

# See it & Say it: Project Worksheets

For this project you will:

- Read the Method notes below
- Determine your goals for the exercise
- Practise 'See it & Say it' for about 40 minutes
- Reflect on the outcome of the practise

## Method

This is a deliberately basic talking out loud exercise.

The object is twofold:

1. To develop your talking skills
2. To develop you observation and awareness

Every time you see a sign

1. Say the name of the sign out loud in a clear voice – do this in such a way that any other car occupant could hear you clearly. For example: "Give Way Sign", "Hazard warning lines", "Low bridge sign", "Bus lane markings", etcetera.
2. Think about the purpose of the sign asking yourself questions about:
  - What?
  - When?
  - Where?
  - How?
  - Why?

For example:

- "What action do I need to take and how will it affect others?"
- "When do I have to start acting upon the sign?"
- "Where is the hazard indicated by the sign?"
- "How will I respond?"
- "Why do I need to respond?"

There are no 'measurements' for this project. Simply consider your goals and reflect on the exercise after you have completed it.

Your reflection might include information about how many signs you saw, any you didn't know, thoughts about location of signs and markings, your ability to call them out clearly and anything else that you notice. Did you see any local signs that you hadn't noticed before – if so, why are you seeing them now?

## See it & Say it: Goals

Name: ..... Date .....

The three main things that I want to achieve during my See it & Say it practise are:

1.

2.

3

Now consider the evidence that will tell you that you have achieved your goals. What will be different, what will you see, hear and feel differently?

I will know when I have achieved the three goals above when:

1.

2.

3.

## *See it & Say it: Reflection*

Name: ..... Date .....

Use this sheet to write your reflective notes about the See it & Say it exercise.

Your completed notes form part of the coursework required for assessment. Please contact Training Support for details of how to submit your work.

- What have you learned?
- What have you learned about yourself?
- What do you need to improve?
- Where/how will you use the learning?

But you are not limited to these points and are encouraged to write anything that is relevant for you.