

Know the agency. Know your reasons.

Use real experiences. Follow the recruiting agency's own instructions.

Independent practice tool: these are original exercises, not actual board questions or an official scoring guide. Interview formats vary. Do not include confidential case details or other people's personal information.

Agency / role / interview date:

1. Why policing? Name a specific reason and one experience behind it.

2. Why this agency? Connect your motivation to its community and role.

3. Research notes: recruitment instructions, community needs, source and date.

4. A realistic challenge of the job, and how you would prepare for it.

Build your real-example bank

Choose examples from work, study, volunteering or everyday responsibilities.

Conflict: a disagreement you helped resolve. Note what YOU did and what you learned.

Accountability: a mistake you owned and corrected. Note what YOU did and what you learned.

Communication: helping someone who was upset or misunderstood. Note what YOU did and what you learned.

Judgment: a difficult choice and the information you used. Note what YOU did and what you learned.

Teamwork: your contribution to a shared result. Note what YOU did and what you learned.

Pick one example to develop on page 3. Avoid invented experience or memorized scripts.

Turn one example into a clear answer

Practice prompt: Describe a mistake, conflict or difficult decision you handled.

Situation: What happened? Keep the background brief.

Responsibility: What were you personally responsible for?

Actions: What did you do, why, and what alternatives did you consider?

Result: What happened? Separate what you know from what you assume.

Reflection: What did you learn or change afterward?

Say the answer aloud. Ask a partner to identify your action, result and lesson.

Practice, review, improve

Your assessment is for practice only. It does not predict a hiring result.

Original scenario: During a team task, a colleague asks you to leave an error out of a record because correcting it will slow the team down. How would you respond?

Identify the issue, missing facts, next action, reasoning and when to seek guidance.

Practice questions

- What would you do if you did not know the correct procedure?
- Describe feedback that changed how you worked.
- How would you communicate with someone whose perspective differs from yours?
- What have you done to prepare for this career?

Review each answer: 0 = missing, 1 = partly clear, 2 = clear and specific.

Answered every part of the question: ____

Used a real example and explained my own actions: ____

Explained my reasoning and the result: ____

Showed accountability and reflection: ____

Spoke clearly without jargon or a memorized speech: ____

One improvement for the next practice round:

For educators and advisers: you may print and share this unchanged worksheet for free. Attribution to ForeverPolice is appreciated; linking is optional. Revised 3 October 2026.

Basis: ForeverPolice oral-board guide; LAPD public Department Interview / Oral Prep guidance, accessed 3 October 2026. Exercises and review scale are created by ForeverPolice.

Source: joinlapd.com/step-4-polygraph-examination-pfq