

Your teen's permit test

A calm 7-day study plan

For parents and trusted adults. English-language study support for a U.S. car learner. Adjust the pace to the learner; one week is a sample plan, not a pass promise.

Your role: coach, not examiner

- Ask why an answer is correct. A guessed answer needs review too.
- Praise careful reasoning and honest questions, not only a high score.
- Keep practice low-pressure. Pause when tired or frustrated.
- Use your current state handbook as the source of truth. Requirements vary by age and state.

Days 1-4: understand the situations

DAY 1 | Build a small routine

Open the official handbook for your state. Ask the learner to name two areas that feel confusing. Choose a quiet 15-20 minute study period.

DAY 2 | Turn signs into actions

Review a short group of signs. Ask: What does it mean? What action would you take? What could change the answer?

DAY 3 | Draw an intersection

Sketch cars, a pedestrian and a cyclist. Discuss who needs to yield and why. Look up any disagreement in the state handbook.

DAY 4 | Review speed and space

Talk through rain, darkness, following distance and safe lane changes. Avoid importing numbers from another state.

Build confidence without guessing

DAY 5 | Use mistakes as a map

Try a short practice session. Write down the rule behind each mistake, not just the answer letter. Return to that handbook section.

DAY 6 | Try a quiet practice run

Remove hints and interruptions. Treat the score as a study signal, not proof of exam readiness. Review the explanations afterward.

DAY 7 | Recall, then rest

Ask the learner to explain the hardest rules in their own words. Check appointment requirements and plan enough travel time. Avoid a late-night cram.

A useful conversation after practice

- Which rule surprised you today?
- Which detail changed the answer?
- Could you draw the situation for me?
- Where in the official handbook can we confirm it?

Knowledge practice and driving practice are different

A written-test score does not measure safe vehicle control. A game cannot replace supervised driving or instruction. Before any on-road practice, follow the permit, supervision and insurance rules for the learner's state and age.

Before test day

Together, check the agency's current appointment instructions, documents, fees, course requirements and available accommodations. Help the learner arrive rested and unhurried.



Put the rules into practice.

freedmvtests.com/dmv-knowledge-challenge/

Free practice with explanations. No pass guarantee.

Sharing a result should be optional. Do not post a child's full name, school, birthday, permit or other personal documents. Compare knowledge for fun, not for pressure.