



**POLICE CONSTABLE  
RECRUITMENT PROGRAM  
CLASS**

**March 2025**



Dear Police Constable recruit,

Thank you for choosing us to guide you on your journey towards achieving your policing career aspirations. Whether you are just starting out or seeking to overcome previous setbacks, we are dedicated to supporting you every step of the way until you achieve success.

Please find attached the schedule for our upcoming curriculum, including class dates and times. Each lesson will be offered multiple times to accommodate your schedule. While attending sessions multiple times is optional, we encourage you to take advantage of the opportunity to reinforce your learning and preparation.

In addition to our core curriculum, we will also offer additional interview preparation classes, which you may attend based on your readiness and interest. These will be posted in your SIGNAL class group chat. This is a chance to enhance your skills and excel in your interview preparations.

It is crucial to carefully read through the homework assignments and complete all homework.

A common oversight among applicants is failing to follow instructions and lacking preparedness. We urge you to approach this process with professionalism and attention to detail, traits that are vital in the police recruitment process.

If you have any questions or concerns, please feel free to reach out to us privately or through your class group chat. Remember, no question is too trivial, and your inquiries are likely shared by other students.

Please begin working on the assigned homework which was sent to you by email before our group sessions commence. Do not submit your homework until instructed to by your teacher.

However, please send us your resume at your earliest convenience to [Contact@ontariopolicepreparation.ca](mailto:Contact@ontariopolicepreparation.ca)

We look forward to embarking on this journey with you.

Best regards,

Canada Police Preparation Team



## **Important information:**

Opportunities to redo the entire course due to multiple missed lessons will not be provided.

The following pages contain four lessons, each of which will be taught 2-3 times. In addition to these core lessons, which are offered multiple times, students will have access to additional class opportunities that are not listed in this calendar. Please pay attention to the group chat you are enrolled in for updates on new classes. If you miss an entire lesson, you will likely have the chance to complete it later with a similar additional lesson.

Each of the four lessons will be offered at least twice. If you are unable to attend a lesson, you must continue with the remaining lesson and contact our staff.

To join our upcoming meetings, please ensure you have Zoom installed on your device. Zoom is our platform for virtual meetings, offering features that enhance collaboration and interaction. You can download Zoom for free from the official website.

If you encounter any issues or have questions about installing Zoom, please let us know, and we'll be happy to assist you.

Looking forward to seeing you at the meeting!



## Classroom Rules/ Conduct

These rules are strictly enforced during our group sessions. Failure to adhere may result in removal from the session.

1. **Be on time:** Start and join the meeting promptly to respect everyone's time. We cannot backtrack to cover missed content due to lateness. Each class provides 2-3 sessions for your convenience.
2. **Mute when not speaking:** Avoid background noise by muting yourself when you're not talking.
3. **Use video when possible:** Enable your camera to enhance engagement and foster a more personal connection.
4. **Respect others' speaking time:** Allow everyone a chance to speak without interruptions. Use the "raise hand" feature if necessary.
5. **Stick to the agenda:** Stay focused on the meeting's purpose and avoid unrelated discussions.
6. **Be mindful of your surroundings:** Choose a quiet, private location to minimize distractions.
7. **Use chat respectfully:** Utilize the chat function for relevant comments or questions that don't need immediate verbal input.
8. **Avoid multitasking:** Stay engaged in the meeting and refrain from doing other tasks simultaneously.
9. **Follow host instructions:** Respect the host's guidance regarding meeting protocols and procedures.



**Intake Session:** This session will review all homework that was emailed to you. Please refrain from sending us your homework until you have completed it, attended this session, and made the appropriate revisions.

### **March 18<sup>th</sup> - Woodstock Police Recruitment – Guest speaker / Information Session**

- Ontario (ET):** Tuesday, March 18, 2025, 11:00 AM
- Alberta (MT):** Tuesday, March 18, 2025, 9:00 AM
- British Columbia (PT):** Tuesday, March 18, 2025, 8:00 AM

#### **Lesson 1**

##### **Option 1**

- Ontario (ET):** Monday, March 31, 2025, 8:00 PM
- Alberta (MT):** Monday, March 31, 2025, 6:00 PM
- British Columbia (PT):** Monday, 31, 2025, 5:00 PM

##### **Option 2**

- Ontario (ET):** Thursday, April 3, 2025, 8:00 PM
- Alberta (MT):** Thursday, April 3, 2025, 6:00 PM
- British Columbia (PT):** Thursday, April 3 2025, 5:00 PM

##### **Option 3**

- Ontario (ET):** Saturday, April 5, 2025, 11:00 AM
- Alberta (MT):** Saturday, April 5, 2025, 9:00 AM
- British Columbia (PT):** Saturday, April 5, 2025, 8:00 AM



**Second Session:** Students will be instructed on the 10 areas of assessment and provided with assignments and templates to follow. By this point, students should have been volunteering for about 2-3 weeks.

## **Lesson 2**

### **Option 1**

- Ontario (ET):** Wednesday, April 16, 2025, 8:00 PM
- Alberta (MT):** Wednesday, April 16, 2025, 6:00 PM
- British Columbia (PT):** Wednesday, April 16, 2025, 5:00 PM

### **Option 2**

- Ontario (ET):** Sunday, April 27, 2025, 4:30 PM
- Alberta (MT):** Sunday, April 27, 2025, 2:30 PM
- British Columbia (PT):** Sunday, April 27, 2025, 1:30 PM

### **Option 3**

- Ontario (ET):** Monday, April 28, 2025 8:00 PM
- Alberta (MT):** Monday, April 28, 2025, 6:00 PM
- British Columbia (PT):** Monday, April 28, 2025, 5:00 PM



**Third Session:** Interview preparation for the LFI (Local Focus Interview) will be conducted. Students are then required to complete ALL questions in the study guide which was sent by mail. Individual one-on-one sessions will follow the group sessions at to refine your answers at the end of the 4th lesson. All students must be prepared to complete the fitness assessments required by their respective police services before they are apply. If you are unable to successfully complete the fitness assessment, please refrain from applying.

### **Interview Preparation Lesson 3**

#### **Option 1**

- Ontario (ET):** Wednesday, May 14, 2025, 8:00 PM
- Alberta (MT):** Wednesday, May 14, 2025, 6:00 PM
- British Columbia (PT):** Wednesday, May 14, 2025, 5:00 PM

#### **Option 2**

- Ontario (ET):** Thursday, May 15, 2025, 8:00 PM
- Alberta (MT):** Thursday, May 15, 2025, 6:00 PM
- British Columbia (PT):** Thursday, May 15, 2025, 5:00 PM



**Fourth Session:** ECI Preparation (Essential Competency Interview). This session will cover all competencies tested in the ECI stage of the recruitment process. Due to the technical nature of this session, attending more than one session is encouraged to fully grasp the competencies. We will also review the psychological assessment.

### **Interview Preparation Lesson 4**

#### **Option 1**

- Ontario (ET):** Sunday, June 8, 2025, 8:00 PM
- Alberta (MT):** Sunday, June 8, 2025, 6:00 PM
- British Columbia (PT):** Sunday, June 8, 2025, 5:00 PM

#### **Option 2**

- Ontario (ET):** Wednesday, June 11, 2025, 8:00 PM
- Alberta (MT):** Wednesday, June 11, 2025, 6:00 PM
- British Columbia (PT):** Wednesday, June 11, 2025, 5:00 PM

Once all questions and homework are completed, students will be invited to reach out for one-on-one sessions to review your homework and discuss your prepared interview answers.