

Intellectual Driving Method
 Primarily conscious - serial - processing.
 Typical in novices and drivers who are struggling to improve. Elevates the Sensation of Speed (SOS).

Navigating the track using a simple step-by-step method.
 (Completing a sequence of location or event triggered tasks.)

Experience Holistic Sensory Input from Driving around the track.
 (A continuous flow of sensory input from all senses.)

When approaching an 'action point' (as defined in your track navigation procedure) then do the following...

Gather & Filter Sensory Input

Use Left Hemisphere Concentration (Sharply focused, directed attention) to sample as much relevant information as possible from the holistic sensory data stream. (Time constrained acquisition of primarily visual info.)

Filter the sampled sensory information to identify and extract the critical information that must be processed.

Summarize and Interpret Info.

For all sensory input deemed critical to the current task.

Prioritize Relevant Info. Based first on Risks and then on value relative to completing the current objectives.

Assemble prioritized relevant sensory input into a 'summary' of the current situation.

Interpret meaning of the current situation relative to: self preservation and task/goal completion.

Choose Response to Accomplish Goal

Trend evaluation of recent results. (Is performance matching goals?)

Compare goals/results from previous location/task.

Choose best response (action) that will accomplish the current goal, while keeping you safe.

Expectations about incoming sensory input based on previous tasks and current task.

Main Action/Task (Technique)

Take action (driver input)

Start performing the selected action or technique.

Continue with the required action or technique.

Complete the action or technique.

Evaluate the Result/Success of the Action Taken.

Make adjustment to get back on target.

Complete loop when you feel the task will be complete successfully.

run loop to determine if the action is accomplishing the goal

Check visual And other senses (kinesthetic, tactile, and auditor to verify the goal is being accomplished.)

Is the action accomplishing the goal?

Am I in Danger?

Self Preservation Routine

Self preservation instinct takes over (e.g. lift or target fixation sets in).

Break loop and take control to mitigate risk.

Prepare for next task in step-by-step procedure.

