## Tips for joining the Police Service

1. Read a quality newspaper / online news
2. Get a job that is public facing (paid or otherwise)
3. Two A Levels or equivalent (degrees good for CID etc)
4. Travel / voluntary work to get life experience
5. Exercise (swim / run etc)
6. Adopt a good diet / healthy lifestyle
7. Careful how you use Social Networking
8. Read up on diversity & how it affects Policing
9. Consider any new tattoos very carefully!
10. Visit the Force’s website regularly

## Negatives

1. Paperwork – it’s mentioned on TV for a reason!
2. Dealing with difficult things / can’t pick & choose jobs!
3. Shift work / unsocial hours (especially on shift)
4. Stress, especially on private life & health

## Positives

1. Exciting – at times
2. Rewarding – serve the community
3. Challenging – pushes you to develop & be the best you can be
4. Variety – promotion or departments as well as variety on shift
5. Good pay & pension
6. Looks good on a CV for future