

Career Survival

I. Introduction

A This course will cover:

- Morals and Ethics
- Honesty and Integrity
- Sound Decision Making
- Personal Career Success
- Interpersonal Communication Skills
- How to Limit Citizen Complaints
- Tactical Communication
- Personnel File Considerations
- Brady Information
- Pitches Motions
- Misconduct
- Social Media
- Attitude
- Stress Management
- Diet and Exercise
- Testing for out-of-class Assignments

II. Hiring Process and Job Dimensions

A Selection Process

- 1) Morals
- 2) Ethics Honesty
- 3) Integrity
- 4) Sound Decision Making
 - a) Basis for why you were hired
 - b) Understanding the hiring process

B Personal Success

- 1) Sociological Norms for Peace Officers
 - a) Why officers hang out with other officers
 - b) Importance of outside influence
- 2) Friends and Interests Outside of Law Enforcement
- 3) Public Trust
- 4) Remembering Your Interests
- 5) Developing New Interests

III. Interpersonal Communication Relating to Law Enforcement

A Interpersonal Communication Skills

- 1) Definition
- 2) Limiting Citizen Complaints
- 3) Department Policy
- 4) Importance of Interpersonal Communication Skills
- 5) Community Caretaking
- 6) Countermeasures
- 7) Minimizing Citizen Complaints
- 8) Discretion
 - a) Letter of law
 - b) Spirit of the law
- 9) Personnel File Consideration
 - a) Past practice
 - b) Reprimands
 - c) Brady issues
 - d) Witness suitability
 - e) Pitches motions

B Misconduct

- 1) Risk Taking Behavior
- 2) Public Opinion
- 3) Social Issues
- 4) Internet
 - a) Posting inappropriate material
- 5) Social Media
- 6) Smart Phones
- 7) Intervening to prevent misconduct
- 8) Honest
- 9) Poor / Ineffective use of safety equipment
- 10) Authority reporting known misconduct

IV. Decision Making, Evaluation and Attitude

A Social Media

- 1) Facebook
- 2) Posting Information on the Internet
- 3) headlines
- 4) Impact as a Professional Witness
- 5) Positive Applications for law enforcement
 - a) BOLO
 - b) Missing Persons

B Attitude

- 1) Maintaining a Positive Attitude
- 2) Overcoming Adversity
 - a) Unexpected reassignment
 - b) Loss of grant funding
- 3) Reassignment
- 4) Understanding Evaluation
- 5) Self Awareness
- 6) Self Evaluation
 - a) Discipline yourself so others do not have to discipline you

V. Health, Wellness & Promotion

A Stress Management

- 1) Constant stress will always be there
- 2) Situational stress can be positive and negative
- 3) Caseload management is essential to reduce stress
- 4) Court preparation
 - a) Obtaining reports when subpoenaed
 - b) Communication with the District Attorney's Office
 - c) Don't count on cases being continued
- 5) Callouts

B Diet and exercise

- 1) Maintaining a healthy weight
- 2) Alcohol and chemical dependency
- 3) Exercise programs
 - a) Consulting your Doctor or Profession
 - b) Gym considerations
 - c) Employee benefits
- 4) Smart phone applications
 - a) Fitness Pal Application
- 5) Finances
- 6) Exorbitant overtime
- 7) Taking time off
- 8) Family consideration
- 9) Recognizing when your co-workers need help
 - a) Employee Assistance Program

C Testing for Out of Class Assignments

- 1) Introduction
- 2) Preparation
- 3) Opening Statements
 - a) What have you done to prepare yourself
 - b) Tell us about yourself
- 4) Answering structured questions
- 5) Closing statements

VI. Application

A Conclusion

- 1) View your career as a marathon
- 2) Further education
- 3) Situational leadership
- 4) Overcome mistakes with honesty and integrity
- 5) Remember interpersonal communication
- 6) Strive for balance in your personal life
- 7) Ask for assistance
 - a) If you need help
 - b) Someone you know needs help