



Preparing for a Career in Law Enforcement

Many applicants for law enforcement positions are disqualified due to problems that could have been prevented earlier in life.

Don't do drugs

Recent illegal drug use will disqualify you for a job in law enforcement. If you have done drugs, stop now.

Watch your alcohol use

Alcohol is a drug that can lead to a whole host of disqualifying behaviors, including fighting, driving under the influence, and poor judgment.

Stop using tobacco

Roseville police officers are prohibited from smoking or using any tobacco products, on or off duty.

Protect your driving record

Law enforcement employees must have good driving histories. The background investigator will look at the number of tickets you have received and your traffic collision history.

Make fitness a way of life

Law enforcement is a strenuous job. Your safety and the safety of others can depend upon your physical fitness. Your fitness regimen should include regular vigorous aerobic exercise and strength training. A video depicting the Roseville Police Department's physical agility test for police officers is posted on our website at www.roseville.ca.us/police.

Pay your bills

How you handle your finances reveals your level of responsibility and maturity. A heavy load of debt and financial pressures makes you vulnerable to temptation. Law enforcement agencies will check your credit history during the background investigation process. Make sure you are handling your money well and paying all your bills on time.

Develop solid writing skills

Writing is a major part of the job of a police officer. An officer must be able to quickly write a clear, accurate, logical report, using good grammar, punctuation and spelling.

Whatever your job is now, do it well

No matter what your job is now, do your very best. Be known for your honesty, dependability and strong work ethic. Get along well with others. Don't call in sick when you're not. Good references from previous employers are critical to getting a job in law enforcement.

A college education is a plus

An associate's or bachelor's degree will expand your personal horizons and improve your chances of getting a law enforcement job. You do not have to major in criminal justice. Successful police officers have degrees in all kinds of subjects, including the liberal arts, psychology, business and the sciences.

Demonstrate maturity and responsibility

Law enforcement officers must demonstrate maturity and personal responsibility. For starters, don't ask your mom or significant other to job hunt for you! Make your own phone calls and do your own career research.



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Strengthen your self esteem

A law enforcement officer needs to be assertive, self-confident, outgoing, personable, and be able to interact well with all kinds of people. These factors are directly related to your self-esteem.

Set your values and be true to them

Ethics are defined as what a person does when no one is looking. Be honest in all your dealings. Be true to your values, and don't allow peer pressure to change who you are.

Organize your vital documents

Applicants for law enforcement positions are often surprised by the amount of information required during the application process. Complete job histories, including the names, addresses and telephone numbers of all past employers, birth certificates, marriage and divorce certificates, tax returns, college transcripts—we want it all! Start gathering and organizing your records now.

For more information about becoming a police officer in California, visit the Peace Officer's Standards and Training (POST) website at www.post.ca.gov . For more information about employment at the Roseville Police Department, call Administrative Analyst Ann Staddan at (916)774-5019.