

| Lesson | Number/Length of Sessions (50 Hours Total) | Key Skills to Practice |
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| Basic driving skills in an empty parking lot | 2 One-Hour Sessions | <ul style="list-style-type: none"> • Checks around car for dangerous conditions or situations • Understands all controls, gauges and safety devices on dashboard and throughout car • Without being reminded, checks and adjusts: seats, headrests, mirrors, safety belts, heating or air conditioning, lights and passenger safety belts before driving • Starts, drives and stops smoothly • Makes accurate left and right turns from both stopped and moving positions, using signals correctly • Drives in reverse (straight and turns) |
| Driving in light traffic in daylight (25 – 35 mph) | 4 One-Hour Sessions | <ul style="list-style-type: none"> • Aware of surroundings, watches for trouble and plans next move • Keeps speed consistent • Makes full stop at stop signs • Follows safely behind other vehicles • Checks mirrors and blind spots • Makes right and left turns with proper use of signals • Navigates easy intersections • Yields right of way appropriately |
| Driving in moderate traffic in daylight (multiple-lane highways traveling at 35 – 50 mph) | 6 One-Hour Sessions | <ul style="list-style-type: none"> • Enters and exits highway smoothly • Responds to traffic signs, lights and pavement markings • Navigates busy intersections • Changes lanes • Passes on multiple-lane highways • Understands what to do when being passed • Uses shared or multiple turn lanes • Yields to other drivers (at intersections or for emergency vehicles, funerals, etc.) |
| Expressway driving in daylight | 3 One Hour Sessions | <ul style="list-style-type: none"> • Enters and exits expressway during non-peak hours and then during rush-hour traffic safely • Uses defensive driving skills: identifies dangerous situations and changes speed, position and path as necessary; demonstrates awareness of other drivers' blind spots |
| Driving in light traffic at night (25 – 35 mph) | 2 1½ Hour Sessions | <ul style="list-style-type: none"> • Increases following distance and space around car • Adjusts speed as conditions change • Properly uses headlights |
| Driving in moderate traffic at night (multiple lane highways traveling at 35 – 50 mph) | 5 One-Hour Sessions | <ul style="list-style-type: none"> • Adjusts to glare from oncoming traffic or in rearview mirror |
| Expressway driving at night | 4 One-Hour Sessions | |
| Driving in adverse weather conditions in daylight (bright sun, rain, fog, snow and ice) | 3 One-Hour Sessions | <ul style="list-style-type: none"> • Recognizes and responds to dangerous/changing conditions and situations • Gradually decreases speed as needed • Leaves more space around car for maneuvering • Learns how to use cars with and without anti-lock brakes • Understands how to use wipers and defroster when needed • Avoids getting into a skid or spin • Recovers from skid or spin |
| Driving in adverse weather conditions at night | 3 One-Hour Sessions | |
| Driving in a complex environment in daylight (urban traffic) | 4 One-Hour Sessions | <ul style="list-style-type: none"> • Maneuvers through challenging intersections • Performs three-point turns • Turns around by pulling into driveway (on right and left side of street) • Backs into a driveway • Performs U-turns |
| Driving in adverse weather conditions at night | 4 One-Hour Sessions | |
| Typical driving teen will do during the first month after receiving a license (for example, to school or neighborhood activities) | 5 One-Hour Sessions | <ul style="list-style-type: none"> • Parks in and maneuvers out of perpendicular, angled or parallel parking space • Understands car maintenance requirements |
| Mixture of driving environments with independent decision making | 4 One-Hour Sessions | <ul style="list-style-type: none"> • Maintains focus for at least an hour of driving • Obeyes all traffic laws, including speed limits • Uses directions to get to unfamiliar locations • Reads and uses maps/GPS systems when needed |