for tests — they're essential for avoiding crashes.

Do's & Don'ts

Do:

- ☐ Do apply firm but progressive brake pressure
- ☐ Do keep hands steady on the wheel
- ☐ Do practise on dry and wet roads if possible

Don't:

- ☐ Don't snatch at the steering wheel
- ☐ Don't brake so hard you lock up (unless emergency stop)

Pros & Cons

Pros:

- Teaches smooth, safe braking
- Boosts reaction confidence
- Reduces skid risk

Cons:

- Slamming brakes if unpractised
- Losing control on wet roads

64. Defensive Driving Mindset

Why it matters:

Being defensive doesn't mean being slow — it means being ready for anything.

Do's & Don'ts

Do:

- ☐ Do assume other drivers might make mistakes
- ☐ Do keep space all around your car
- ☐ Do plan escape routes in busy traffic

Don't:

- ☐ Don't rely on others to follow rules
- ☐ Don't be so hesitant you block traffic unnecessarily

Pros & Cons

Pros:

- Fewer surprises
- Safer in unpredictable traffic
- Test examiners love it

Cons:

- Over-cautiousness can cause delays
- Frustrates other drivers if misapplied

65. Staying Patient in Slow Traffic

Why it matters:

Slow traffic tests nerves — learners often rush or lose focus.

Do's & Don'ts

Do:

- ☐ Do keep extra distance for smooth braking
- ☐ Do use clutch control carefully in stop-start
- ☐ Do breathe deeply and relax shoulders

Don't:

- ☐ Don't tailgate out of impatience
- ☐ Don't let anger distract you

Pros & Cons

Pros:

- Builds calm, mature attitude
- Prevents collisions
- Shows test readiness

Cons:

- Harsh, jumpy clutch use
- Frustration leading to mistakes



66. Managing Stop/Start Traffic

Why it matters:

Stop-start driving is common in cities — learners often struggle with clutch and distance.



Do's & Don'ts

Do:

- ☐ Do use clutch control gently
- ☐ Do keep a steady, safe gap
- ☐ Do watch brake lights ahead

Don't:

- ☐ Don't rush forward and brake hard
- ☐ Don't get too close to the car ahead



Pros & Cons



Pros:

- Smoother driving in queues
- Less stress for you and others
- Essential for city driving



Cons:

- Jerky clutch control
- Risk of rolling back

67. Approaching Zebra Crossings

Why it matters:

Examiners will mark you down heavily for ignoring pedestrian priority.

Do's & Don'ts

Do:

- ☐ Do check for people waiting to cross early
- ☐ Do slow down in good time
- ☐ Do make eye contact with pedestrians if safe

Don't:

- ☐ Don't ignore people at the kerb
- ☐ Don't stop suddenly without checking mirrors

Pros & Cons

Pros:

- Shows care and awareness
- Prevents dangerous situations
- Builds trust with examiner

Cons:

- Failing test instantly if you don't stop
- Risk of hitting someone

68. Handling Unfamiliar Routes

Why it matters:

You won't always know the road — test routes may include surprises.

Do's & Don'ts

Do:

- ☐ Do read road signs early
- ☐ Do slow down if unsure
- ☐ Do ask instructor how to handle new roads

Don't:

- ☐ Don't guess at speed
- ☐ Don't rely 100% on sat-nav without thinking

Pros & Cons

Pros:

- Builds flexibility and calmness
- Real-world skill for post-test driving
- Shows true driver readiness

Cons:

- Panic if you don't know turnings
- Last-minute lane changes

69. Watching for Parked Cars and Hazards

Why it matters:

Parked cars often hide danger — doors opening, children running out.

Do's & Don'ts

Do:

- ☐ Do keep 1 metre gap if safe
- ☐ Do reduce speed in tight spots
- ☐ Do check mirrors before moving out

Don't:

- ☐ Don't speed through narrow gaps
- ☐ Don't ignore people near cars

Pros & Cons

Pros:

- Prevents collisions
- Shows anticipation
- Essential for urban driving

Cons:

- Risk of side-swiping
- Sudden swerves

70. Using Sat Nav Confidently

Why it matters:

The UK test often includes the following sat-nav — learners must show they can do this safely.

Do's & Don'ts

Do:

- ☐ Do set up sat-nav before movin
- ☐ Do listen to voice instructions
- ☐ Do keep eyes mainly on the road

Don't:

- ☐ Don't fiddle with it while drivin
- ☐ Don't panic if you miss a turn — plan safely

Pros & Cons

Pros:

- Builds real-world navigation skill
- Passes the independent drive section
- Reduces stress when driving alone

Cons:

- Missing turns if distracted
- Staring at screen instead of road

71. Spotting and Handling Roundabouts Early

Why it matters:

Roundabouts can cause panic — learners often approach too fast or choose wrong lanes.

Do's & Don'ts

Do:

- ☐ Do check signs and markings early
- ☐ Do slow in good time
- ☐ Do plan exit before entering

Don't:

- ☐ Don't stop unnecessarily if it's clear
- ☐ Don't drift lanes without signalling

Pros & Cons

Pros:

- Smooth, safe merges
- Examiner sees you're reading traffic well
- Avoids harsh braking or hesitating

Cons:

- Risk of cutting off other drivers
- Failing test for lane discipline

72. Reacting to Emergency Vehicles

Why it matters:

Many learners freeze when they hear sirens — but you must know what to do.

Do's & Don'ts

Do:

- ☐ Do stay calm
- ☐ Do check mirrors quickly
- ☐ Do pull over safely if you can

Don't:

- ☐ Don't slam brakes suddenly
- ☐ Don't block junctions or keep moving unpredictably

Pros & Cons

Pros:

- Legally required to let them pass safely
- Shows mature, calm driving
- Prevents accidents in panic situations

Cons:

- Blocking their path
- Confusing other drivers

73. Managing Your Speed in School Zones

Why it matters:

Examiners look carefully at how you handle areas with vulnerable road users.

Do's & Don'ts

Do:

- ☐ Do check for 20 mph signs
- ☐ Do anticipate kids stepping out
- ☐ Do slow even further if needed

Don't:

- ☐ Don't rely only on signs — use judgement
- ☐ Don't accelerate too early after passing zone

Pros & Cons

Pros:

- Prevents child injuries
- Avoids automatic test fails
- Shows respect for local rules

Cons:

- Speeding = instant fail
- High risk of hitting someone

74. Handling Temporary Roadworks

Why it matters:

Unexpected cones, diversions, and workmen test your flexibility.

Do's & Don'ts

Do:

- ☐ Do read temporary signs carefully
- ☐ Do slow down as needed
- ☐ Do follow any instructor advice

Don't:

- ☐ Don't ignore temporary markings
- ☐ Don't rush past workers without space

Pros & Cons

Pros:

- Builds anticipation and planning
- Shows you can adapt to surprises
- Reduces stress on test routes

Cons:

- Hitting cones or barriers
- Last-second lane changes

75. Using Quiet Roads to Build Skills

Why it matters:

Not all learning has to be on busy routes — quiet roads are perfect for confidence.

Do's & Don'ts

Do:

- ☐ Do ask your instructor for practice on quiet roads
- ☐ Do focus on smooth controls without distractions
- ☐ Do use it to master basics

Don't:

- ☐ Don't spend all your lessons avoiding traffic
- ☐ Don't get overconfident without trying busier routes

Pros & Cons

Pros:

- Ideal for clutch practice
- Less stress while learning steering or gear changes
- Helps build foundations before busy areas

Cons:

- Over-reliance can delay real-world readiness
- May not cover test-level scenarios



SECTION 5:

TEST READINESS & POST-TEST HABITS (76–101)

“Building good habits that last well beyond your test pass.”

Passing your test is just the start of your driving journey. This section gives you the mindset, habits and practical tips to pass with confidence — and keep improving long after you’ve got your licence.

76. Staying Calm on Test Day

Why it matters:

Nerves fail more tests than driving faults — your mindset is crucial.

Do's & Don'ts

Do:

- ☐ Do practise breathing exercises beforehand
- ☐ Do arrive early and stay hydrated
- ☐ Do focus on one decision at a time

Don't:

- ☐ Don't talk yourself into failure
- ☐ Don't worry about examiner's expressions

Pros & Cons

Pros:

- Makes clear, safe decisions
- Impresses examiner with composure
- Avoids silly mistakes

Cons:

- Rushing manoeuvres
- Forgetting routines under stress

77. Checking the Car Before the Test

Why it matters:

Your test can be cancelled if your car isn't ready or road-legal.

Do's & Don'ts

Do:

- ☐ Do check tyres for legal tread
- ☐ Do ensure all lights work
- ☐ Do clean windows and mirrors

Don't:

- ☐ Don't leave it until the morning
- ☐ Don't ignore instructor's advice on readiness

Pros & Cons

Pros:

- Ensures safety
- Avoids last-minute panic
- Shows professionalism

Cons:

- Wasting test fee if cancelled
- Stressing yourself before start

78. Listening to Examiner Instructions

Why it matters:

Many learners fail for not following instructions properly.

Do's & Don'ts

Do:

- ☐ Do listen carefully and confirm if needed
- ☐ Do ask politely if you're unsure
- ☐ Do stay calm if you go the wrong way (it's not an automatic fail if safe)

Don't:

- ☐ Don't panic or rush
- ☐ Don't guess at instructions if you didn't hear

Pros & Cons

Pros:

- Avoids missed turns or wrong lanes
- Shows calm focus
- Examiner sees you're attentive

Cons:

- Stress and confusion if you miss key words
- Test faults for poor lane discipline

79. Accepting Mistakes and Moving On

Why it matters:

Examiners know you're learning — how you recover matters a lot.

Do's & Don'ts

Do:

- ☐ Do mentally “reset” after errors
- ☐ Do focus only on next decision
- ☐ Do keep breathing calm and steady

Don't:

- ☐ Don't apologise constantly or over-explain
- ☐ Don't give up halfway

Pros & Cons

Pros:

- Shows maturity
- Keeps rest of test smooth
- Reduces stress after slip-ups

Cons:

- Letting one error ruin focus
- Making new mistakes while distracted

80. Building Post-Test Driving Habits

Why it matters:

Passing the test is just the start — safe driving is lifelong.

Do's & Don'ts

Do:

- ☐ Do keep checking mirrors regularly
- ☐ Do plan routes and hazards in advance
- ☐ Do consider advanced lessons like Pass Plus

Don't:

- ☐ Don't race to show off
- ☐ Don't stop learning after you pass

Pros & Cons

Pros:

- Reduces crash risk after passing
- Builds confidence over time
- Makes driving enjoyable

Cons:

- Bad habits form quickly without guidance
- Overconfidence = danger



81. Preparing for Independent Driving Section

Why it matters:

Many learners fear this part of the test — following sat-nav or signs without prompts tests real independence.



Do's & Don'ts

Do:

- ☐ Do practise with your instructor using sat-nav
- ☐ Do listen carefully and check signs
- ☐ Do correct mistakes safely without panic

Don't:

- ☐ Don't stress if you go the wrong way — it's not automatic fail
- ☐ Don't zone out while following instructions



Pros & Cons



Pros:

- Builds trust with examiner
- Mimics real solo driving
- Teaches planning and awareness



Cons:

- Stress from wrong turns
- Risk of ignoring hazards while navigating

82. Managing Test Nerves

Why it matters:

Test anxiety is totally normal, but you need a plan to keep it under control.

Do's & Don'ts

Do:

- ☐ Do visualise a calm, safe drive before test
- ☐ Do use slow, deep breathing
- ☐ Do remind yourself you know the skills

Don't:

- ☐ Don't talk yourself into failure
- ☐ Don't compare yourself to other learners

Pros & Cons

Pros:

- Clearer thinking on the day
- Smoother reactions
- Confidence boost

Cons:

- Shaky clutch control
- Forgetting MSM routine

83. Understanding the “Show Me, Tell Me” Questions

Why it matters:

These simple questions trip up learners who don't prepare — but they're easy marks to secure!

Do's & Don'ts

Do:

- ☐ Do learn both questions inside out
- ☐ Do ask instructor to test you regularly
- ☐ Do practise them in your own car if safe

Don't:

- ☐ Don't assume you'll remember without practice
- ☐ Don't rush your answer — stay calm

Pros & Cons

Pros:

- Confident start to the test
- Shows understanding of car basics
- Reduces early nerves

Cons:

- Instant nerves if you mess them up
- Makes examiner doubt your prep

84. Planning Your Test Route Practice

Why it matters:

Familiarity with tricky junctions or roundabouts near the test centre reduces surprises.

Do's & Don'ts

Do:

- ☐ Do ask instructor to cover known routes
- ☐ Do practise varied times of day
- ☐ Do learn alternative routes in case of diversions

Don't:

- ☐ Don't expect an identical route on test
- ☐ Don't freeze if asked to go somewhere new

Pros & Cons

Pros:

- Boosts confidence on test day
- Teaches how to handle tough spots
- Reduces risk of faults

Cons:

- Over-reliance on memory
- Panic if examiner changes route

85. Dealing with Test Result Feedback

Why it matters:

Whether you pass or fail, feedback is gold dust for learning.

Do's & Don'ts

Do:

- ☐ Do listen carefully and take notes after
- ☐ Do ask questions if you don't understand feedback
- ☐ Do use it to plan next steps

Don't:

- ☐ Don't argue or get defensive
- ☐ Don't ignore minor faults just because you passed

Pros & Cons

Pros:

- Makes you a safer driver
- Gives focus for next lessons if needed
- Shows maturity and commitment

Cons:

- Letting criticism discourage you
- Ignoring examiner's advice



86. Planning First Solo Drives

Why it matters:

Your first solo trips after passing are a big jump — don't underestimate them.



Do's & Don'ts

Do:

- ☐ Do choose quiet, familiar routes at first
- ☐ Do plan routes in advance
- ☐ Do keep journeys short to start

Don't:

- ☐ Don't show off to friends
- ☐ Don't drive tired or stressed



Pros & Cons



Pros:

- Builds real-world confidence
- Lets you test skills without instructor safety net
- Sets foundation for safe habits



Cons:

- Overconfidence leads to mistakes
- Panic in new situations

87. Maintaining Focus Without Instructor Prompts

Why it matters:

No one is there to remind you to check mirrors or slow early — you have to own it.

Do's & Don'ts

Do:

- ☐ Do say MSM (Mirrors, Signal, Manoeuvre) in your head if needed
- ☐ Do keep scanning the road ahead
- ☐ Do talk through hazards out loud to yourself if it helps

Don't:

- ☐ Don't assume you've "learned enough"
- ☐ Don't drive on autopilot

Pros & Cons

Pros:

- Builds true independence
- Avoids developing bad habits
- Safer for everyone

Cons:

- Sloppy observation = real-world crashes
- Harder to correct habits later

88. Handling Peer Pressure After Passing

Why it matters:

Friends may want lifts immediately — but you need to drive your way, safely.

Do's & Don'ts

Do:

- ☐ Do tell friends you're still building experience
- ☐ Do limit passengers for first few drives
- ☐ Do stay firm on saying no if uncomfortable

Don't:

- ☐ Don't show off with speed
- ☐ Don't allow distractions behind the wheel

Pros & Cons

Pros:

- Sets boundaries early
- Prevents showing off or risky behaviour
- Builds confidence to say no

Cons:

- Distraction from noisy passengers
- Feeling forced to rush or take risks

89. Keeping Up Practice on Different Roads

Why it matters:

Many new drivers stick to local routes and never build wider skills.

Do's & Don'ts

Do:

- ☐ Do plan trips to new areas
- ☐ Do practise motorways with instructor or experienced driver if needed
- ☐ Do read signs carefully in new places

Don't:

- ☐ Don't always take the "easy" route
- ☐ Don't rush unfamiliar junctions

Pros & Cons

Pros:

- Builds all-round experience
- Boosts confidence on unfamiliar roads
- Prepares for travel, work, emergencies

Cons:

- Getting lost or panicking
- Unprepared for motorways or rural roads

90. Considering Advanced Courses (Pass Plus)

Why it matters:

Passing is just the start — extra training can seriously improve safety and confidence.

Do's & Don'ts

Do:

- ☐ Do ask your instructor about Pass Plus or advanced lessons
- ☐ Do research local providers
- ☐ Do view it as an investment in safety

Don't:

- ☐ Don't dismiss it as "just for nervous drivers"
- ☐ Don't assume you know everything once you pass

Pros & Cons

Pros:

- Discounted insurance in some cases
- Structured practice on motorways and bad weather
- Builds lifelong safe habits

Cons:

- Small extra cost
- Needs commitment and time

91. Reviewing Your Driving Regularly

Why it matters:

Bad habits creep in without even noticing — regular reviews keep you sharp.

Do's & Don'ts

Do:

- ☐ Do self-check your routines monthly (mirrors, signals, speed)
- ☐ Do ask an experienced driver to watch you sometimes
- ☐ Do consider refresher lessons after a year

Don't:

- ☐ Don't assume you're "done learning"
- ☐ Don't ignore feedback

Pros & Cons

Pros:

- Maintains safe techniques
- Builds confidence
- Stops small errors becoming big risks

Cons:

- Overconfidence if you stop reviewing
- Dangerous habits forming over time

92. Staying Calm in Unfamiliar Places

Why it matters:

New towns, cities, or routes can cause panic if you're unprepared.

Do's & Don'ts

Do:

- ☐ Do plan your route in advance with maps or sat-nav
- ☐ Do leave extra time so you're not rushed
- ☐ Do stay patient and pull over safely if lost

Don't:

- ☐ Don't panic or guess at turns
- ☐ Don't argue with passengers if you're stressed

Pros & Cons

Pros:

- Reduces risk of last-second lane changes
- Boosts safe decision-making
- Builds confidence for future journeys

Cons:

- Getting lost and panicking
- Unsafe turns or stops

93. Adjusting Driving for Passengers

Why it matters:

Driving solo is one thing — passengers add real responsibility.

Do's & Don'ts

Do:

- ☐ Do set clear rules before you drive
- ☐ Do stay calm if they're noisy or silly
- ☐ Do refuse to drive if you feel uncomfortable

Don't:

- ☐ Don't let them pressure you to speed
- ☐ Don't get distracted by conversations

Pros & Cons

Pros:

- Keeps everyone safe
- Shows maturity
- Reduces distractions

Cons:

- Showing off for friends
- Arguing or losing focus

94. Managing Fatigue and Long Trips

Why it matters:

Fatigue is a top cause of crashes — especially for new drivers not used to longer trips.

Do's & Don'ts

Do:

- ☐ Do plan breaks every 2 hours
- ☐ Do drink water and eat properly
- ☐ Do stop and rest if you feel tired

Don't:

- ☐ Don't push through "just 10 more minutes"
- ☐ Don't drive late at night if you're exhausted

Pros & Cons

Pros:

- Arrive safely and alert
- Plan safe breaks
- Reduces stress

Cons:

- Microsleeps behind the wheel
- Poor reactions and bad decisions

95. Keeping Your Car Maintained

Why it matters:

A safe driver needs a safe car — neglecting maintenance is dangerous and illegal.

Do's & Don'ts

Do:

- ☐ Do check tyres, oil, lights monthly
- ☐ Do keep screenwash and wipers topped up
- ☐ Do get regular services as recommended

Don't:

- ☐ Don't ignore warning lights
- ☐ Don't leave problems until MOT time

Pros & Cons

Pros:

- Avoids breakdowns and crashes
- Saves money long-term
- Shows real driver responsibility

Cons:

- Fines or points for unsafe vehicle
- Higher risk of accidents

96. Handling Bad Weather Confidently

Why it matters:

Rain, fog, ice — real-world driving isn't always dry and sunny.

Do's & Don'ts

Do:

- ☐ Do slow down and increase following distance
- ☐ Do use lights appropriately (fog lights only in heavy fog)
- ☐ Do know when not to drive (e.g. ice warnings)

Don't:

- ☐ Don't oversteer or brake harshly on wet roads
- ☐ Don't use high-beams in fog

Pros & Cons

Pros:

- Safer journeys year-round
- Reduces skids and collisions
- Builds mature decision-making

Cons:

- Longer braking distances
- Reduced visibility

97. Staying Legal with Insurance and Tax

Why it matters:

Many new drivers don't realise how strict the rules are — getting caught without legal cover ruins careers and costs big money.

Do's & Don'ts

Do:

- ☐ Do keep insurance, tax, and MOT up to date
- ☐ Do shop around for best insurance deals
- ☐ Do tell your insurer about any changes (e.g. address, modifications)

Don't:

- ☐ Don't risk driving uninsured even "just once"
- ☐ Don't ignore renewal dates

Pros & Cons

Pros:

- Avoids huge fines and points
- Keeps you road-legal
- Protects others in accidents

Cons:

- Police seizures and court fines
- Losing your licence

98. Dealing with Breakdowns

Why it matters:

Breakdowns can be stressful and dangerous if you don't know what to do.

Do's & Don'ts

Do:

- ☐ Do move to a safe place if you can
- ☐ Do switch on hazard lights immediately
- ☐ Do call breakdown service calmly with details

Don't:

- ☐ Don't stand in the road
- ☐ Don't try risky DIY fixes on fast roads

Pros & Cons

Pros:

- Keeps you and passengers safe
- Reduces panic in real emergencies
- Gets help faster

Cons:

- Standing in unsafe spots
- Blocking traffic

99. Staying Alert for Vulnerable Road Users

Why it matters:

Cyclists, pedestrians, motorcyclists — they're the most at risk in any crash.

Do's & Don'ts

Do:

- ☐ Do check mirrors and blind spots carefully
- ☐ Do give cyclists 1.5m space where safe
- ☐ Do slow and be patient at crossings

Don't:

- ✗ Don't squeeze past or intimidate vulnerable users
- ✗ Don't get angry at slower road users

Pros & Cons

Pros:

- Prevents life-changing injuries
- Builds respect on the road
- Shows top-level driving awareness

Cons:

- Poor checks = dangerous overtakes
- Failing test for not giving priority

100. Committing to Life-Long Learning

Why it matters:

Passing your test doesn't make you an expert — the best drivers never stop improving.

Do's & Don'ts

Do:

- ☐ Do keep up with Highway Code changes
- ☐ Do consider refresher or advanced courses
- ☐ Do stay humble about your skills

Don't:

- ☐ Don't assume you know it all
- ☐ Don't dismiss advice from others

Pros & Cons

Pros:

- Safer for life
- Sets example for others
- Reduces insurance costs over time

Cons:

- Overconfidence leads to crashes
- Not keeping up with changing rules

101. Becoming Your Own Best Driving Mentor

Why it matters:

No instructor, book, or checklist can drive for you. **The most successful drivers coach themselves for life.**

Do's & Don'ts

Do:

- ☐ Do reflect after each drive — what went well, what needs work
- ☐ Do keep learning — Highway Code changes, new techniques
- ☐ Do ask for honest feedback from passengers or instructors

Don't:

- ☐ Don't dismiss mistakes or blame others
- ☐ Don't assume you're done learning once you pass

Pros & Cons

Pros:

- Truly independent, responsible driving
- Constant improvement
- Safer roads for everyone

Cons:

- Overconfidence if you stop checking yourself
- Bad habits forming without awareness

"This is your journey. Make these 101 tips part of your driving life — and become the kind of safe, confident driver the roads really need."

– Driving Mentor Hub

Your Driving Journey Continues

Congratulations on completing Checklist 101! Whether you've just passed your test or are continuing to develop your skills, remember that becoming a truly skilled driver is a lifelong journey of learning and improvement.

This checklist has equipped you with the foundational knowledge and skills needed for safe, confident driving on UK roads. But your development doesn't end here. Every mile you drive, every new situation you encounter, and every challenge you overcome adds to your experience and expertise.

Keep Learning, Keep Growing

For New Drivers: The first year after passing your test is crucial for consolidating your skills. Continue to challenge yourself with different road types, weather conditions, and driving scenarios. Remember, confidence comes from competence, and competence comes from practice.

For Experienced Drivers: Even with years of experience, there's always room for improvement. Stay updated with Highway Code changes, consider advanced driving courses, and regularly reflect on your driving habits and attitudes.

Stay Safe, Stay Responsible

Remember that every time you get behind the wheel, you're not just responsible for yourself—you're responsible for the safety of every other road user. Drive with patience, consideration, and respect. Be the driver you'd want to share the road with.

About Your Instructor

Meet Your Driving Expert

With over 21 years of dedicated experience teaching on UK roads, I've had the privilege of guiding thousands of learners from their first nervous lesson to confident, skilled drivers. **My journey as a driving instructor has been more than just a career—it's been a passion for road safety and helping people achieve their driving goals.**

Real Experience, Real Results

Throughout my two decades plus of teaching, I've:

- Helped thousands of students pass their driving tests with confidence and competence
- Adapted to countless learning styles and needs, from anxious beginners to overconfident returnees
- Witnessed the evolution of UK driving standards and stayed current with every change
- Developed proven teaching methods that work in real-world conditions
- Specialised in helping nervous drivers overcome their fears and build genuine confidence

The Digital Transition

As the world moves increasingly digital, I'm excited to bring my expertise to a broader audience. This Checklist 101 represents the beginning of a new chapter—making professional driving instruction accessible to learners everywhere, not just those in my local area.

What's Next: My Upcoming Book

I'm currently working on a comprehensive guide that goes beyond basic driving skills to address the psychological and advanced aspects of driving that many instructors never cover:

"ADVANCED DRIVING TECHNIQUES - ANXIETY BEHIND THE WHEEL - ROAD RAGE FREE"

This upcoming book will tackle three critical areas that can make the difference between merely being licensed and being truly skilled:

Advanced Driving Techniques

- Professional-level skills for complex driving situations
- Techniques used by police and emergency service drivers
- How to handle extreme weather and challenging road conditions
- Advanced hazard perception and risk assessment

Anxiety Behind the Wheel

- Proven strategies for overcoming driving anxiety and panic
- Building genuine confidence through understanding and practice
- Techniques for managing test nerves and performance anxiety
- Creating positive associations with driving

Road Rage Free

- Understanding the psychology of road rage and aggressive driving
- Practical techniques for staying calm under pressure
- De-escalation strategies for dealing with aggressive drivers
- Building the mindset of a patient, considerate driver

A Personal Message

After 21+ years of teaching, I've learned that driving is about so much more than just operating a vehicle. It's about confidence, independence, responsibility, and respect for others. Every student I've taught has taught me something in return, and that continuous learning is what keeps me passionate about road safety and driver education.

Whether you're using this checklist as a learner or a qualified driver, remember that **the best drivers are those who never stop learning, never stop improving**, and never forget that every journey should end safely.

Stay Connected

Keep an eye out for my upcoming book and future digital resources. Together, we can make UK roads safer, one driver at a time.

Drive safe, drive smart, drive with confidence.

Your Driving Instructor and Road Safety Advocate

This checklist represents over two decades of teaching experience distilled into practical, actionable guidance. Use it well, and remember—good drivers are made, not born.

Visit us at www.drivingmentorhub.com or scan the QR code to explore our full range of driving success tools!

Keep learning, keep practicing, and drive safely!

Your *Driving Mentor* at Drivingmentorhub.com

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