



CRIMINOLOGY



Police

What skills will you need to demonstrate?

- **Resilience** - working in the police can be **challenging and stressful**, and you might have to deal with potentially traumatic situations. Being resilient means you can **adapt well in the face of adversity, trauma, tragedy, threats** or significant sources of stress. You need to **be able to bounce back** from difficult situations and be ready for the next call.
- **Conflict management** - a lot of police work revolves around **deescalating conflict** and managing both the people involved and bystanders.
- **Communication** - giving **clear, concise instructions**, and being able to convey yourself clearly is vital

How can I develop my skills?

- Bring your fitness up to scratch
 - Take suitable courses
- Ask your careers department for more advice when making your choices
 - Start a film or book club
 - Join the Police Cadets
 - Volunteer

Who works in the police?

Being a member of the police force isn't always about walking the beat. There are lots of roles to choose from like:

- [Police officer](#)
- [Police detective](#)
- [Fingerprint officer](#)
- [Scenes of crime officer](#)
- [Chief inspector](#)

When you train with the police, you can move up the ranks, or you can choose to specialise and work in a specific department, like **investigation or intelligence**.



Watch the clip

[Cheshire Police: A Day in the Life](https://www.youtube.com/watch?v=17oyebEhAPE&t=329s)
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