



DDC Attitudinal Dynamics of Driving (ADD) -5th Edition

Attitudinal Dynamics of Driving (ADD) is an instructor-led course that is designed to provide instructional intervention for repeat traffic offenders and non-driving while-intoxicated/driving-under-the-influence (DWI/DUI) offenders. Participants have demonstrated continued patterns of risky and overly aggressive driving behaviors. These participants tend to be court referrals, or have been involved in a collision, or had their driver's license either suspended due to points or revoked.

The reason that the new 5th Edition of Attitudinal Dynamics of Driving is so successful is that it utilizes Choice Theory™, which was developed by Dr. William Glasser. Through Choice Theory, individuals are helped in meeting their needs in a positive and responsible manner. Choice Theory is unique in its application by asking individuals to:

- Identify what they want in the long-term
- Recognize that their current behaviors are likely interfering with their long-term goals
- Create an action plan to engage in more responsible behaviors, aligned with the things they really want.
- Choice Theory also introduces the five basic needs: Belonging, Joy, Survival, Freedom and Significance.

NSC uses a modularized course layout where each of the classes is delivered through modules. The 4-hour course has 4 modules, 6-hour has 6 and the 8-hour has 8 modules. The 6-hour course builds off the 4-hour while the 8-hour course incorporates all of the 4- and 6-hour course lessons.

Depending on which course the individual takes they will be able to:

- Evaluate their own driving behaviors and habits
- Explain what matters to them and why
- Understand that they have full control over the behavior choices they make
- Understand Aggressive Driving and Road Rage
- Learn about the concept of a SAMRIC Plan and how to implement one to change how they drive
- What alternative behavior choices are out there for them to choose from
- Explain how distracted driving affects not just them but those around them
- Discuss the differences between suspended, revoked, canceled and surrendered driver's licenses
- Come to understand what they do and don't know about state laws

Instructors will use various activities designed to drive student involvement and foster learning. Students will be guided in accurately assessing their current driving style and how it affects not just them and the people on the road around them but their families and friends as well. Lessons are designed around the do-say-ask model designed to engage students and expand their learning. Additionally, students will learn why they are important not through their own vision but to others and how the decisions they make affect that.

Getting Started with NSC Instructor Authorization

Become certified to teach Attitudinal Dynamics of Driving through the NSC eLearning Instructor Authorization Course. You can complete the training at your convenience. It covers instructor facilitation methods and training techniques for teaching defensive driving. You'll learn how to teach this NSC Defensive Driving Course through scenario-based training depicting actual instructor-student interactions.

Learn more about NSC Instructor Authorization at nsc.org/teachddc