



DDC ADD Instructor Guidelines

Overview of NSC DDC ADD Courses by Session and Lesson

DDC ADD 6-Hour Course

Lesson	Lesson Title	Length	Lesson	Lesson Title	Length
Session 1: Driving in the Real World			Session 4: What Do You Know?		
1-1	Course Introduction	10 minutes	4-1	What Do You Know About State Laws?	20 minutes
1-2	Introductions	20 minutes	4-2	Suspended, Revoked and Canceled Licenses	10 minutes
1-3	My World	10 minutes	4-3	Preventability in Defensive Driving	20 minutes
1-4	My Current Driving Behaviors	10 minutes		BREAK	10 minutes
1-5	Needs and Wants	10 minutes	Session 5: Total Behavior		
Session 2: Self-Assessment			60 minutes		
2-1	My Profile	50 minutes	5-1	Four Components of Behavior	10 minutes
	BREAK	10 minutes	5-2	Three Types of Behavior	10 minutes
Session 3: What Motivates Behavior			60 minutes		
3-1	What Drives You?	20 minutes	5-3	Responsible and Respectful Behavior	10 minutes
3-2	What Drives My Behavior Behind the Wheel?	10 minutes	5-4	Taking Personal Responsibility	20 minutes
3-3	What My Profile Tells Me About My Actions	20 minutes		BREAK	10 minutes
3-4	Your Driving History – Cost and Time Consequences	10 minutes	Session 6: Planning for Change		
			60 minutes		
			6-1	Making a Plan for Change	10 minutes
			6-2	My SAMRIC Plan	10 minutes
			6-4*	The Choice of Alcohol Consumption	20 minutes
				Course Summary	10 minutes
				FINAL TEST	10 minutes

* The 6-Hour Course does not complete Lesson 6-3.

DDC ADD 8-Hour Course

Lesson	Lesson Title	Length	Lesson	Lesson Title	Length
Session 1: Driving in the Real World			Session 6: Planning for Change		
1-1	Course Introduction	10 minutes	6-1	Making a Plan for Change	10 minutes
1-2	Introductions	20 minutes	6-2	My SAMRIC Plan	10 minutes
1-3	My World	10 minutes	6-3	Peer Review of Plans	10 minutes
1-4	My Current Driving Behaviors	10 minutes	6-4	The Choice of Alcohol Consumption	20 minutes
1-5	Needs and Wants	10 minutes		BREAK	10 minutes
Session 2: Self-Assessment			Session 7: Driving Choices and Behaviors		
2-1	My Profile	50 minutes	7-1	Prescriptive and Over-the-Counter Drugs	10 minutes
	BREAK	10 minutes	7-2	Distracted Driving	20 minutes
Session 3: What Motivates Behavior			Session 8: Choosing Responsible and Respectful Behaviors		
3-1	What Drives You?	20 minutes	7-3	Handling Speed	10 minutes
3-2	What Drives My Behavior Behind the Wheel?	10 minutes	7-4	Right of Way	10 minutes
3-3	What My Profile Tells Me About My Actions	20 minutes		BREAK	10 minutes
3-4	Your Driving History – Cost and Time Consequences	10 minutes	Session 8: Choosing Responsible and Respectful Behaviors		
Session 4: What Do You Know?			8-1	Passing and Following Distance	10 minutes
	BREAK	10 minutes	8-2	Aggressive Driving	10 minutes
4-1	What Do You Know About State Laws?	20 minutes	8-3	Fatigue	10 minutes
4-2	Suspended, Revoked and Canceled Licenses	10 minutes	8-4	Analyzing Driving Choices and Behaviors	10 minutes
4-3	Preventability in Defensive Driving	20 minutes		Course Summary	10 minutes
Session 5: Total Behavior				FINAL TEST	10 minutes
5-1	Four Components of Behavior	10 minutes			
5-2	Three Types of Behavior	10 minutes			
5-3	Responsible and Respectful Behavior	10 minutes			
5-4	Taking Personal Responsibility	20 minutes			
	BREAK	10 minutes			