

# REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

[www.fairshake.net](http://www.fairshake.net)

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# Attention Budget Worksheet

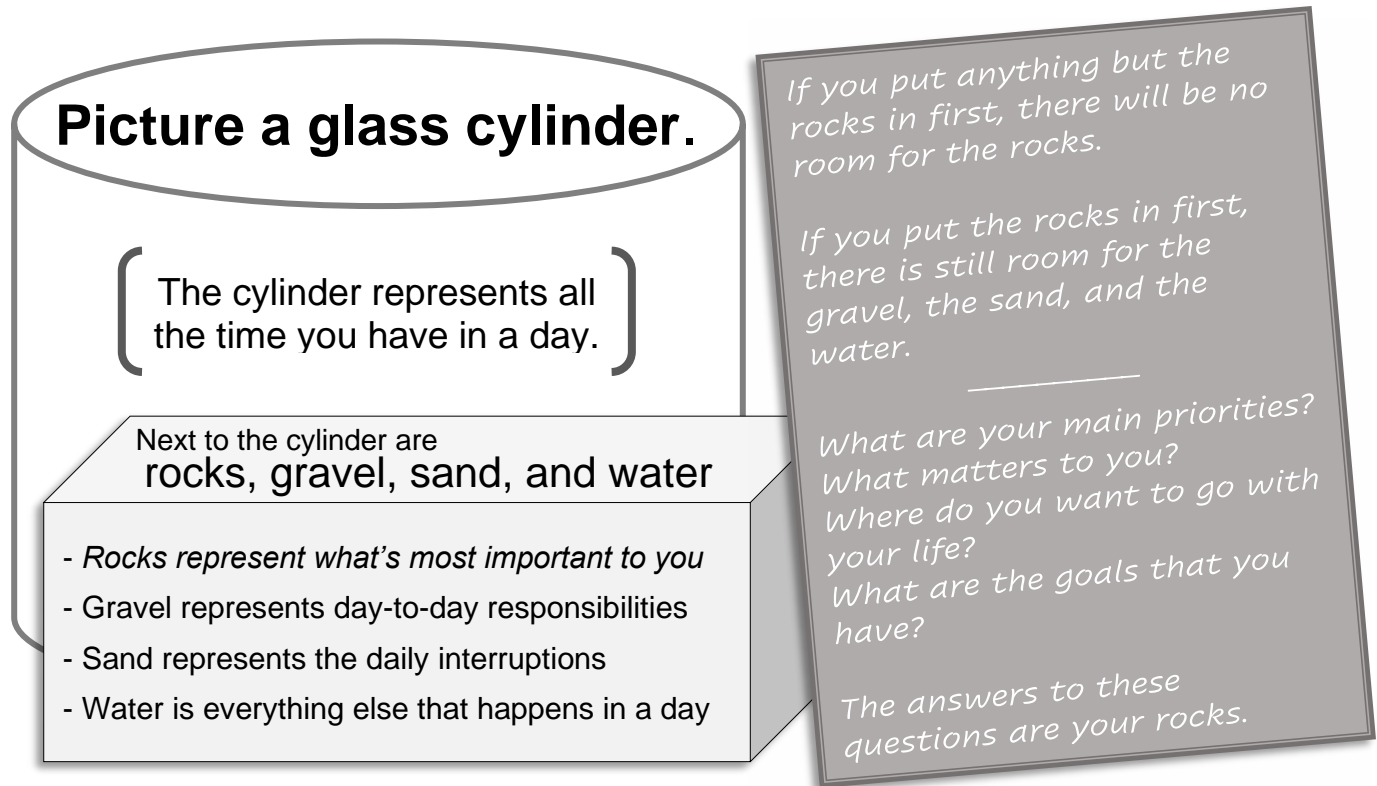
	Time Invested in	Planned	Actual Time Spent
<b>Daily</b>  Work	Work		
	Travel time to and from everything		
	Other Travel...for errands, etc		
Food	Shopping (perhaps certain days per week?)		
	Meals – cooking		
	Meals – cleaning up		
	Meals – away from home		
Exercise	Walk, stretch		
	Aerobic – elevate your heartbeat!		
	Meditation / Yoga		
Thinking	Planning and Prioritizing		
	Evaluating (how effective was your plan?)		
	Reflecting		
	Meditation / Mindfulness		
	Reading		
Frequent Other Possibilities	Family (at home / visiting)		
	Friends		
	Hobbies		
	Classes and Homework (if in school)		
	Personal care: bathing, dressing, hair, teeth, etc.		
Media	Television, movies, YouTube®, electronic games		
	Social Media, Text		
<b>Weekly</b>	Weekly cleaning		
	Events with Family and Friends		
	Intentionally building your gift, yourself, your world		
	Travel time		
	Paying bills, balancing money		
	Services		
<b>Monthly</b>	Auto care		
	Volunteering		
<b>Surprise Events</b>			
	<b>Totals:</b>	Planned	Actual Time Spent
	Time alone: doing stuff		
	Time alone: thinking, reflecting, reading (books)		
	Quiet time with others		
	Active time with others		
	Time with Gizmos, Electronics and Screens		
	Time dedicated to living your life in the fullest sense.		
	Time connecting to your own life and all life.		

# MANAGE YOUR PRECIOUS TIME!

ATTENTION BUDGET Deeply connected to your financial budget!

THIS IS THE FIRST DRAFT! I've included what this one mind of mine could think of; I'd love to hear from you to provide a more accurate range of options!

Steven Covey's great metaphor for managing our time; from his book First Things First:



The world demands your attention! Everyone tries constantly to get your attention. Set boundaries! Make your goals your priority! Slight changes to your path are like a compound-interest investment in your life!

Commit to goals as if they are appointments with your future self. YOU are important. Your goals are important. Goals are proactive, not reactive. Goals help us determine our "no" and our "yes" for investing our time.

All security experts agree: Trust no-one.

- Stay skeptical.
- Turn off cookies.
- Limit tracking as much as possible.
- Don't say anything stupid; don't use hate speech
- Thou shalt not overshare, or share data about friends.
- If the product is free, it means that you are the product.
- Limit your time on each platform (fb, twitter, instagram, et al.)
- Privacy is a myth. Assume if it's on the phone it'll be published.
- Don't live your life online. Take a walk, play a musical instrument, build furniture, live in the real world.

You have to decide what your highest priorities are and have the courage – pleasantly, smilingly, non-apologetically – to say 'no' to other things. And the way to do that is by having a bigger 'yes' burning inside.

- Steven Covey

"Trying to be "safe" while using a "smart" phone is like trying to keep water out of a submarine with a screen door."

"If you join Facebook, you relinquish your privacy."

"When you receive an email from someone that wants to share their fortune with you, do not reply or click on the links!"

You can turn off media, social media, phone, text: YOU set the boundaries. No communication after 8 pm? Sundays? You choose your limit. With your time managed, you can invest time online...time digging for information, learning new things, listening to guided meditations, music and pontificators.

COMPANY OR  
EMPLOYER NAME: \_\_\_\_\_

POSITION APPLIED FOR: \_\_\_\_\_

APPLICANT TELEPHONE: \_\_\_\_\_

SOCIAL SECURITY NUMBER: \_\_\_\_\_

# Employment Application

YOUR NAME: \_\_\_\_\_  
Last First Middle

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ARE YOU LEGALLY ELIGIBLE FOR EMPLOYMENT IN THE U.S.A.?

☐ Yes ☐ No (If yes, verification will be required.)

I AM SEEKING A PERMANENT POSITION: ☐ Yes ☐ No

IF NECESSARY FOR THE JOB I AM ABLE TO:

Are you able to perform the essential functions  
of the position with or without accommodations?

☐ Yes ☐ No

Work (which shifts)? \_\_\_\_\_

Work overtime? \_\_\_\_\_

Provide a valid Alaska Drivers License? \_\_\_\_\_

IF NECESSARY FOR THE JOB, ARE YOU OVER (Please mark one) 14\_\_ 15\_\_ 16\_\_ 18\_\_ 19\_\_ 21\_\_

I WILL BE ABLE TO REPORT TO WORK \_\_\_\_ DAYS AFTER BEING NOTIFIED THAT I AM HIRED.

EDUCATION:	Yrs. Completed	Field of Study	Graduate or Degree
High School _____			
College/University _____			
Business/Technical _____			
Other (May include grammar school) _____			

MILITARY SERVICE: ☐ Yes ☐ No

Duty/Specialized Training: \_\_\_\_\_

REFERENCES: List two personal references who are not relatives or former supervisors.

Name	Address	Telephone	Occupation	Years known
_____	_____	_____	_____	_____
Name	Address	Telephone	Occupation	Years known
_____	_____	_____	_____	_____

EMPLOYMENT: List last employment first. Include summer or temporary jobs. Be sure all your experience or employers related to this job are listed here, in the summary (following this section), or use an extra sheet of paper if necessary.

Employer Name and Address	Position Title/Duties Skills	Dates Employed from to
_____		
_____		
_____		
_____	Supervisor's Name: Telephone: _____	Reason for leaving

Employer Name and Address	Position Title/Duties Skills	Dates Employed from to
_____		
_____		
_____		
_____	Supervisor's Name: Telephone: _____	Reason for leaving

## 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 mechanical equipment that you are qualified to operate or repair: \_\_\_\_\_

Typing speed: \_\_\_\_\_ per minute.

Professional Licenses, Certifications or Registrations: \_\_\_\_\_

Additional skills including supervision skills, other languages, or information regarding the career/occupation you wish to bring to the employer's attention: \_\_\_\_\_

In case of accident or illness please contact: Name: \_\_\_\_\_ Daytime phone: \_\_\_\_\_

Address: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Information to the applicant:** As part of our procedure for processing your employment application, your personal and employment references may be checked. If you have misrepresented or omitted any facts on this application, and are subsequently hired, you may be discharged from your job. You may make a written request for information derived from the checking of your references.

If necessary for employment, you may be required to: supply your birth certificate or other proof of authorization to work in the US, have a physical examination and/or a drug test, or to sign a conflict of interest agreement and abide by its terms.

I understand and agree to the information shown above:

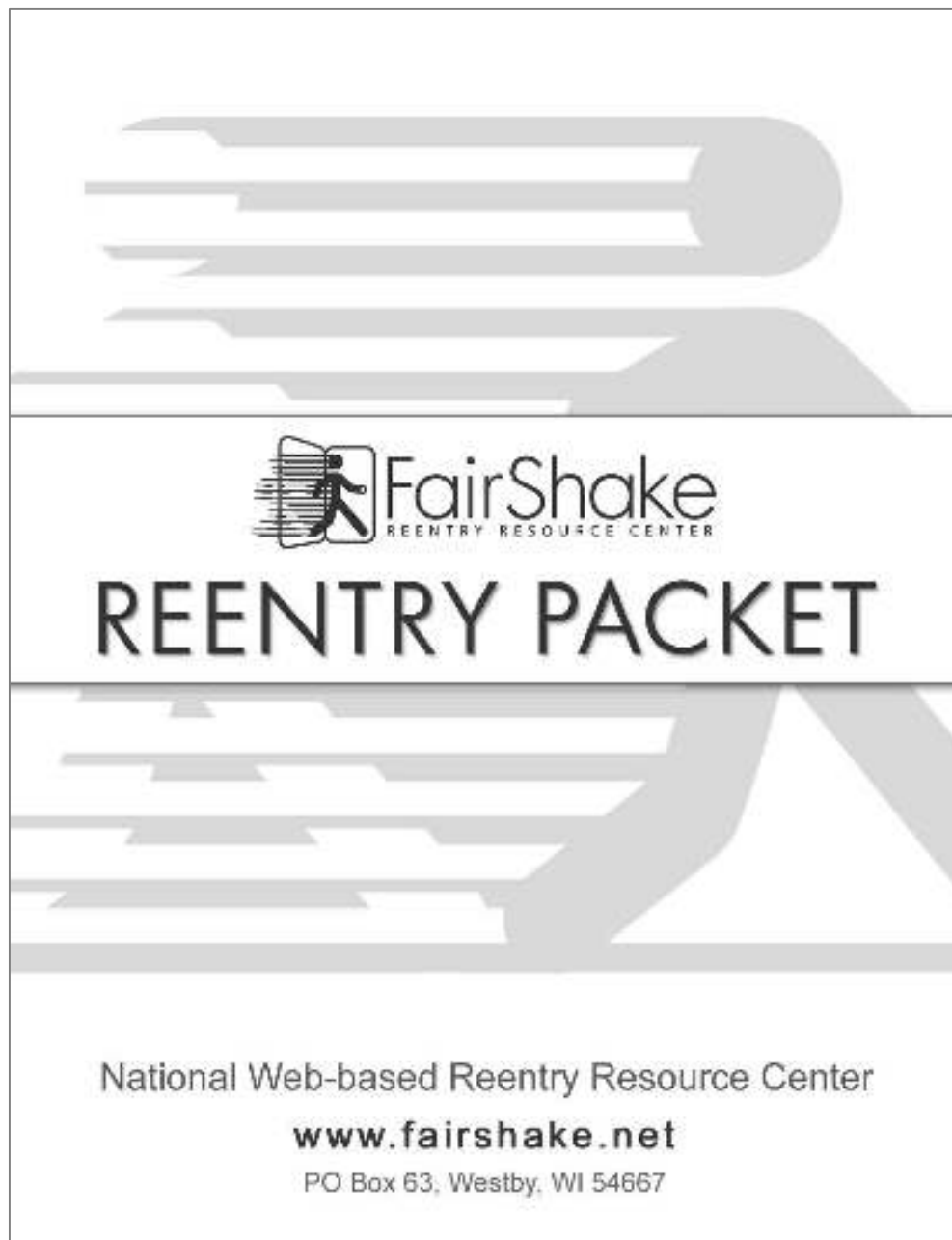
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Equal Employment Opportunity:** While many employers are required by federal law to have an Affirmative Action Program, all employers are required to provide equal employment opportunity and may ask your national origin, race and sex for planning and reporting purposes only. This information is optional and failure to provide it will have no affect on your application for employment.

Employer Section: \_\_\_\_\_

# Fair Shake Reentry Packet

## Peer Learning & Self-Study Guides



### The End of Prison

*Everything can be taken from a man but one thing; the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way.*

– Viktor E. Frankl

In his book *The End of Education* Neil Postman stated that he wrote the book in hopes of altering the definition of the “school problem” from a means to an end. “End” having at least two important meanings: *purpose* and *finish*.

I’m writing this introduction to the Fair Shake materials in hopes of altering the meaning of prison. I suggest that our goal should be to eliminate prisons. We must dedicate ourselves to insist on a society that is respectful, engaged, sustainable, empowered, healthy and safe so that we can transform our increasingly unhealthy relational culture to something we can all live with and enjoy.

So then the question becomes: can we close prisons? What do we hope can happen in prison that can ensure that people coming home have the tools and information to not go back?

I can offer two things: it will take society working as a community to get the most out of prison and, more importantly, the work starts with the incarcerated individual.

Let’s explore number one for a moment. For as long as I can remember I was told that nothing good goes in or comes out of prison; and that once you find yourself in prison, save for a few fortunate or lucky individuals, your life is ruined. Having a felony conviction means you’re labeled and, according to what I’ve experienced and heard throughout the years, society doesn’t readily accept your return.

Before becoming incarcerated myself, I believed that formerly incarcerated people were deemed outcasts by society unless they had obtained a highly sought-after vocational skill, or knew a business owner that would hire them. I believed this mostly for the same reasons I had believed that nothing good goes into or comes out of prison: I learned what I KNEW from those around me. Just as the *bad kid* ended up in prison, the *felon* ended up going back into the streets to meet yet another prison term or worse. If the *felon* was able to stay out, they likely worked some job that no one else wanted.

I questioned whether the kid was really *bad* or had they been convinced that they were bad through society’s opinion of them? Did the *felon* generally not adjust to or advance in life after prison due to societies’ views of them; or was society right to give up on them simply because they went to prison?



I am not an expert in these matters, however being both the *bad kid* and the *felon* I can speak from experience and share my opinion, which brings me back to my second point, the most important in my opinion.

For the sake of argument, let's say that the community played a large part in my finding myself in prison. Let's say that I knew no better than to become exactly what they said I would become. I'm here to tell you that neither of those factors need concern you as you prepare to reenter society. Although they may be true, they are not relevant today. You now have to deal with the facts of your life as you know them. It is a fact that you're sitting in prison, regardless of how you got there. It is also a fact that you can choose your perspective as you create your path from your past, through institutionalization, to a life of value and satisfaction.

For years I chose to live in prison exactly as society thought I would: continuing on a journey of self-defeat and living down to others' expectations of me. Of course, having that perspective was counterproductive to my growth. It took lots of confusion, pain, anger and falling on my face before I accepted what needed to change: me.

Changing me started with changing my perspective of prison. I chose not to accept it as my fate, but as a part of my journey that was within my control. That understanding empowered me to not wait for things to play out and learn lessons the hard way, but instead to become proactive and seek what I wanted in life; to not be afraid to pursue my dreams. Prison had a place in my life because I had accepted it; it wouldn't go away simply because I now wanted to reject it.

My lawyer told me "I envy the time that you'll have to work on yourself". I thought about that statement the night he said it, but I didn't understand it until many years later. Prison had been 'Gladiator School' to me for years, but when my perspective shifted it became school, period. It went from being a place where I felt I had to react to situations to a place where I had a chance to think about my response. Instead of making me a better criminal in the fast lane, it became a place that slowed me down to help me become a better me.

Once I got to this point I no longer cared about what society thought I was; I knew what I could become. My self-confidence was bolstered as I navigated prison from the perspective of empowerment and purpose and took advantage of what the institutions offered. I even helped create things and leave a legacy of value to those coming through behind me. I learned that people, regardless of their position in life, are more inclined to help those that help themselves.

No one can define the purpose of prison in your life unless you allow them to, and it will only be finished when we work together and choose to finish it and move on to something more effective and beneficial. The end is all yours and only you can decide what that "End" will be.