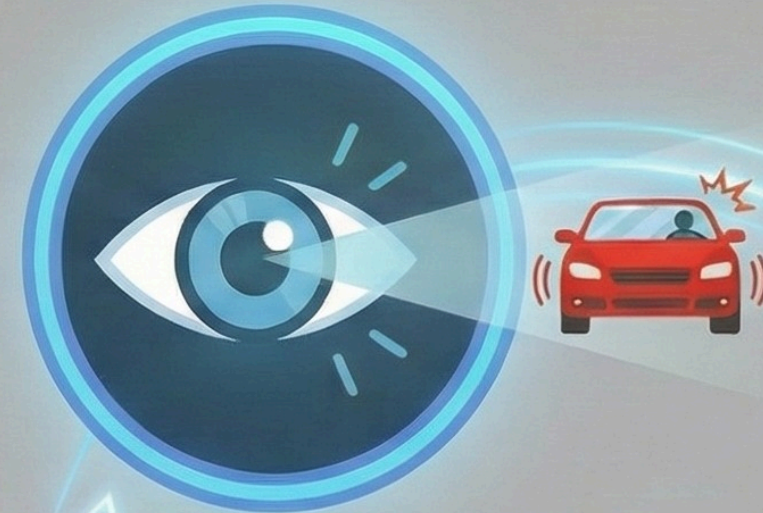


THE “SEE, PROCESS, REACT” CYCLE IN DRIVING

1. SEE (PERCEIVE)

Eyes notice the danger or situation
(e.g.: Car in front is braking).

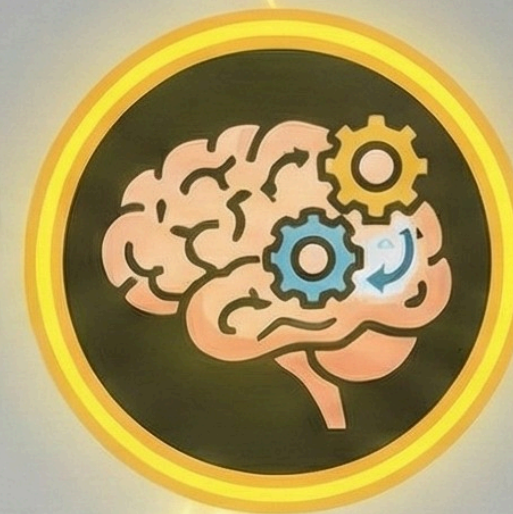


CONTINUOUS COGNITIVE CYCLE

Distractions disrupt this flow and increase reaction time.

2. PROCESS (DECIDE)

Brain analyzes the information and creates an action plan
(e.g.: “I must brake!”).



3. REACT (EXECUTE)

Muscles convert the command from the brain into physical action
(e.g.: Take foot off gas, press brake).

