

Negative fear of failure (FF) in the practical driving test

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Introduction.

Candidates,
who suffer from Fear of Failure (FF),
have a greater distance to obtaining a driver's license.



Introduction

- **Fear is a natural mechanism** (helps to survive).
- **Flight, fight, freeze.**
- **Positive fear of failure:** extra motivation to achieve succes (sharp and alert).
- **Negative fear of failure:** paralyzing constant thinking about what could go wrong.



The origin of fear of failure lies in various facets

- Social environment and upbringing (pressure).
- Low self esteem (I can't do that).
- Perfectionism (it is never good enough).
- Negative experiences (last time I failed, I will probably fail again).

Etcetera.....



Why a special FF test.

In the Netherlands:

- After 4 Fails for practical test within 5 years,
a further investigation of driving skills is the next step.
Performed by a driving skills advisor (70 min.)
FF often turned out to be the reason!

The question was: How can we prevent that candidates with FF
first have to go through 4 regular tests?



What does it look like

Regular exam (normal examiner)

- 55 min.
- € 155
- Actual test 35 min.
- Standardization conform CBR assesment system.

FF exam (examiner specialized on FF)

- 80 min.
- € 191
- Actual test 35 min.
- Standardization conform CBR assesment system.
- Candidate can ask for time-out during test.

Conditions for both exams as similar as possible

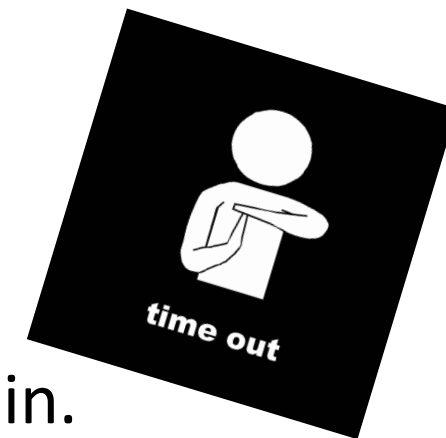
What does it look like

The FF examiner invests specifically the reception interview

- Getting acquainted.
- Putting the candidate at ease.
- Giving the candidate recognition for choosing the FF exam.
- Addressing the topic of FF.
- Explaining the procedure (possibility and moment of taking a Time Out during the exam.
- Clarification of expectations.
- Give the candidate feeling of control and influence regarding FF mechanism during the exam.

Time Out(s)

- During the test.
- Initiative lies with the candidate.
- When the candidate feels that FF mechanism is kicking in.
- **Before** he starts making mistakes.
- Candidate is free to do whatever is necessary to get the feeling under control (walk, smoke, breathing exercises e.t.c.).



Training FF examiner

- 1 day.
- Insight into Fear of Failure mechanism.
- Communication skills.
- Attitude.
- FF protocol.

Training FF examiner



Acuser

Take more lessons!



Rescuer/helper



Victim



Admission to the FF exam

- There are no conditions attached to book a FF exam.
- There is no diagnosis of FF.
- The extra costs are a barrier on themselves
- Communication is an important aspect, it is desirable that the candidate possesses language skills.

The ff candidates

- Often chooses an instructor who is specialized in FF.
- Are highly motivated to prepare well for the exam.
- Almost always take a pre-test before the final exam.

In case of failure:

- There is greater acceptance of the outcome.
- The acceptance of feedback is higher.

Because they felt well guided and had control regarding their FF



- Since 2011
- Over 20.000 FF exams annually.
- 10 percent higher pass rate than regular exams.
- Higher customer satisfaction rate.
- Satisfied FF examiners.
- Use experience in the regular exams.
- FF exam is also suitable for other target groups (ADHD, ADD....).

Thank you for your attention

