

**PAROLE DOES NOT MATTER UNLESS YOU VALUE YOUR  
FREEDOM:  
Preparing for your Parole Board Hearing  
Guide**



Keith Nesbitt

**In order to be successful at anything you must first prepare, this includes** preparing for your eventual parole. Everything from your prison record, behavior, work performance, following the rules, attitude, vocation, G.E.D, self-help, etc counts towards your preparation and when it comes to the parole board. Even what you do with your down time matters.

Whatever your crime was and the efforts you put forth toward your own personal rehabilitation will show that you are willing to conform to society's rules and therefore deserve a second chance to do just that. Below we will discuss what is needed to get you on your way.

**Discipline:** your first course of action, whether you are a first timer or not, is to give yourself the best chance by putting forth your best effort at staying out of trouble. This is labeled as being **disciplinary free** by the parole board, as well as the institution. This shows a willingness, by you, to obey institutional rules, staff rules and society's rules meaning, obeying custody staff commands, staying on the correct side of the "out of bounds" areas, not possessing, receiving or holding any contraband; pruno, (alcohol), drugs, cell phones, etc, no fighting, reporting to your ducats and assignments on time and not being disruptive in any way, which is a great start.

A good practice in remaining disciplinary free; aside from what is listed above, is not to get used to or even comfortable with breaking any of the set rules; not even on a small scale and remain respectful to everyone you encounter, from custody staff to other inmates. Do not get comfortable with watching certain TV programs or at a certain time, yard opening on time or you getting every second of the yard you feel you deserve. When this does not happen when you want it can lead to trouble by way of your complaints, you getting angry, into arguments and lashing out. Remember, you do not own anything in prison. Everything is state owned, down to the clothing you wear. Remember this.

Your job is to **avoid any and all confrontations** of any sort at all cost. When you are courteous to others you should not find yourself in any confrontations. Do not boast or brag about what you have or how much you can afford. This also leads to unwanted altercations because people will get jealous and want to challenge you, even when you are not talking directly to them.

Another good way to avoid trouble is to get involved in **self-help**. This will definitely show your willingness to make a positive change within, you care about the crime you committed, you want to be a better person and you want to give back. Becoming a tutor and or a mentor are also good ways in which to help others, give back and stay out of trouble. **When you immerse yourself with things to do the less trouble you tend to get into.**

Garnering write-ups show's a lack of respect for authority. If you have a lack of respect for authority in prison you will have that same attitude in society so, it is important to change your mind in this area. This can and will be used to deny you parole.

A **nexus** is something you were doing in society and continue to do in prison. Let's say you are in prison behind an assault on another individual and you get into fights while in prison. This is called a nexus. If you did burglaries on the street and get caught in prison for receiving or buying food from the kitchen workers (Stolen goods) this is a pattern and is also a nexus. These are things that will keep you from receiving a parole date so; it is imperative that you shape up and change your ways from doing those things that brought you to prison and keep them changed.

Any write up you receive must be at least 3 years (in California) old prior to going before the parole board and it still will be used against you. The blame is on your shoulders for your write ups. There is an understanding that some write ups are unavoidable like, not knowing a rule or something like having too many pairs of shoes but ultimately, the board does not care about this. You are responsible for learning those rules in which you are governed by and therefore should follow all rules.

**Getting into trouble is easy but very hard when your goal is focused on parole.**

Remember, you and you alone must be responsible for your own behavior. Do not follow the rules of your homeboys because they will not be the ones who go to the hole, you will. They will not be the ones who have to go before the parole board and answer for the write up, you will and they definitely aren't the ones who are doing your time, you are so, you will be the one responsible for what you do. **You hold the key to keeping yourself out of trouble.** You are responsible for turning your life around, ensuring that you are a better person, a different person than when you first went to prison and you are

responsible for ensuring you do all that you can to present yourself in that different view in your every day walk. **Stay away from negative individuals and groups of people** because even the toughest guy can succumb to idiotic behavior. Conduct yourself as if this would be the same way you would conduct yourself in society. Mentally engage your mind in becoming a part of society's norm before you get there.

If you've received any write-ups you must not only be able to explain them to the board panel but also what made you act out and get the write-up, what you learned from them and that you will remain disciplinary free thereafter.

You must know **why, what and exactly when (date) you turned your life around, stopped getting write-ups and began caring about changing.** You should try to make these changes long before you have your initial parole board hearing, the sooner the better. My change was three years prior to my initial hearing and I was still told by the panel: *it's too soon*. So you see it has to take place a lot sooner than you think.

**Anti-social** is probably not what you think it is. It is not just staying to yourself, staying away from certain individuals or doing your own thing. It goes a little deeper than that. Being labeled anti-social involves having a bad family history, relationships and work history, not doing your best in school and committing crimes in society.

On the other hand, your relationships with your family, girlfriend, boyfriend, etc, work, not committing crimes, not getting suspended from school and having a stable residence would take you out of this category and put you in the groove of society's norm, which is the category you want to be in.

Your relationship history should not include multiple sex partners, verses being in a lasting stable relationship that has been ongoing for some time. One to two partners in a span of five or more years is considered a good history. In other words, it is not good to bounce around from job to job, place to place and from one relationship to another. This shows instability.

The more you disobeyed the rules of society the more you are labeled anti-social. It is very important that your history in all areas is intact and on the same level of those normal people in society, those who do not commit crimes and are unstable.