

DAY 1 – Criminal Justice System

1. Criminal Justice System in General

Read **short article** *What is a Criminal Justice System?:*
<https://guides.temple.edu/criminaljustice>

Pick one criminal justice system agency or organization you were unfamiliar with or are curious about and research it. Write a one-paragraph, double-spaced reflection of what you learned about the agency or organization and how it contributes to the criminal justice system.

Here are some links that might be helpful to jump start your research:

Police and Other Law Enforcement Agencies:
<https://www.sandiegocounty.gov/content/sdc/me/lawlinks.html>

Trial Courts
<https://www.courts.ca.gov/superiorcourts.htm>

Appellate Courts
<https://www.courts.ca.gov/courtsofappeal.htm>

Prosecution Offices (besides the DA's Office)
<https://www.sandiego.gov/cityattorney>

Public Defender Offices
https://www.sandiegocounty.gov/public_defender/
<https://www.sandiegocounty.gov/content/sdc/apd.html>
https://www.sandiegocounty.gov/content/sdc/MCO_PD.html
<https://www.sandiegocounty.gov/content/sdc/oac.html>

Probation Department
<https://www.sandiegocounty.gov/probation/>

Parole Board
<https://www.cdcr.ca.gov/victim-services/parole-hearing-info/>

Jail and Prison
<https://www.sdsheriff.net/jailinfo.html>

Department of Corrections
<https://www.cdcr.ca.gov/>

Victim Advocate Groups/Agencies
<https://www.sandiego.gov/sandiegofamilyjusticecenter>

2. About the District Attorney's Office

Watch video (3:19) *What Does the District Attorney's Office Do?*

https://www.youtube.com/watch?v=Iha1Ou_sqao

3. Unique Positions at the District Attorney's Office

The District Attorney

Watch video (5:08) *A Day in the Life of DA Summer Stephan*

<https://www.youtube.com/watch?v=m9IoVuIzaLc>

Community Partner Prosecutor

Watch video (2:40) *What Do Community Partnership Prosecutors Do?*

https://www.youtube.com/watch?time_continue=160&v=tAu9mDzgWo4&feature=emb_title

Victim Advocate

Watch video (3:38) *San Diego DA's Victim Advocates in Action*

https://www.youtube.com/watch?time_continue=44&v=eyCvbOsjW8M&feature=emb_logo

Process Server

Watch video (2:16) *A Day in the Life of a Process Server*

https://www.youtube.com/watch?v=qZOdsYdppEU&feature=emb_rel_pause

Write a paragraph, double-spaced reflection of a unique position at the District Attorney's office that you found interesting.

4. Divisions and Units of the District Attorney's Office

Read about the various units and divisions of the DA's Office using these two links:

<https://www.sdcda.org/office/criminal-divisions.html#4>

https://sandiegodaannualreport.com/2018_home/appellate-training/

Which units with which you were previously unfamiliar or that you find interesting.

Divisions/Units:

Appellate & Training

Bureau of Investigation

Case Issuance and Extradition

- Priors Unit
- DA Liaison Unit
- Collaborative Courts
 - Conviction Review Unit
 - Lifer Hearing Unit
 - Restitution Recovery Team
- Economic Crimes/Insurance Fraud
 - CATCH Team
 - Consumer Protection Unit
 - Environmental Protection Unit
 - Insurance Fraud
 - Real Estate Fraud Unit
- Family Protection
 - Animal Cruelty Unit
 - Child Abduction Unit
 - Domestic Violence Unit
 - Elder Abuse Unit
 - Stalking Unit
- Gangs
- Juvenile
- Narcotics
- Sex Crimes & Human Trafficking
- Special Operations
 - Hate Crimes Unit
- Superior Court
 - Major Violators Unit
 - DUI Homicide Unit
 - Cold Case Homicide Unit

5. Unique Programs of the District Attorney's Office

Read and watch videos about the various programs initiated by or connected to the DA's Office.

CARE Community Center - <https://www.sdcda.org/office/care/index.html>

CITIZENS' Academy - <https://www.sdcda.org/office/citizensacademy/>

Electronic Detection K9 – video (2:09)
<https://www.youtube.com/watch?v=OnChDH2wkC8>

Getting Rid of Unwanted Ink – video (2:19)
<https://www.youtube.com/watch?v=GamacP6YQaU>

P.R.I.C.E. - <https://www.sdcda.org/helping/prevent-rape/>

Project ROOTS - <https://www.sdcda.org/office/girlsonlytoolkit/>

Veterans Court - <https://www.sdcda.org/prosecuting/veterans/veterans-court.html>

Youth Advisory Board - <https://www.sdcda.org/office/yab/index.html>

Write a one-paragraph reflection of a program you found interesting or encouraging.

DAY 2 – Personality Type

1. Why Personality is Important

Read *The Importance of Understanding Personality Type in the Workplace*

<https://www.linkedin.com/pulse/importance-understanding-personality-type-workplace-lauren-copeland>

2. Myers-Briggs Type Indicator (MBTI)

Read *An Overview of the Myers-Briggs Type Indicator*

<https://www.verywellmind.com/the-myers-briggs-type-indicator-2795583>

Watch video (16:59) *What's Your Type?*

<http://kapwi.ng/w/bYmm2fVm>

****This is a different platform than YouTube. Press the purple “Play” button at the bottom of the screen to start the video.**

Complete Myers-Briggs Type Indicator Questionnaire

<http://www.humanmetrics.com/cgi-win/jtypes2.asp>

After you have completed the questionnaire and received your personality type result, explore the website to learn more about your personality type, learning style, and communication skills. You can also refer back to <https://www.verywellmind.com/the-myers-briggs-type-indicator-2795583> to read more about your specific personality type.

Write a paragraph reflecting on something you learned about yourself from the MBTI.

3. MBTI and Communication with Others

Read *How Each Myers-Briggs Personality Type Likes to Communicate*

<https://www.psychologyjunkie.com/2019/02/21/how-each-myers-briggs-personality-type-likes-to-communicate/>

Write a paragraph reflecting on your communication strengths and how you can improve your communication skills at work.

DAY 3 – Importance of Sleep

1. Why Do We Sleep

Watch video (21:33) *Why Do We Sleep?*

https://www.ted.com/talks/russell_foster_why_do_we_sleep#t-1305514

2. What Happens if We Don't Sleep

Watch video (4:49) *What Happens to Your Body and Brain If You Don't Get Sleep?*

<https://www.youtube.com/watch?v=Y-8b99rGpkM>

Read infographic *The Effects of Sleep Deprivation*

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-effects-of-sleep-deprivation>

Read article *4 Ways Sleep Deprivation Affects Work Performance*

<https://www.prescouter.com/2018/02/sleep-deprivation-affects-work-performance/>

3. Ways to Improve Sleep

Watch video (8:24) *How to Improve Your Sleep*

https://www.youtube.com/watch?v=IRp5AC9W_F8

Watch video (5:05) *How to Sleep Better*

https://www.youtube.com/watch?v=3eLfn7Ewx_s

Read article *Healthy Sleep Tips*

<https://www.sleepfoundation.org/articles/healthy-sleep-tips>

Write a paragraph about something you learned or found interesting about sleep, sleep deprivation, and/or how it relates to work. Reflect on how you might be able to improve your sleep or maintain your good sleep habits.

DAY 4 – Importance of Exercise

1. Benefits of Exercise

Read article *Why is Physical Activity So Important for Health and Wellbeing?*
<https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing>

Watch video (5:44) *10 Benefits of Exercise on the Brain and Body – Why You Need Exercise*
https://www.youtube.com/watch?v=yTL_bNvXJ9s

Watch video (10:31) *How Exercise Benefits Your Brain*
<https://www.youtube.com/watch?v=pc5uXQm7e6g>

Watch video (10:57) *Why Fitness is More Important than Weight*
<https://www.youtube.com/watch?v=-SLP1BF7KBQ>

2. How Exercise Affects Work Performance

Read article *How Exercise Improves Your Performance at Work*
<https://www.ignite80.com/articles/2018/1/26/how-exercise-improves-your-performance-at-work>

3. How Nutrition Affects Exercise

Read article *Eating the Right Foods for Exercise*
<https://www.healthline.com/health/fitness-exercise-eating-healthy#calories>

4. Exercises You Can Do at Work and Home

Read article *How to Sneak in Healthy Physical Activity During a Sedentary Work Day*
<https://www.heart.org/en/news/2019/01/04/how-to-sneak-in-healthy-physical-activity-during-a-sedentary-work-day>

Read article *53 Bodyweight Exercises You Can Do at Home*
<https://www.self.com/gallery/bodyweight-exercises-you-can-do-at-home>

Write a paragraph about something you learned or found interesting about the importance of exercise, how it can improve your work performance, and/or how nutrition can affect exercise. Reflect on how you might be able to start or maintain a good exercise routine.

DAY 5 – Interpersonal Communication

1. Interpersonal Communication in the Workplace

Read article *The Importance of Interpersonal Communication in the Workplace*
<https://roubler.com/resources/blog/interpersonal-communication-workplace/>

Watch video (11:44) *10 Ways to Have a Better Conversation*
https://www.ted.com/talks/celeste_headlee_10_ways_to_have_a_better_conversation?language=en

2. Nonverbal Communication

Read article *Types of Nonverbal Communication*
<https://www.verywellmind.com/types-of-nonverbal-communication-2795397>

Watch video (27:34) *Reading Body Language*
<https://www.youtube.com/watch?v=lvxJoUuG018>

3. Listening

Watch video (18:38) *The Power of Deliberate Listening*
<https://www.youtube.com/watch?v=A343tIP5iUA>

4. Cross Cultural Communication

Read article *Cross Cultural Communication*
<https://www.communicationtheory.org/cross-cultural-communication/>

Watch video (19:57) *Cross Cultural Communication*
<https://www.youtube.com/watch?v=YMyofREc5Jk>

Write a paragraph about something you learned or found interesting about interpersonal communication, specifically nonverbal communication, listening, and/or cross cultural communication. Reflect on how you might be able to improve your interpersonal communication.

DAY 6 – Stress Management

1. What is Stress and How it Affects Your Body

Read article *The Effects of Stress on Your Body*

<https://www.healthline.com/health/stress/effects-on-body#1>

Watch video (4:01) *How Stress Affects Your Brain*

https://www.ted.com/talks/madhumita_murgia_how_stress_affects_your_brain?language=en#t-1509

2. Stress Management

Read article *Stress Management*

<https://www.helpguide.org/articles/stress/stress-management.htm>

Watch video (14:17) *How to Make Stress Your Friend*

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en

Read article *9 Ways to Deal with Stress at Work*

<https://www.verywellmind.com/how-to-deal-with-stress-at-work-3145273>

3. Benefits of Meditation

Read article *Meditation: A Simple, Fast Way to Reduce Stress*

<https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

Watch video (9:09) *All it Takes is 10 Mindful Minutes*

https://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?referrer=playlist-talks_to_help_you_manage_stress#t-732

Write a paragraph about something you learned or found interesting about how stress affects the body, stress management, or meditation. Reflect on how you might be able to improve your response to stress.