

## Self-Assessment for Academy Success

The academy training is very rigorous and challenging. It is a rewarding accomplishment to complete the program and the academy staff wants you to be successful in achieving your career goals. This assessment is designed to assist you in determining your suitability for academy success and provides further insight for the training expectations.

Together with your spouse and/or family members, answer the following questions to determine whether you are ready to undertake the demands of the law enforcement academy training.

1. Do you have all of the necessary finances in order? The estimated cost to complete this course is \$3,500.00, not including living expenses, food, and rent.
2. Are you physically ready? For best results, your exercise program should consist of the following:
  - a. Flexibility: static stretching at least 2-3 days per week, 8-12 stretches each day, hold each stretch for 15-30 seconds and repeat each 2-4 times.
  - b. Aerobic Conditioning: continuous jogging 3-5 days per week, 20-60 minutes each day.
  - c. Muscular Strength: One set of 8-10 exercises including upper body, core, and legs 2-3 days per week, 8-20 repetitions per set.
3. Are you mentally ready? Can you think well when under stress? Do you take written tests well? Can you write well? There are 42 tested subjects and 12 investigative report writing exercises which must be successfully completed during the academy program.
4. Can you follow directions and take orders? The program is paramilitary in nature.
5. Can you control your emotions under high stress situations? The program requires you to think quickly on your feet, follow directions, and respond calmly under emotionally tense conditions.
6. Do you get along well with others? Can you accept criticism from your peers? Your performance will be continuously assessed by your peers and supervisors throughout the program.
7. Can you devote at least three hours each night to study and preparation? In order to attain a successful class ranking in a very competitive academy environment you must put forth your best effort and eliminate all personal distractions.
8. Do you have the full support of your family? Will you encourage your family to assist you in your training? Family support is a critical factor in academy success. Family members can help with your studies and uniform preparation.