REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center www.fairshake.net

This Reentry Packet has been customized for: Nick

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ASA J. PETERS

1514 Campbell, D1 Jefferson City, Missouri 64108 (816) 667-0421 (816) 992-1421

AREAS OF RELEVANT SKILL

Multi-dimensional individual with experience as **heavy equipment operator**, **driver**, or **laborer** with technical knowledge in surveying, welding, and general maintenance. Excellent safety record and willingness to do more than what is expected. Communicate and interact effectively with diverse cultures.

- Heavy Equipment Operations: Forklift, Tractor, Loader, Backhoe, Motor Grader, Track Loader, Bulldozer, Bobcat Skid/Steer Loader, Scraper
- Driver: Dump Truck, Over-the-Road
- Technical: Surveying, Welding
- Maintenance: General, Preventative, Carpentry, Painting

EDUCATIONAL BACKGROUND

Linn State Technical College

Heavy Equipment Operator Certificate Course Welding; Blueprint Interpretation; Surveying; Preventative Maintenance

American Truck Driving School

Over-the-Road Truck Driving Certificate Course

Northwest Missouri Community College

Introduction to Computer Information Systems; Basic Programming; Data Files; Structural Programming; Microcomputer Operating Systems

EMPLOYMENT HISTORY

TEMPORARY ASSIGNMENTS, Jefferson City & Cameron, MO

- Store Clerk/Stocker
- Library Clerk/Data Entry Clerk
- Computer Operator/Data Entry Clerk
- Chapel Head Clerk
- AM/PM Baker/Store Clerk

LINN TECHNICAL COLLEGE, Linn, MO

Maintenance Technician – General maintenance, cleaning, carpentry, and lawn care.

SPRINGFIELD PARKS AND RECREATION DEPARTMENT, Springfield, MO

Laborer, Park Maintenance

MAZZIO'S PIZZA, Springfield, MO

Delivery Driver

DRIVEWAY PAVING. Toledo. OH

Dump Truck Driver/Laborer

NORTH AMERICAN VAN LINES, Ft. Wayne, IN

Over-The-Road Driver

ARTHUR F. ECK, JR.

639 Arcadia Street Rochester, NY 12239 387-458-3241

OBJECTIVE

BREAKFAST and LUNCH COOK

To assist a restaurant in attracting and retaining a strong customer base, by applying a passion for the culinary arts and a strong work ethic.

PERSONAL PROFILE

- Experience working in a kitchen environment, filling orders and developing menu items.
- Ability to get the job done by employing critical thinking and problem resolution skills.
- Work well as a team player and independently with very little supervision.
- Received commendations for being dependable and hardworking.
- Bilingual, Spanish and English.

COOKING SKILLS

- Prepared a selection of entrees, vegetables, desserts, and refreshments.
- Cleaned the grill, food preparation surfaces, counters, and floors.
- Met high quality standards for food preparation, service, and safety.
- Trained and supervised workers.
- Maintained inventory logs and placed orders to replenish stocks of tableware, linens, paper, cleaning supplies, cooking utensils, food, and beverages.
- Received and checked the content of deliveries and evaluated the quality of meats, poultry, fish, vegetables, and baked goods.
- Oversaw food preparation and cooking.

RESTAURANT EXPERIENCE

Kitchen Worker – State of New York (Coxsackie Correctional Facility); Coxsackie, NY Short Order Cook – Rockies Breakfast Bar; Rochester, NY Prep Cook/Laborer – New World Diner; Rochester, NY Lunch and Dinner Cook – Albany's Italian American Restaurant; Albany, NY

MILITARY SERVICE

U.S. Navy – Machinist Mate E-3 – *Honorable Discharge GED obtained*



Fair Shake's Guide to TRUCKING OPPORUTNITIES!

American Trucking Associations

ATA Headquarters 950 North Glebe Road, Suite 210 Arlington, VA 22203-4181



https://www.trucking.org/

From their website: American Trucking Associations is the largest and most comprehensive national trade association for the trucking industry. ATA is an 86-year old federation with state trucking association affiliates in all 50 states. We represent every sector of the industry, from LTL to truckload, agriculture and livestock to auto haulers, and from large motor carriers to small mom-and-pop operations.

Owner-Operator Independent Drivers Association

OOIDA HEADQUARTERS 1 NW OOIDA Dr. Grain Valley, MO 64029 816-229-5791 800-444-5791 https://www.ooida.com/



The mission of the Owner-Operator Independent Drivers Association, Inc. is to serve owner-operators, small fleets and professional truckers; to work for a business climate where truckers are treated equally and fairly; to promote highway safety and responsibility among all highway users; and to promote a better business climate and efficiency for all truck operators. More than 150,000 members of OOIDA are men and women in all 50 states and Canada who collectively own and/or operate more than 240,000 individual heavy-duty trucks and small truck fleets. All OOIDA officers and directors are now, or have been, professional truckers, and are elected from the membership, by the membership. The 22-member board helps define OOIDA's position on all major trucking issues. They offer information and education in all areas of independent truck ownership and responsibility.



Gary's Job Board: www.garysjobboard.com

Truck Drivers wanted! Since 2004.

Gary can find you a better truck driving job, with or without a CDL.

Gary's Job Board was created to help Truck Drivers find Driving Jobs, and to help Dispatchers find Drivers. Gary's Job Board is 100% unaffiliated. We DO NOT recruit for any carriers. Our service will always be FREE to drivers because drivers' rock. Here's how garysjobboard.com works: (this is NOT a run-of-the-mill trucker job board. No one will call you, you have all the power).

- Complete your Driver Profile, it takes 2 minutes.
- Companies will see your first name, type of CDL, and experience level.
- They will not see your email address.
- You will receive a company invite by email and the email will come from our system.
- Check out what they are offering. Answer the email or not. You'll receive another invite down the road.



AllTrucking.com <u>www.alltrucking.com</u>

PO Box 26330,

Overland Park, KS, 66213

"Welcome to AllTrucking.com, your source for finding information to become a truck driver and find a trucking

career. Whether you are looking for your next truck driving job or want to learn how to earn your CDL, we have guides for you. We have even organized some of the more common questions that might be found on a CDL exam, and put them into a simple practice test! "



They have a library of guidebooks - from career support and paying for school to helping veterans – "we've got a resource to help anybody." Here are a few of our most frequently requested pages:

- How to Pay for Truck Driving School
- Truck Driving Jobs: Careers in Commercial Truck Driving
- Company-Paid CDL Training Programs: A Comprehensive Guide



Trucking Truth

www.truckingtruth.com

A Positive Yet Honest View Of The Trucking Industry With Friendly Advice From Experienced Drivers

Trucking Truth (TT) was created in 2007 to give new drivers a true picture of what a career as a truck driver is all about and a straightforward strategy for surviving that first year of their career. I wanted people to know that trucking can be an awesome career for the right person and it's totally doable if you work hard, keep a great attitude, and have a solid strategy in place.

A huge informational website that includes:

- Trucker's Forum
- Truck Driver's Career Guide
- Free CDL Practice test
- A list of companies that hire people with a criminal history.
- "The Road Home" podcast
- All things CDL
- **Trucking Company Reviews**
- Trucking Wiki...where you can find out FAQ's, physical health tests and issues, limitations and opportunities for drivers with a criminal history, driving with pets and much more.



Get Paid While Training For Your CDL?

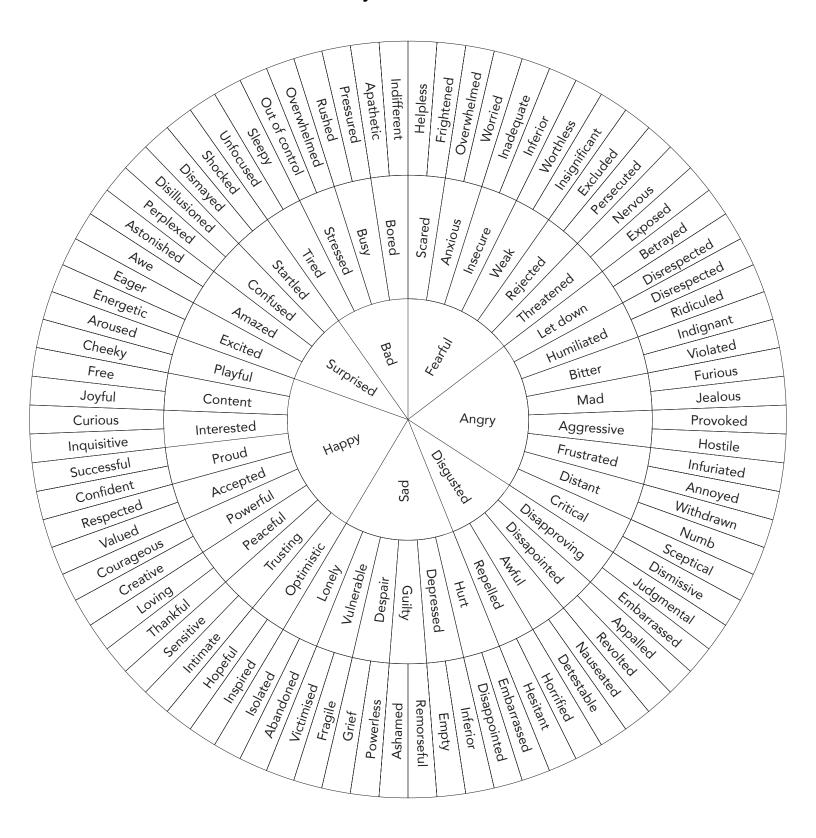
Upon completion of your paid CDL training, you will sign an agreement to work for the company for a specified amount of time. This is how they recoup the time and money they've invested in your CDL training, which is a very fair deal for both sides.

If you quit working for the company before your obligation is complete, you will owe the company a prorated amount of money for the schooling. At some companies, your training will be free once your obligation is complete. Others may require you to make payments from your paycheck to cover the tuition for the schooling.

TT offers a review of the companies that offer paid CDL training.

The Feelings Wheel

Created by Dr. Gloria Wilcox



<u>Mental Health Recovery</u>

Created by the:

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (The text has been revised for greater self-determination.)

Mental health recovery is a journey of healing and transformation as we strive toward our full potential.

The 10 Fundamental Components of Recovery

Self-Direction: Lead, control and exercise your power of choice. Discover your path of recovery through autonomy and agency, and determine the resources that will support you to achieve a self-determined life. Define your life goals and design your unique path toward them!

Individualized and Person-Centered: There are multiple pathways to recovery based on your strengths and resiliencies; as well as your needs, preferences, experiences (including past trauma), and background.

Empowerment: Choose from a range of options. Discuss your needs, wants, desires, and aspirations! Gain control of your identity, destiny and influences and build your life.

Holistic: Recovery encompasses mind, body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, and education. It also impacts spirituality, creativity, community participation, friendships and family relations.

Non-Linear: Recovery is not a step-by-step process. Instead, it is based on continual growth, occasional setbacks, and learning from experience. Recovery begins with awareness that positive change is possible and we learn even when we make mistakes. (Or especially when we make mistakes!)



Strengths-Based: Recovery "tools" include your resilience, talents, coping abilities, capacity and your inherent worth. YOU are important and valuable! By building on your strengths, you can engage in new roles, opportunities and trust-based relationships.

Peer Support: Sharing experiential knowledge, skills and social learning plays an invaluable role in recovery. People encourage each other and can feel a sense of belonging, support, value, and community.

Respect: Acceptance and appreciation are crucial to reinforce recovery. Self-acceptance, agency, and regaining belief in expanding your capacity and capabilities is particularly vital.

Responsibility: You know what works for you! Taking responsibility for your self-care strengthens your determination and agency. Progressing toward your goals may require great courage. Strive to understand and give meaning to your experiences as you identify coping strategies and healing processes. One day at a time, one moment at a time. Inch by inch. You can do it. (And only you can do it.)

Hope: Include essential and motivating messages of a better future in your day. Other people have been, and many are now, in the middle of difficult time. Hope can be fostered by friends, families, colleagues and even quotes from people who are no longer with us. Hope provides motivation to persevere!

Your Name Milwaukee, WI Your email 111-222-3333

Re: Letter of Explanation

Insert Date Here.

Dear Sir or Madam,

EXAMPLE of a Letter of Explanation

The things I value most are honesty, integrity and directness. Therefore, in anticipation of the criminal background check, you will find that in October of 2006 I was convicted of the offense of Armed Robbery - Use of Force. I served 24 months in prison for my crime. Upon release in 2008, I unfortunately, returned to the same negative influences and the same circle of negative associations and as a result, I re-offended in 2009. The charge was again, Armed Robbery this time as a Party to a Crime. I know that what I did was wrong. It was a result of poor decision making on my part and it hurt a lot of people. I've learned a great lesson and won't repeat those past mistakes.

While incarcerated, I completed my HSED through the Warren Young School. In addition, after a period of careful self-examination, I began working on ME. I successfully completed coursework in Walking the Line - the Vow to Succeed Program, Cognitive Intervention Phases I and II, and Re-Entry bridge to Success programs. I then continued my education, gaining certifications in Telecommunications Technologies as a Network Cabling Specialist in Copper Based Systems. Since my release I have done some full time work as laborer in a tannery and volunteered my time at my 11 year old son's school. However, I am looking forward to getting back to work full-time in the field of Telecommunications as an installer so I may further demonstrate the changes in my life and be a responsible member of society.

I can understand why you may be hesitant to hire someone with my background. However, I am eligible for The Fidelity Bonding Program which can insure you for up to \$25,000 against any act of dishonesty on my part. Additionally, when you hire me, you will be eligible for Work Opportunity Tax Credits to save you up to \$9,000 this year. I will be happy to provide you more information about those programs during our interview. Lastly, I recently successfully completed the Pipeline to Employment Training Program for Former Offenders sponsored by the State of Wisconsin Department of Workforce Development and I can provide a letter of recommendation from them at your request.

I am eager to pursue this or other opportunities with your company because I am confident my skills and experiences will dovetail with the needs of your business.

Thank you for your time and consideration.

Sincerely,

Your name here

Created by Maurice Sprewer Employment & Training Specialist / Reentry Coordinator DWD / Job Service 4201 N. 27th Street Suite 602 Milwaukee, WI 53216

Maurice Sprewer

414.874.1657 (list the BEST contact number you have)

Maurice.sprewer@dwd.wisconsin.gov

(be sure that your email address is professional)

EXAMPLE of a FUNCTIONAL Resume'

Production Worker and General Laborer Committed to Safety and Quality

(personal branding statement - describes position and a quality that makes you great at it)

Summary of Skills: (make sure the skills are relevant to the job you are applying for - usually found in the job description)

- Sorting, grading, weighing, and inspecting products, verifying and adjusting product weight or measurement to meet specifications.
- Observing machine operations to ensure quality and conformity of filled or packaged products to standards.
- Monitoring the production line, watching for problems such as pile-ups, jams, or glue that isn't sticking properly.
- Attaching identification labels to finished packaged items, or cut stencils and stencil information on containers, such as lot numbers or shipping destinations.
- Stocking and sorting product for packaging or filling machine operation, and replenishing packaging supplies, such as wrapping paper, plastic sheet, boxes, cartons, glue, ink, or labels.
- Packaging the product in the form in which it will be sent out, for example, filling bags with flour from a chute or spout.
- Inspecting and removing defective products and packaging material.
- Starting machine by engaging controls.
- Removing finished packaged items from machine and separate rejected items.
- Counting and recording finished and rejected packaged items.
- Stopping or resetting machines when malfunctions occur, clearing machine jams, and reporting malfunctions to a supervisor.
- Removing products, machine attachments, or waste material from machines.
- Transferring finished products, raw materials, tools, or equipment between storage and work areas of plants and warehouses, by hand or using hand trucks.
- Packing and storing materials and products.
- Helping production workers by performing duties of lesser skill, such as supplying or holding materials or tools, or cleaning work areas and equipment.
- Counting finished products to determine if product orders are complete.
- Measuring amounts of products, lengths of extruded articles, or weights of filled containers to ensure conformance to specifications.
- Following procedures for the use of chemical cleaners and power equipment to prevent damage to floors and fixtures.
- Mixing water and detergents or acids in containers to prepare cleaning solutions, according to specifications.
- Loading and unloading items from machines, conveyors, and conveyances.
- Operate machinery used in the production process, or assist machine operators.
- Placing products in equipment or on work surfaces for further processing, inspecting, or wrapping.

Relevant Production and General Labor Experience

General Laborer (Position while incarcerated)	year - year	
State of Wisconsin / Badger State Industries / FBOP (whichever applies)	City, State	
Previous Relevant Employment	vear - vear	
• ,	year - year	
Previous Employer	City, State	
Other Experience		
Previous Relevant Employment	year - year	
Previous Employer	City, State	

Education

Relevant Education (Relevant Degree / Diploma)

Created by Maurice Sprewer Employment & Training Specialist / Reentry Coordinator DWD / Job Service 4201 N. 27th Street Suite 602 Milwaukee, WI 53216

Clothing - Interview and Career Clothing

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.

https://dressforsuccess.org/affiliate-list/

Employment - Workforce Development

Department of Development 77 South High Street, 29th Floor Columbus, Ohio 43215 https://development.ohio.gov/business/workforce-d evelopment

Family - Family Support

Child care is available to help eligible parents/caretakers with child care costs while they engage in work, education, or job training. The program provides access to the early care and education experiences children need from birth through age 13.

https://ohio.gov/residents/resources/child-care-assi stance

Family - Parenting

http://www.oh-pin.org/

Health - Addiction Recovery 1951 OH-59 Suite A.

Kent, OH 44240

833-510-HELP (4357)
From their website: "It takes courage to talk about substance use disorder, and BrightView is changing the conversation surrounding addiction treatment. We offer outpatient medication assisted treatment programs that help you find and maintain long-lasting recovery. Our centers are part of the local recovery community, and no one who comes to us for treatment is ever turned awaywe do everything possible to connect patients with the right resources." They also "help people apply for Medicaid and have sliding scale bundle payment options for low income individuals or if they do not meet the Medicaid criteria." https://www.brightviewhealth.com/

Health - Crisis Hotline

Domestic Violence Hotline 1-800-799-7233(SAFE) StrongHearts Native Helpline 1-844-7NATIVE (1-844-762-8483) Runaway Safeline 1-800-RUNAWAY /

1-800-786-2929

Human Trafficking Hotline 1-888-373-7888 Child Abuse Hotline - 1-800-4-A-CHILD (1-800-422-4453)

Substance Abuse Treatment - 1-800-662-HELP (4357)

Center for Missing and Exploited Children (NCMEC) Hotline - 800-8435678

Sexual Assault Telephone Hotline - 800-656-HOPE (4673)

Suicide Prevention Lifeline Hotline - 800-273-8255 https://www.acf.hhs.gov/acf-hotlines-helplines

Health - Free/Sliding Scale Dental Clinic

The Web page provides a one-stop-shop for information, resources and support for Ohio's safety net dental clinics. Safety net dental clinics

strive to provide oral health care to many people and their families who have low incomes. Services are provided regardless of a persons ability to pay. In general, safety net clinics are in communities where people with low incomes live. Find a location near you! https://odh.ohio.gov/know-our-programs/oral-healt h-program/ohio-dental-clinics/ohio-dental-clinics/

Health - Narcotics Anonymous

Find Ohio NA Meetings Near You https://www.narcotics.com/na-meetings/ohio/

Reentry Resource - Multiple Resources Available

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and

https://www.benefits.gov/categories

Reentry Resource - Multiple Resources Available

211 connects you with thousands of nonprofit and government services in your area. If you want personal assistance call the three-digit number 211 or 877-947-2211. A friendly voice to talk with you 24/7/365. The link is to the national listing; as of 4.1.22, Ohio does not have a unique state listing.

https://www.211.org/

Reentry Resource - Reentry Coalition

4545 Fisher Road, Suite D Columbus, OH 43228

The primary goals of the OERC are to reintegrate offenders into society, maintain public safety, and to reduce recidivism across the state of Ohio. The strategic plan offers state and local partners the ability to recommend changes in reentry policies and practices. In addition, our community partners are afforded the opportunity to develop a work plan to implement those changes and to build statewide support for them.

https://drc.ohio.gov/reentry-coalition



Employment Tips

We often have to work our way up to the job we want; either because it is not available when we go to find it or we need more experience, education, preparation or time to get ready. Although we will spend time working at jobs that are not our preference, we can enjoy the interim more when we stay focused on our goals.

Start by asking yourself:

- What kind of job or career do I want?
- What am I willing to do, learn or sacrifice to get that job or career?

Before venturing out into the world of work you will have to obtain necessary documents.

The most frequently requested documents are:

- Birth Certificate
- Driver's license or Basic Identification
- Social Security Card

The birth certificate and driver's license forms offered in our Employment Documents are samples. You can find links to the applications that you need in our Resource Directory!

Next, ask yourself the following questions

- What occupations or industries in your area are in need of employees?
- What are your employment limitations due to your particular crime?
- What is the income you need in order to pay for housing, food, energy, phone, child support, restitution, transportation, etc? (check out our <u>Build a Budget Worksheet</u>)
- Which strategies do you think would be most effective for "selling" your attributes?

To prepare to apply for a job you may want to create the following worksheets:

- Inventory your work history in and out of prison
- List your training, skills, limitations, and health considerations
- Gather all the information you will need to fill out employment applications. Are you ready to fill them out online? (Several companies only accept online applications.)

Considerations and Preparation

What are your employment resources?

- Classified ads (in the paper or locally found on-line)
- Applying for jobs with companies you want to work for
- Job Assistance and Job Training centers
- Craigslist, Monster.com, other job-search websites

Skills Assessment and Personal Strengths Evaluation

Consider taking a free online self-assessment test help us see what careers we are suited for. If you type the phrase 'self-assessment test' into any search engine, several options will be available for you to check out.

Do you need clothes for your interview or new job?

Check out Dress for Success, a global program that may have a location near you! (www.dressforsuccess.org)



Resume' and Interview tips:

Two good places where you get the chance to show a company why they cannot afford NOT to hire you. Keep these tips in mind as you write your application or resume', and prepare for job interviews:

- Be cheerful in your in-person or telephone job interviews.
- Talk about the benefits of your experience and the relevant expertise you offer.
- Speak about the value you would bring to the company.
- Share stories in the job interview about success in prior assignments.
- Talk about your ability to work with a diverse group of people.

Typical Barriers to Employment:

- Lack of updated resume
- Appropriate clothing for job search
- Transportation
- Stable housing
- Substance abuse

- Poor interview skills
- Poor job search skills
- Not a high school graduate
- No documentation (ID, Social Security card)

SMART: What is your strategy for overcoming barriers and creating success?

You can create a clear strategy by following SMART guidelines:

Specific Measurable Attainable Realistic Timely (or Tangible)

Specific – what is the specific goal you wish to achieve?

Can you answer these questions?

- Who do you need to be involved?
- What do you really want to accomplish?
- When do you want to accomplish it?
- Where do you need to be to accomplish it?
- Why do you want to achieve this goal?
- Which things do you need to get in order and which are the constraints to achieving your goal?

Measurable – How will you know when you've achieved your goal? What criteria have you set up to measure your progress and reach your target dates?

Attainable – Can you see yourself achieving this goal? Can you see the path to get there and then see yourself in that place of having reached the goal?

Realistic – Are you willing and able to achieve the goal?

Timely – How long do you need to achieve your goal? Work out your goal date and then the smaller goals that must be met to meet that goal date?

Tangible – Imagine: can you taste, touch, smell, see or hear the results of achieving your goal?

COMPANY OR EMPLOYER NAME:		POSITIO	N APPLIED FO	OR:	
Cross laves			APPL	ICANT TELEPHONE	E:
Employm	ent Appli	cation	SOCIAL	SECURITY NUMBER	R:
YOUR NAME:		Cinat		M: al al l	_
Last ADDRESS:		Yes	No G A PERMANI	Middle SLE FOR EMPLOYME (If yes, verification with ENT POSITION: JOB I AM ABLE TO:	ENT IN THE U.S.A.?
Are you able to perform the es of the position with or without Yes		Work o	which shifts)? vertime? a valid Alaska	Drivers License?	
IF NECESSARY FOR THE JOB, A				18 19 21_	_
EDUCATION: High School			Yrs. Completed	Field of Study	Graduate or Degree
College/University					
Business/Technical					
Other (May include grammar school)					
Duty/Specialized Training: REFERENCES: List two personal r	Yes No	r former supervisors.			
Name	Address	Tele	ohone	Occupation	Years known
Name	Address	Tele	ohone	Occupation	Years known
	oyment first. Include summer or te listed here, in the summary (follo				
Employer Name and Address	Position Title/Duties	s Skills			Dates Employed from to Reason for leaving
	Supervisor's Name:		Telepho	one:	
Employer Name and Address	Position Title/Duties	s Skills			Dates Employed from to
					Reason for leaving
	Supervisor's Name:		Telepho	one:	1

EMPLOYMENT CONTINUED			
Employer Name and Address	Position Title/Duties Skills		Dates Employed from to
	_		Reason for leaving
	Supervisor's Name:	Telephone:	
Employer Name and Address	Position Title/Duties Skills		Dates Employed from to
			Reason for leaving
	Supervisor's Name:	Telephone:	
Summarize other employment related to this job:			
Types of computers, other electronic or m equipment that you are qualified to operate Typing speed: per minute.			
per minute.			
Professional Licenses, Certifications or R	egistrations:		
Additional skills including supervision skill regarding the career/occupation you wish			
In case of accident or illness please conta	ct: Name:	D	aytime phone:
Address:			Relationship:
references may be checked. If you have n	our procedure for processing your employme nisrepresented or omitted any facts on this ap ny make a written request for information deriv	plication, and are subsequently his	red, you
	required to: supply your birth certificate or oth g test, or to sign a conflict of interest agreeme		n the US,
I understand and agree to the information	shown above:		
Signature:		Date:	
employers are required to provide equal e	e many employers are required by federal law mployment opportunity and may ask your nati is optional and failure to provide it will have no	onal origin, race and sex for plann	ing and
Employer Section:			



Interview Tips

Before you head to your interview, ask yourself these questions:

- Do you really want this job?
- Are you qualified for the job?
- Do you believe you can get the job?
- What attitude and information must you deliver to the employer to get the job?
- Are you ready for your interview?

If you decide you really want to get this job, consider these tips:

- 1. Keep your answers short yet full of information, unless you are asked to clarify. Try to put yourself in the interviewer's shoes; asking the same questions of many applicants! Fine tune your answers to the Sample Interview Questions and bring your authenticity and vitality to the interview.
- 2. Determine what your key strengths and assets are. Be sure to state them confidently a couple of times throughout the interview.
- 3. Prepare for a variety of interview questions. Consider the challenges you have overcome, the difficult interpersonal situations that you resolved with others, and several success stories.
- 4. Describe specific situations and accomplishments. Generalities fail to show the interviewer your strengths and assets and how they can benefit the company and the position that is available.
- 5. Put yourself on their team. Show how you fit in with the existing work environment and company culture. During the interview, align your language with the language of the team.
- 6. Observe your non-verbal communication. Are you saying what you mean to say? Practice answering some of the Sample Interview Questions in front of a mirror to see if your eyes and your gestures agree with your words.
- 7. Ask questions. Is this where you want to work? Find out what you need to know to accept the job. Also, the interviewer will see that you are taking interest in the company and work environment. That is an important quality in a team player.
- 8. Be sure to talk WITH the interviewer and not AT the interviewer. Interviews are stressful enough for both parties. Keep it human.
- 9. Research the company. Is it a right fit for you? Can you get behind the mission of the company? How much can you know about the work and the work environment before the interview?
- 10. Apply for jobs that you are skilled for and that you can appreciate...even if only as a stepping stone to your next job. If you truly want the job, you must be able to compete successfully with your competition. Authenticity shines through your words and your non-verbal communication.



Interview Questions for You to Ask

In an interview both you and the employer are finding out about each other. Asking these questions will show general interest in the business, and the team you are applying to work with. These questions show you care about the position and how you might fit. Asking questions will also help you understand if you think the environment is suitable for you.

Please tell me important information I should consider about working with this company:

- On average, how long do people keep the position for which I am applying?
- What strengths and skills do you think I should have to best fill this position?
- What employee qualities are encouraged here?
- Is this a friendly environment or are people pretty serious?
- Would you tell me about the challenges I might find working here?
- Which companies, products or services are our competitors?
- Is there an opportunity for promotion from this position?
- How often will I be evaluated?
- What are the businesses strengths? What aspects need improvement?
- What will be expected of me in the first 3 months? 6 months? Year?
- Are we encouraged to participate in things outside of work, like a softball league?
- In what ways does the company recognize and honor work that has been done?
- Will I have an employment agreement?
- Will I work with alone or with a group?
- Who will I report to? What kind of person are they?
- Are we anticipating any major changes in the workplace?
- How many applicants do you have for this position?
- What training do you provide?
- Does the company provide or support higher education or advanced training for employees?
- Is there anything else I can provide you to help you make a decision?
- How soon can I expect to hear from you?

Not all of these questions would apply to any one position. These questions are just examples to either pick from or open your mind to asking questions that will help you make sure the job is acceptable for you!



www.fairshake.net PO Box 63 Westby, WI 54667 608-634-6363

Fair Shake Employer Support

All of this information and much more can be found at https://www.fairshake.net/employers

Although tremendous responsibility is on the shoulders of those transitioning from prison to society, their success is made possible only when the entire community is involved.

Employers have the opportunity to help create one of the first and most stable bridges to reentry success. Fair Shake supports an employer's desire to understand formerly incarcerated applicants by offering tools and information to help you make informed, careful hiring decisions.

Fair Shake has also created tools for our members to more fully demonstrate their character than may be available on a standard job application through our free "office in the clouds", which includes a Personal Web Page.

The FAIR SHAKE PERSONAL WEB PAGE (PWP): What you learn about these applicants

Building a Fair Shake personal web page is not an easy feat! Formerly incarcerated people who create this page demonstrate many things to you:

- HONESTY: They are open, honest and direct by letting you know s/he has been incarcerated. As you may well imagine, this takes an enormous amount of courage. We know that honesty is imperative to building trust. Is honesty something you are looking for in your employees?
- SELF-MOTIVATION: Creating this page demonstrates the applicant's perseverance tenacity, and desire to succeed. S/he had no coercion in building this page; there was no class for it nor did anyone recommend they do this. They built the page of their own volition.
- TECH-SKILLS: A variety of computer skills were required to create the Personal Web Page including: scanning, storage, typing, and understanding 'cloud' technology; to name a few.
- HUMANNESS: In addition to the above, the applicant offers information here that describes more than skills and experiences; you learn who they are and what they bring to your organization. This information is very important in building company culture, but is not requested on standard job applications.

Why hire a formerly incarcerated person?

- To keep your options open for hiring the best possible candidate!
- Many formerly incarcerated people have received extensive training
- Many formerly incarcerated people are motivated to work
- Many formerly incarcerated people have a job coach or advisor
- Support is available for training and reducing risk

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Support for hiring formerly incarcerated people:

Fidelity Bonding Program

The **Fidelity Bonding Program** offers six months of free bonding support to businesses across the country to lower their risk when hiring applicants who have been incarcerated.

Federal Fidelity Bonding Program: http://bonds4jobs.com

Bonding can:

- Reduce your risk when you hire formerly incarcerated people
- Provide six months of FREE insurance against employee theft
- Be obtained quickly and easily by just a phone call to confirm your hire

To bond a formerly incarcerated new hire today call toll-free: 877-US2-JOBS (877-872-5627)

Work Opportunity Tax Credit (WOTC)

The WOTC is a special tax credit available for hiring former felons (and others) and must occur within one year of their release date. The WOTC is available to any size business from small organizations to national corporations. The credit is also available for any type of job. The work can be full-time, part-time, temporary, or seasonal.

Facts about the WOTC tax credit:

- Employers can save as much as \$2,400 in taxes
- · Applies to the first year of employment
- The new employee must work 120 hours for the employer to begin to receive credit Exceptions:
 - Not for independent contractor work
 - Not for a business owned by a close relative

To find out more: http://www.doleta.gov/business/incentives/opptax/wotcEmployers.cfm
Or call: 1-800-829-4933

Employee Training Support

Your business may be eligible for a state or federal training grant (or other funding). To find out what you may qualify for, check with your Workforce Investment Board, Small Business Development Center, or economic development agency.

- Workforce Investment Board: http://www.servicelocator.org/contactspartners.asp
- Small Business Development Center: https://www.sba.gov/tools/local-assistance
- Economic Development Agency: https://www.sba.gov/content/economic-development-agencies

Ban the Box:

Are you ready to remove the box that says 'Have you ever been convicted of a felony?' from your job application forms? If so, we can help! https://www.fairshake.net/ban-the-box/
On our page you will find:

- Best Practices and Model Policies
- Fair Chance Fact Sheet
- Community Hiring Model
- Which states, cities and counties Ban the Box
- Learn from dedicated states like Minnesota who have Banned the Box for both public- and private-sector jobs. They freely share information for you to do this, too.

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These verbs have been generously provided by Wendy Enelow and Louise Kursmark Founders of The Resume Writing Academy www.resumewritingacademy.com

Favorite Verbs For Your Resume

Originally "Our Favorite Resume Verbs" by Wendy Enelow

Accelerate Collaborate Differentiate Expand Accentuate Collect Diminish Expedite Accomplish Command Direct Experiment Accommodate Commercialize Discern **Explode** Achieve **Explore** Communicate Discover Acquire Compare Dispense **Export** Adapt Compel Display Facilitate Compile Distinguish **Finalize** Address Advance Complete Distribute Finance Advise Compute Diversify Forge Advocate Conceive Divert Form Align Conceptualize Document Formalize Alter Conclude **Dominate** Formulate Analyze Conduct Double Foster Found Anchor Conserve Draft **Apply** Consolidate Drive Gain **Appoint** Construct Earn Generate Govern **Appreciate** Consult Edit Architect Continue Educate Graduate Arrange Contract **Effect** Guide Articulate Control Elect Halt Ascertain Convert Elevate Handle Assemble Convey Eliminate Head Coordinate Assess **Emphasize** Hire **Assist** Correct **Empower** Honor Augment Counsel Hypothesize Enact Identify Author Craft Encourage Authorize Create Endeavor Illustrate Critique Endorse **Imagine** Balance Crystallize Endure Implement Believe Curtail Energize Import Brainstorm Cut **Enforce Improve** Brief **Budget** Decipher Engineer **Improvise** Build Decrease **Enhance** Increase Calculate Define **Enlist** Influence Capitalize Delegate Enliven Inform Capture Deliver Initiate Ensure Catalog Demonstrate Equalize Innovate Centralize Deploy Eradicate Inspect Champion Derive Inspire Establish Change Design **Estimate** Install Chart Detail Evaluate Instruct Clarify Detect Examine Integrate Classify Determine Exceed Intensify Close Develop Execute Interpret Coach Devise Exhibit Interview



These verbs have been generously provided by Wendy Enelow and Louise Kursmark Founders of The Resume Writing Academy www.resumewritingacademy.com

Favorite Verbs For Your Resume

Originally "Our Favorite Resume Verbs" by Wendy Enelow

Raise

Ratify

Realign

Rebuild

Rate

Introduce Organize Recapture Solve Orient Invent Receive Spark Speak Inventory Originate Recognize Investigate Outsource Recommend Spearhead Specify Judge Overcome Reconcile Standardize Justify Overhaul Record Launch Oversee Recruit Steer Lead Participate Recycle Stimulate Lecture Partner Redesign Strategize Streamline Perceive Reduce Leverage Perfect Regain Strengthen License Listen Perform Regulate Structure Locate Persuade Rehabilitate Study Substantiate Lower Pilot Reinforce Maintain Pinpoint Succeed Reiuvenate Pioneer Manage Remedy Suggest Manipulate Plan Render Summarize Manufacture Position Renegotiate Supervise Supplement Map Predict Renew Market Prepare Renovate Supply Support Master Prescribe Reorganize Mastermind Present Report Surpass Maximize Preside Represent Synthesize Measure **Process** Research **Target** Mediate Procure Resolve Teach Mentor Produce Respond Terminate Merge **Program** Restore Test Minimize **Progress** Restructure Thwart Model Project Train Retain Moderate Promote Transcribe Retrieve Propel Transfer Modify Reuse Monitor Propose Transform Review Motivate **Prospect** Revise Transition Prove Revitalize Translate Navigate Negotiate Provide Trim Satisfy Network Publicize Schedule Troubleshoot **Nominate** Purchase Secure Unify Normalize Purify Select Unite Obfuscate Qualify Separate Update Obliterate Quantify Serve Upgrade Observe Question Service Utilize

Orchestrate

Obtain

Operate

Optimize

Offer

Shepherd

Simplify

Slash

Sold

Solidify

Verbalize

Verify

Win

Work

Write



Accomplishments and Skills Worksheet

Use this worksheet as a spring board to organize your work history and personal interests for your resume. Include all successes in your life! You have valuable talent, skills and traits to share. Remember: there are no wrong answers.

Examples--

- Shipped an average of 40 packages per day for 4 years with fewer than 3% damage in shipping.
- Volunteered at the Humane Society every Tuesday evening for 2.5 years. Walked, bathed and groomed dogs.
- Organized a fund-raising event for Fair Shake, generating over \$8300. Organized silent auction donations, secured entertainment and food and assembled volunteers.
- Managed a household of four on \$900 per month.
- Restored a 1961 Volkswagen Beetle to original condition.
- Successfully planted, nurtured and harvested an annual garden (8 years running!) and canned, froze or dried the harvest to provide nearly half of our family's dietary requirements.

Occupational Titles

Job titles to start your brainstorming when considering job goals.

Accountant	Graphic Designer	Manufacturer
Assembler	Grounds Keeper	Operations Manager
Carpenter	Inspector	Painter
Cashier	Lab Technician	Programmer
Chef / Cook	Librarian	Salesperson
Clerk	Machine Operator	Secretary
Data Entry	Mail Carrier	Snow-maker
Director	Maintenance	Teacher
Editor	Massage Therapist	Tree Trimmer
Engineer	Manager	Veterinarian
Firefighter	Mason	Welder

Job Skills

The following is a short list of job skills. (There are literally thousands of job-specific skills.) You will have to research the job skills specific to your occupation

Accounting	Drill Press Operation	Payroll / Accounting
Advertising	Driving	Planning
Auditing	Editing	Public Speaking
Brake Alignments	Electronic Repair	Researching
Building Maintenance	Filing	Sign Language
Carpet Laying	Hammering	Scheduling
Cleaning	Interviewing	Soldering
Cooking	Keyboarding	Technical Writing
Correspondence	Management	Telemarketing
Counseling	Marketing	Typing

CounselingMarketingTypingCustomer ServiceMechanical DraftingWeldingDetailingMetal FabricationWriting



Self-Management Skills

Follow instructions Get things done Punctual Get along well Honest Responsible

Personality traits

Articulate Enthusiastic Sensitive Assertive **Emotionally strong** Sincere Assume responsibility Flexible Sociable Communicative Friendly Tactful Competitive Highly motivated **Tolerant** Creative Integrity Tough Decisive Quick thinker Trusting Dependable Self-motivated Understanding

Detail-oriented Sense of direction Willing to learn
Diplomatic Sense of humor

Physical skills

Agile Flexible Precise Assembling Grinding Set standards Balancing, juggling Hammering Strong Crafts Keyboarding, Typing Thorough Manual dexterity Counting Restoring Drawing, painting Mechanical Sandblasting Driving (CDL?) Modeling, remodeling Sewing

Endurance Observing, inspecting Sorting Finishing, refinishing Operating machines Weaving

People Skills

Caring Empathy Mentoring
Comforting Encouraging Motivating
Communicating Group Facilitating Negotiating
Conflict Management Helping Others Outgoing
Conflict Resolution Inspiring Trust Problem Solving

Counseling Inquiry Respect
Consulting Instructing Responsive
Developing Rapport Interviewing Sensitive

Developing Rapport Interviewing Sensitive
Diplomacy Listening Sympathy
Diversity Mediating Tolerance

Data Sorting Skills

Analyzing Cost Analysis Following instructions
Auditing Counting Investigating
Averaging Detail-oriented Inventory

BudgetingEvaluatingInterrelateCalculating, ComputingExaminingLogicalChecking for accuracyFinancial or fiscalOrganizingClassifyingAnalysisRecording facts

Comparing Financial management Research Compiling Financial records Surveying



Leadership Skills

Brainstorm Integrity Risk Taker Competitive Judgment Run Meetings Self-Confident Coordinating Manage, Direct Others Decisive Mediate Problems Self-Directed Delegate Motivate People Self-Motivated Direct others Multitasking Sets an Example **Negotiate Agreements** Solve Problems Evaluate Strategic Planning Goal setter Organization

Influential Planning Supervision
Initiate new tasks Results-Oriented Work Schedules

Artistic Skills

Artistic ideas Imaginative Play an instrument

Dance, Aerobic Inventive Rendering
Designing Mechanical drawing Singing

Drawing, Painting Model-making Visualize shapes

Handicrafts Perform Visualizing
Illustrating, Sketching Photography Writer / Editor

Descriptive Words to Use in Your Resume

Able Considerate Efficient Accurate Consistent Effortlessly Empathetic Active Constructive Energetic Adaptable Continuous Contributions Enterprising Adept Enthusiastic Administrative Cooperative Advantageous Creative Excellent Aggressive Curious Exceptional Alert Experienced Decisive

AmbitiousDedicatedExpertAnalyticalDeliberateExpertlyArticulateDependableExtensiveAssertiveDetailedFair

Farsighted Astute Detail-oriented Attentive Determined Fast learner Authoritative Diligent Flexible Bilingual **Diplomatic** Forceful Disciplined Broad minded Friendly Calm Discreet Generalist

Candid Diversified Hard-working Capable Driven Honest Cheerful **Imaginative** Dynamic Committed Eager Increasingly Competent Easily Independent Comprehensive Easygoing In-depth Confident Economical Initiative Conscientious Effective Innovative

Vigorous



Descriptive Words (Continued)

Insightful Significantly Precise Instrumental Sincere Problem-solver Inventive Productive Skilled Knowledgeable Professional Skillful Leadership **Proficient** Solid Logical Profitable Sound Specialized Loyal Progressive Specialist Major Proven Stable Punctual Qualified Strategically

Mature Meaningful Methodical Quality conscious Strong Meticulous Quick learner Substantial Motivated Realistic Successful Multilingual Recent Superior Objective Reliable Systematic Open-minded Tactful Repeatedly Optimistic Resilient Talented Orderly Resourceful Team player Organized Respectful Technical Outstanding Responsible Thorough

Responsive Patient Timely Perceptive Risk-taker Uniform Persistent Routinely Universal Personable Satisfactorily Up-to-date Valuable Personally Scope Persuasive Self-confident Varied Pertinent Self-controlled Versatile

Self-reliant

Positive Self-starter Well-educated Practical Sharp Well-rounded

Pleasant



Thank You Letter

Writing a thank you letter allows you the opportunity to share your reflections from interview including topics that were discussed and your decision to accept the job if it is offered to you. If you do not want the job you can write a short thank you letter stating that you wish to withdraw your application. If you do want the job, restate the qualifications and social skills you possess related to the requirements of the position and culture of the company. Be sure to send your thank you letter within a day of your interview.

Sue Kastensen PO Box 63 Westby, WI 54667 608-634-6363 sue@gmail.com

January 20, 2012

Alex Wikstrom
Sun Dog Manufacturing
123 Swiggum St.
Westby, WI 54667

Dear Mr. Wikstrom:

Thank you for taking the time to meet with me about the Shipping Manager job opening yesterday. I appreciate the opportunity to interview for this position.

Upon reflection, I believe I am a good fit for the Shipping Manager position and also for the company. I bring four years experience in shipping and receiving and I am familiar with nearly all of the tools you showed me. I learn quickly and will be able to master each of the computer shipping programs easily. My personality is well-suited to accommodate the variety of employees who will bring items to be shipped, and also the freight handlers that I will interface with.

Thank you for listening to me describe my past and what I have learned from my incarceration. Be assured that I have reflected upon, learned from, and moved beyond all types of criminal behavior. I am ready and willing to be a reliable benefit to Sun Dog Manufacturing.

I'm very interested in working with you and your team. I am a dedicated worker and can commit to supporting Sun Dog Manufacturing well into the future. Please feel free to contact me if you would like further information. My cell phone number is 608-634-1234

Thank you again for your time and consideration.

I'm looking forward to hearing from you.

Sincerely,

Signature Here

Sue Kastensen

*** For many more examples, Search the Internet for Thank You Letter Examples ***