

Mock Hearing Preparation

By the end of Week 10 the client should have completed at least one mock hearing. By the hearing date, two or three. The goal is not rehearsed answers — it is composure and honesty under pressure.

Likely Question Bank

These are the kinds of questions the Panel routinely asks. Work through each in writing first, then verbally. An answer that is perfect on paper but cannot be delivered out loud is not ready.

- Walk me through the crime in your own words, beginning to end.
- What were the causative factors, and how have you addressed each one?
- Why did you commit this crime? (No minimization, no excuses, no deflection.)
- What would you say to the victim or the victim's family today?
- Tell me about your worst 115 and what you learned from it.
- If the Panel grants you parole, what is your first week going to look like?
- What will you do if your housing falls through on day one?
- What are your highest-risk situations, and what are the exact steps you will take?
- Who in your support circle holds you accountable, and how?
- How do you respond to the CRA's finding of _____?
- What have you done in the last twelve months that shows you are different?
- If I told you the Panel is leaning toward a denial, what would you want us to understand?

Delivery Checklist

- ☐ Answer the question asked — not the question the client wished had been asked.
- ☐ Take accountability before explaining context. Context first sounds like an excuse.
- ☐ No minimizing language ('it just happened,' 'I wasn't myself,' 'we were both drunk').
- ☐ When discussing the victim, speak about the victim — not about how the client feels about what he did.
- ☐ Eye contact with the Commissioner asking the question; professional posture.
- ☐ If the client does not know an answer, say so. Guessing is worse than a pause.
- ☐ Pause before emotional questions. A short breath is not a problem; a defensive reflex is.