

# CRIMINAL JUSTICE & CRIMINOLOGY COMPASS

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## FREE LEGAL GLOSSARY

**Denunciation:** Description.

**Word:** An objective of sentencing and punishment used in conditional sentences where the aim is to reinforce community values by indicating that certain behaviour is regarded as reprehensible and will not be tolerated.

**Label Bargaining:** An attempt by the defence to ensure that the accused is not charged with an offence that carries a negative label.

**Mens Rea Offence:** An offence for which the prosecution must prove that the defendant committed the illegal act and had a guilty mind (i.e., the knowledge, intent, or willingness to commit the act).

**R. v. [Name]:** The standard way to refer to a criminal case in Canada, where "R" represents "Rex" or "Regina," meaning the Crown (the government).

VISIT [EMOND.CA](http://EMOND.CA) FOR THE COMPLETE LEGAL GLOSSARY



## 7 WAYS TO ZAP STRESS AND BE PRODUCTIVE

1. **Prioritize and re-prioritize**  
University life comes with essays, readings, assignments, and exams all at once. Use lists and notes to relieve memory stress, prioritize tasks, and capture ideas. Writing things down makes them feel less overwhelming than when they're competing for mental space.
2. **Choose one task and finish it**  
It's easy to feel bogged down by stacks of readings and multiple assignments. Pick one item from your list and focus on completing it. If it's large, break it into smaller, more manageable steps. Seeing progress will motivate you to keep going.
3. **Nurture yourself**  
Some course topics are complex and emotionally challenging. Exercise regularly, breathe deeply, stay hydrated, and eat healthy. Take a walk at lunch for fresh air, or listen to music or a podcast while you work. Remind yourself that life is good.
4. **Curate your workspace**  
Clear desk, clear mind. When you're struggling to focus, step away from the screen

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## 7 WAYS TO ZAP STRESS AND BE PRODUCTIVE

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and de-clutter. Aim for a minimalist workspace with open desk space, bright lighting, and as few paper stacks as possible.

### 5. Establish routines and systems

Criminology and criminal justice courses often require long-term preparation (think: essay deadlines, lengthy readings, and exams). Create a daily or weekly schedule to build consistency. Assign certain types of tasks, like readings and research, to the same time each day or the same day each week to reduce decision fatigue.

### 6. Leave school at school (sometimes)

It's tempting to study around the clock, especially before exams, but mental recovery matters. Draw boundaries between your work and personal time. Taking space to recharge, spend time with friends, and do activities you enjoy will help you function better when you return to studying.

### 7. Take a step back

Remember that stress is temporary. You've felt overwhelmed before and always pulled through — you'll do it again. Use positive self-talk to reaffirm this perspective.



## RESOURCES FOR CRIMINAL JUSTICE & CRIMINOLOGY STUDENTS

### ONLINE

**Charterpedia:** [www.justice.gc.ca/eng/csj-sjc/rfc-dlc/ccrf-ccdl/check/index.html](http://www.justice.gc.ca/eng/csj-sjc/rfc-dlc/ccrf-ccdl/check/index.html)

**The Canadian Criminal Justice Association:**  
<https://www.ccja-acjp.ca/pub/en/>

**Statistics Canada: Crime and Justice Statistics:**  
[https://www.statcan.gc.ca/en/subjectsstart/crime\\_and\\_justice](https://www.statcan.gc.ca/en/subjectsstart/crime_and_justice)

**Indictment: The Podcast:**  
<https://indictment.simplecast.com/>

**Institute for Research on Public Policy (IRPP):** <https://irpp.org/>

PRINT RESOURCES ARE AVAILABLE AT **EMOND.CA**

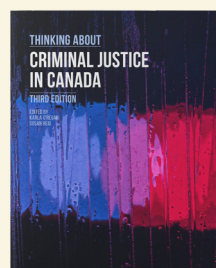


## WORDS OF WISDOM

*"Ask questions. The teachers are extremely knowledgeable and will explain the answer. If you don't ask now, you may regret it later."*

*"Find a note-taking solution that works best for you. It took me a little time to accept that handwritten notes were better for my learning style than typed notes, but once I fully embraced this note-taking method, the amount of information I processed drastically increased."*

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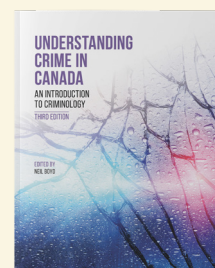
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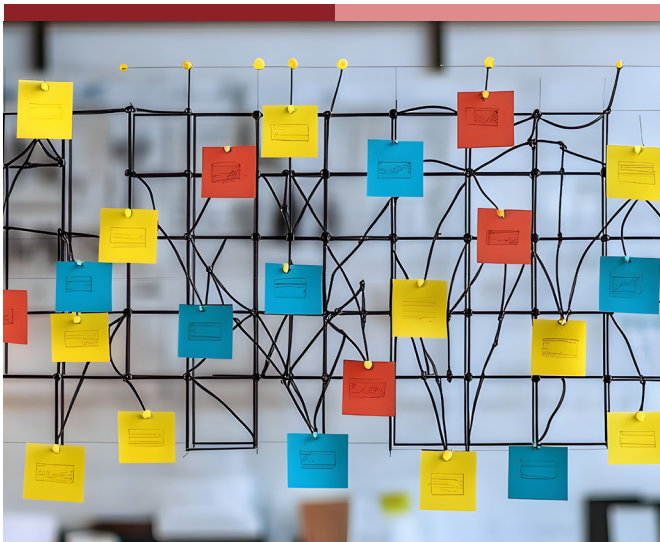
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## SIX MODELS OF CRIMINAL JUSTICE

What set of beliefs and values should guide our justice system? Is it about protecting individual rights, ensuring public safety, or rehabilitating offenders? Our criminal justice system, as a social institution, operates as an ideology, and influences how various actors answer the fundamental question: How should we approach controlling crime?

The following list summarizes major models of the criminal justice system, each offering a different vision and goal.

### 1. Due Process Model (Packer)

This model emphasizes the rule of law and the protection of the accused's rights. Its primary goal is not reducing crime but ensuring fairness and preventing wrongful convictions. If an innocent person is convicted, the system has failed and needs to be corrected immediately.

### 2. The Crime Control Model (Packer)

This model operates like an assembly line, moving offenders from conviction to punishment under the assumption that most arrested individuals are guilty. It downplays the accused's rights, focusing instead on protecting law-abiding citizens. Its ultimate goals are to eliminate crime and ensure public safety, achieved through certainty of punishment — typically via mandatory sentences, longer prison terms, and the elimination of parole.

### 3. The Medical Model (King)

This model's goal is rehabilitation and reintegration of convicted criminals, often through treatment programs, therapeutic courts, and more. Probation officers prepare pre-sentence reports for judges, providing information about an offender's needs. If the individual is sentenced to incarceration, they may be placed in an appropriate treatment program to address underlying issues.

### 4. The Bureaucratic Model (King)

Here, the focus is on day-to-day operations within the justice system, emphasizing restrictions, scarce resources, and public pressure. This model's goal is the management of criminals and cases through cost-effective measures and bureaucratic efficiency. For instance, guilty pleas save significant resources, compared to full trials. As a result, guilty pleas are more cost-effective than prosecuting most cases. While punishing offenders and protecting their rights still matter, the focus is on the speed at which the criminal justice system can work.

### 5. The Punitive Model of Victims' Rights (Roach)

Highlighting the conflict between the rights of victims and the rights of the accused, this model prioritizes establishing the accused's factual guilt and relies on punishment as the main response to crime. It believes passing new laws, prosecuting offenders, and imposing punishments to be the most effective means of crime control. Ultimately, this model positions victims' rights as a way to legitimize crime control and reinforce punitive measures.

### 6. The Non-Punitive Model of Victim's Rights (Roach)

In contrast, this non-adversarial approach focuses on victims' needs, healing, and prevention. It seeks to prevent crime through community responsibility, early intervention, and restorative justice practices where victims, offenders, and families play a central role, rather than criminal justice actors.

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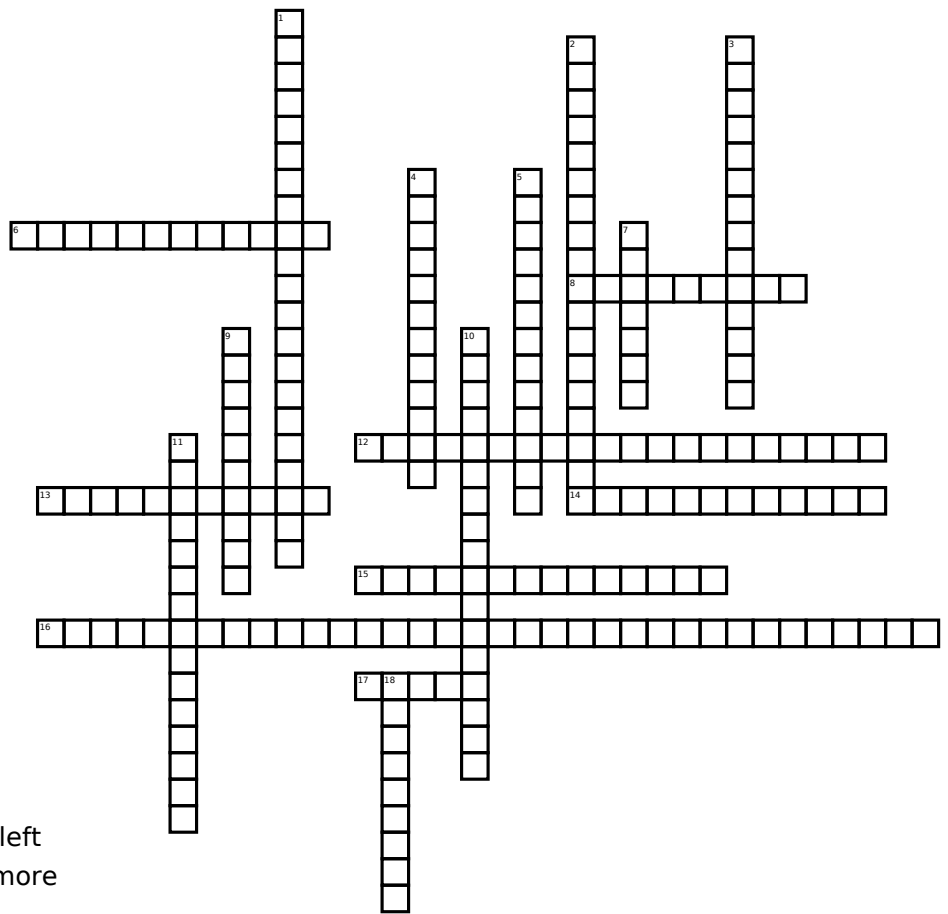
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# CRIMINAL JUSTICE & CRIMINOLOGY CROSSWORD



### Down:

1. The view that if minor crimes are left unaddressed in an environment, more serious crime will emerge.
2. A hearing to determine if there is sufficient evidence to warrant a criminal trial.
3. An agreement whereby an accused pleads guilty in exchange for the promise of a benefit.
4. Federal legislation that sets out criminal laws, procedures for prosecuting federal offences, and sentences and procedures for the administration of justice.
5. A document that permits the police to search a specific location and take items that might be evidence of a crime.
7. A concept based on fairness, morality, and the equal rights.
9. \_\_\_\_\_ sentences that are amalgamated and served simultaneously.
10. A serious criminal offence that may carry prison sentences of 14 years to life; examples include murder, robbery, and aggravated sexual assault.
11. The cultural, geographic, and community setting in which the criminal justice system operates and justice personnel make decisions.
18. The requirement that governments and individuals be subjected to and abide by the law.

### Across:

6. A disproportionate police focus on a racialized population or neighbourhood.
8. principle of \_\_\_\_\_ ensures that the imposed sentence is a just and appropriate punishment and nothing more.
12. The notion that judges are not subject to pressure and influence and are free to make impartial decisions based solely on fact and law.
13. A \_\_\_\_\_ system is based on two opposing sides arguing the guilt or innocence of a person before a judge or jury.
14. A pre-sentencing report of Indigenous offenders that sets out historical events and that may be related to the offender's conflict with the law and criminal behaviour.
15. Misconduct by a police service.
16. The primary law of the land; guarantees fundamental freedoms, legal rights, and equality rights for all citizens of Canada.
17. An act or omission that is prohibited by criminal law.