

# POLICE COMPASS

Volume 1 • September 2018



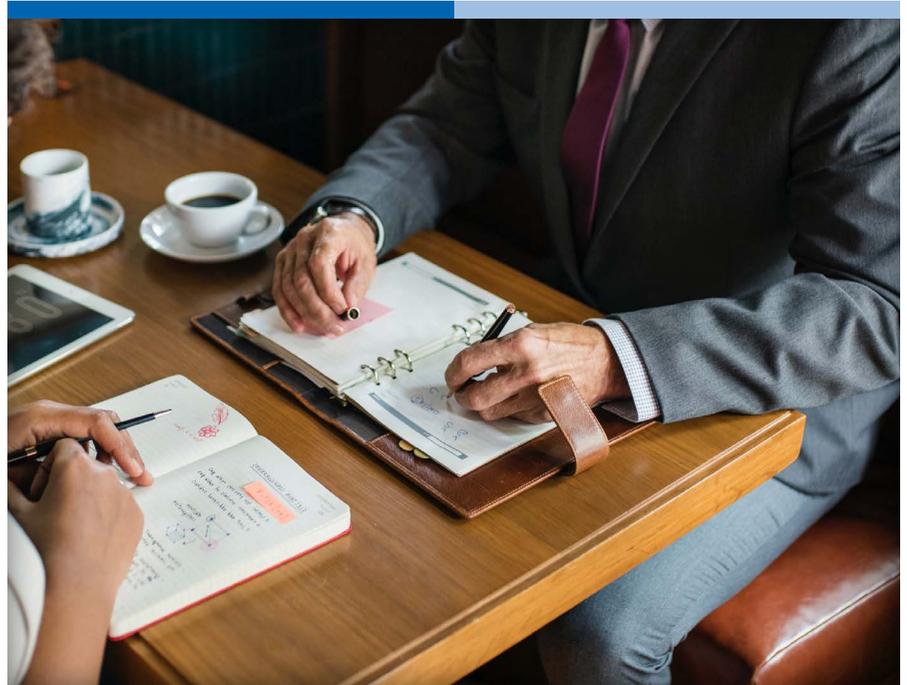
## WORDS OF WISDOM

### TIPS FOR SUCCESS IN THE POLICE FOUNDATIONS PROGRAM

*“Know why you are taking the program. Police Foundations will provide you with a realistic view of policing. It can be a pathway to higher education as students transition to a university program after completing the diploma.*

*Get to know your teachers and let them know you. The Police Foundations program is an opportunity for students to mature and grow, so take part in many curricular and extra-curricular opportunities. The successful student will attend classes and keep up with their homework and assignments. Have faith in yourself and your abilities and if you have questions – ask.”*

- Philip Semple, Program Coordinator  
Police Foundations Program,  
Centennial College



## A RECRUITER'S TIPS FOR POLICE OFFICER CANDIDATES

- 1. Be Honest:** Be ready to explain why you want to work in this profession and how your skills, background, and education can contribute to your success in performing the duties of a police officer. You will be asked about your history. Know it and be ready to talk about it: work, education, social media accounts, friends, and followers.
- 2. Be Candid & Sincere:** We want to see who you are, what you value and how you think. Own your mistakes. Be prepared to explain them and what you learned from them.
- 3. Be on Time:** There is never a good reason for being late. Anticipate possible delays and give yourself plenty of time. [\[continued on page 2\]](#)



**2** RESOURCES FOR POLICE  
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POLICE FORCE



## A RECRUITER'S TIPS (CONT.)

4. **Know the Organization:** Do your research on the police service. Review their annual reports, business plans, mission, vision, values, website, media releases, and current events.
5. **Communication:** Practise your interviewing skills. Record yourself to ensure your answers are on point and delivered with confidence. Ensure you make eye contact, often, with all panel interviewers.
6. **Be Prepared:** You are being evaluated at every stage. Make sure you are ready.
7. **Professional Attire:** Ensure you are dressed professionally for every meeting and interview. Pressed, professional clothing, shoes shined, well-groomed hair, nails, etc. It is called a business suit for a reason!
8. **Follow Application Instructions:** Read, take a moment, and read it again to ensure you understand the instructions. Then follow them carefully. Being sloppy, like making spelling and grammar errors or having incomplete information or erroneous documentation reflects poorly on you as a candidate. Have someone proofread your package.
9. **Listen Carefully:** Active listening is crucial. Think before you respond. Be clear and concise in your responses.

*Insights provided by Sergeant Debbie Gladding of the York Regional Police*



## RESOURCES FOR POLICE FOUNDATIONS STUDENTS

### ONLINE

OACP: [oacp.on.ca](http://oacp.on.ca)

Applicant Testing: [applicanttesting.com](http://applicanttesting.com)

Blue Line: [blueline.ca](http://blueline.ca)

OPP: [opp.ca/index.php?id=128](http://opp.ca/index.php?id=128)

YRP: [yrp.ca/en/careers.asp](http://yrp.ca/en/careers.asp)

TPS: [www.torontopolice.on.ca/careers](http://www.torontopolice.on.ca/careers)

### PRINT

Mental Health Awareness: Practical Skills for First Responders

Fitness and Lifestyle Management for Law Enforcement

Communications and Report Writing for Law Enforcement Professionals

Security Guard Exam Preparation Guide

PRINT RESOURCES ARE AVAILABLE AT [EMOND.CA](http://EMOND.CA)

## FREE LEGAL GLOSSARY

**Absolute Discharge:** when the accused is found guilty of an offence but is discharged without a probation order or conditions and no conviction results.

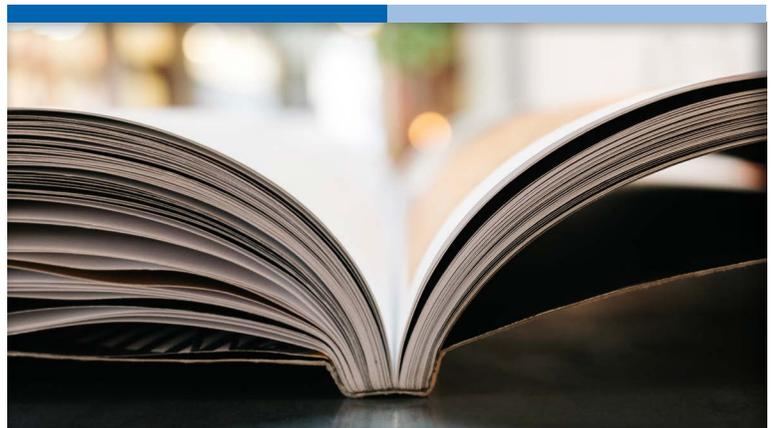
**Indictable Offences:** serious offences, such as murder, with longer periods of imprisonment and more complex prosecution procedures than those for summary conviction offences.

**Legal Tender:** notes (bills) issued by the Bank of Canada and coins issued by the Royal Canadian Mint, subject to certain restrictions.

**Plain View Doctrine:** rule that a police officer may act without a search warrant if the evidence is in plain view.

**Reasonable Grounds:** a set of facts and circumstances that would satisfy an ordinarily cautious and prudent person, and that are more than mere suspicion; a lower standard of proof than a balance of probabilities.

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



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# INSIGHTS FROM NOVA SCOTIA'S FIRST FEMALE CHIEF OF POLICE

Julia Cecchetto is the first female police chief in Nova Scotia. Earlier this year, she sat down with Blue Line Magazine to share her advice to people interested in pursuing a career in law enforcement.

**Q: Any advice to other women looking to launch a career in law enforcement?**

**A:** This is such a great career. I encourage women all the time to get into it and help them out if I can. Women bring a different perspective to policing that I think that is needed. I saw a video series the other day on social media about female police chiefs across North America and one of the women said, "I had to block out the noise." That really stayed with me, and that's my advice: block out the noise of "You can't do this," or "You're only getting this because..." Do it because you want to do it.

**Q: In your opinion, what is needed in police leadership in Canada right now?**

**A:** The willingness to adapt or change, and look at other options to keep the community safe. We could easily plant our feet and say, "No, it has to be this way," but, as the costs of policing continue to rise, that will not solve anything.

*Excerpted From: 'Q&A with Chief Julia Cecchetto, Kentville Police Service' by Renée Francouer, Published by Blue Line Magazine. <https://goo.gl/c2qGT7>*

## FITNESSFACTS



Cardiorespiratory fitness is the ability to perform prolonged large-muscle activities at moderate to high intensity (i.e., aerobic exercise). Studies show that aerobic conditioning can help law enforcement officers engage in foot chases and cope with long shifts, stress, and the demands of their jobs.

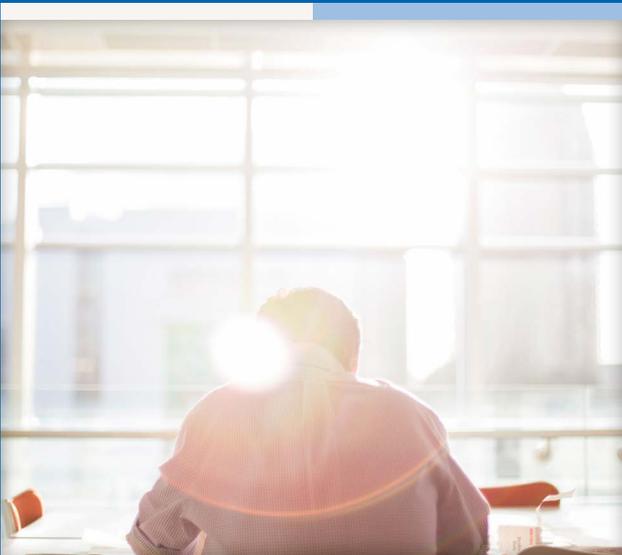
Full book: [emond.ca/fitness-lifestyle](http://emond.ca/fitness-lifestyle)



## FITNESSTIPS

Improve your cardiorespiratory fitness by running on a treadmill, riding a bike, using a rowing machine, or swimming laps. Remember to start your session with a warm-up that mimics what you're going to be doing and end with a cool-down, where you lower your heart rate and stretch your muscles.

Full book: [emond.ca/fitness-lifestyle](http://emond.ca/fitness-lifestyle)



## EMONDEXAMPREP.CA

### ARTICLES, PRACTICE TESTS, AND PREP COURSES

The Ontario Security Guard Test is a 60-question multiple-choice exam that is mandatory for anyone looking to obtain a security guard license.

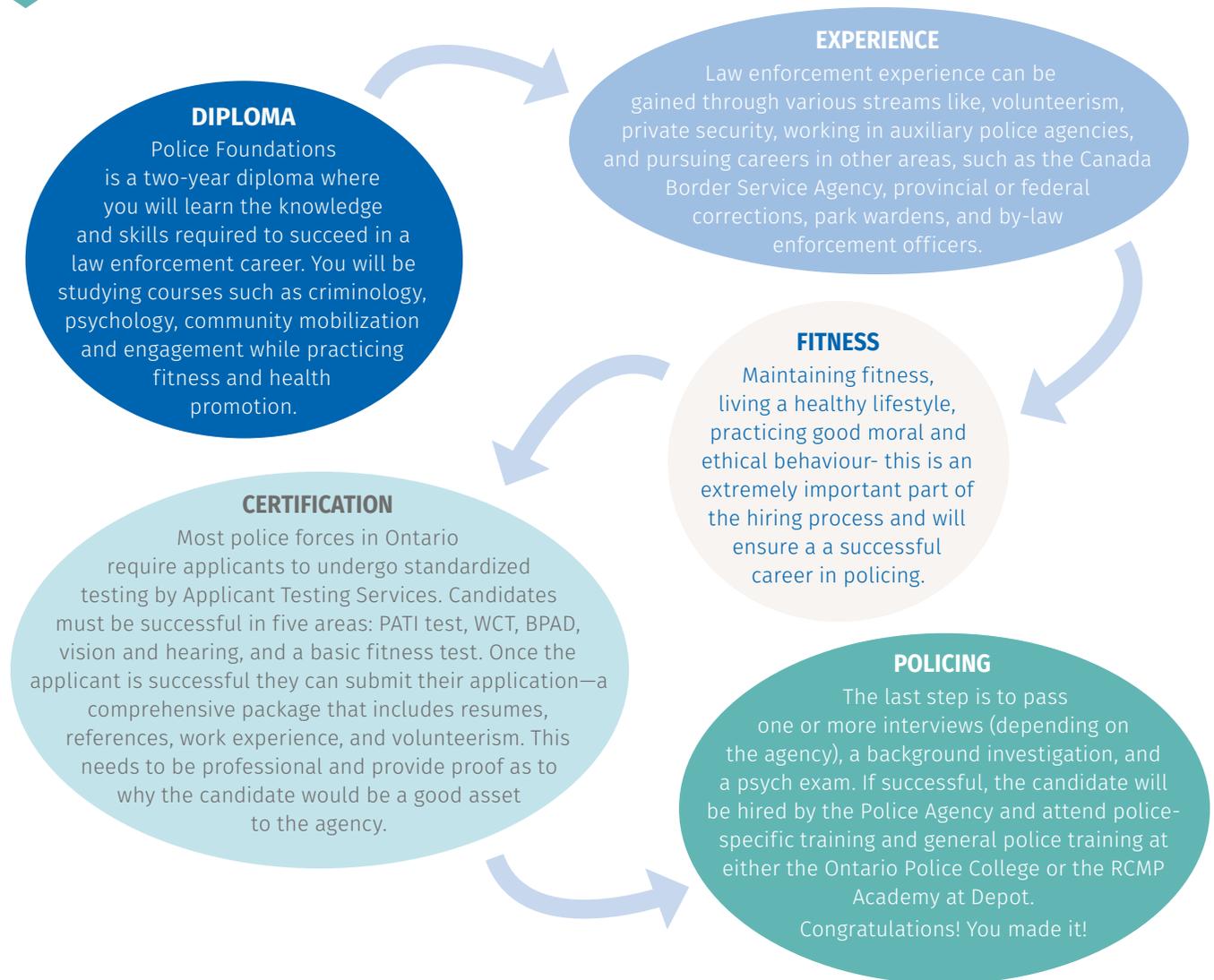
Emond Exam Prep offers two practice tests to help students prepare. Each practice test includes:

- **60 Questions** that are designed to test knowledge and understanding of the required competencies.
- **A Timer** to track your progress.
- **Performance Analytics** that provide detailed explanations and references to source material.

- 1 DIPLOMA
- 2 EXPERIENCE
- 3 FITNESS
- 4 CERTIFICATION
- 5 POLICING

# CAREER PATH: PROGRAM TO POLICE FORCE

THE ROAD TO BECOMING AN OFFICER MAY SEEM LONG, BUT FAMILIARIZING YOURSELF WITH THE PROCESS CAN HELP YOU MAKE SURE YOU GET THERE AS SWIFTLY AS POSSIBLE. FROM YOUR POLICE FOUNDATIONS DIPLOMA, TO CERTIFICATIONS, TO FINALLY JOINING THE FORCE, IT'S BEST TO KNOW WHERE YOU'RE HEADED SO THAT YOU CAN PREPARE.



Insights provided by Laura Norman, Police Foundations Professor at St. Lawrence College

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## INSPIRATION & WORDS OF WISDOM

*"It's hard to beat a person who never gives up."*  
—Babe Ruth

*"If you are neutral in situations of injustice, you have chosen the side of the oppressor."*  
—Desmond Tutu

*"Focused, hard work is the real key to success. Keep your eyes on the goal, and just keep taking the next step towards completing it. If you aren't sure which way to do something, do it both ways and see which works better."*  
—John Carmack