



# "Method of Instruction" Basic Instructor Development



**East Hartford PD - October 20-25 2025**

**Trainers: Det. Joseph Lopa &  
Det. Jeremy Colon**

**Cost: \$575.00 Per Officer**

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**Instructional Goal:** To give student officers the necessary knowledge, skills, and ability to plan, document and implement criteria based adult training in a given topic of expertise. To plan, develop, and write training objectives; to develop and write lesson plans, to develop training aids, to build and maintain good presentation skills and to define evaluation and testing methods.

**Instructional Objectives:** Students will learn about: Principles of Learning; Adult Learning Theories; Types Of Learners including reactive & proactive learners and reactive & proactive instruction; Communication Styles including elements of communication, barriers to effective communication, different communication channels & the instructor's role in how to handle difficult questions; Task Analysis, Performance Objectives; Methods of Instruction including key factors of determining types of methodology to use when teaching; Lesson Plan Development including the reasons and purposes for preparing a lesson plan, the lesson plan process, and which type of outline is the preferred and most defensible; Outline & Bibliography, Training Liabilities; Criterion Based Testing, Stage Fright; Training Aids including the importance of combining the senses to improve learning, the advantages & disadvantages of PowerPoint as a visual aid; Effective Presentations including what to avoid during your presentation.

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## Joseph Lopa

Detective Joseph Lopa was hired by the New Britain Police Department in 2005. During his career he has been assigned to the Patrol Division, Gun Task Force, Special Services Unit, Youth Bureau, Polygraph Unit and has been Deputized with the DEA on two separate occasions and was promoted to the rank of Detective in 2014. During his time with the New Britain PD, Joe has received over 20 Department Awards and 2 United States Attorney's Office Awards for cases he assisted in investigating.

Joe has been a Certified Polygraph Examiner since 2014. He is also P.O.S.T. authorized to conduct pre-employment screenings in Connecticut. He graduated the National Polygraph Academy in Columbus, OH in 2014. He received the Distinguished Student Award while at Polygraph School, as voted on by his peers. He is a member of the American Association of Police Polygraphists, the American Polygraph Association and currently holds the position of Treasurer with The Connecticut Polygraph Association.



## Jeremy Colon

Jeremy Colon has been serving with the Middletown PD since 2018 and served with Newington PD from 2015-2018. He is a Detective in the department's Street Crimes/Narcotics Unit where he investigates narcotics crimes, along with gang/street crime. He is currently enrolled at Central Connecticut State University working on his bachelor's in criminology.

Jeremy has been a Field Training Officer with the Middletown PD from 2020 to the present. He has completed several critical training courses including Capital Region Swat School (2019), Sniper School (2022), FBI Defensive Tactics (2022), and several tactical training courses in-state and out-of-state. He has been a member of the Middletown Emergency Response Team since 2019 and is currently part of a 4-man Sniper element.

Jeremy is a CT POSTC certified instructor in the areas of Use of Force, Defensive Tactics, De-escalation, and Methods of Instruction (MOI). In 2023, he became certified as a Ballistic Shield Instructor through Centrifuge Training with the responsibility of implementing shield training for the Emergency Response Team and Patrol Division.

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**Pre-requisite and Other Requirements:** Applicants must have at least three (3) years of satisfactory experience as a law enforcement officer to attend this course. To receive a course certificate, students will be required to demonstrate effective training skills during a ten-minute presentation. Students should plan a training topic prior to class and expect to construct a lesson plan and teach that topic. Students will be completing both oral and written presentations during this training program. All students must successfully complete all work assignments, including homework, and all other components of this training program within the time period allowed. Computers are essential to the effective completion/participation in this course. Students are required to bring their own laptop or department issued laptop. Laptops should be equipped with Microsoft Office capabilities (MS Word and MS PowerPoint). This training program is an approved "Methods of Instruction" course qualifying graduates to apply for POST instructor certification at the "standard" level. This Instructor Development course is a prerequisite for registering applicants for the Firearms Instructor Development course. Students who successfully complete the course will receive review training credit as follows: Curriculum Area III: Practical Skills (16) hours; Curriculum Area IV: Human Relations (8) hours.

## **PROGRAM PRAISE**

- **Excellent instructors**, excellent use of visual aids, extremely well organized.
- Instructors were easy to approach and handled my questions effectively leaving no question unanswered.
- Joseph and Jeremy worked excellently together as a team. **Very thorough**.
- The material flowed smoothly, and each slide fit in with one another. Easy to follow and keep up with.
- Both presenters did an awesome job of making the presentation **entertaining** and were comfortable presenting and were very knowledgeable and passionate about the topic.
- Absolutely would recommend this program to others; would recommend to my PD to use this **exclusively** if they can.
- I had heard that MOI was a dry course, but Joe and Jeremy kept it **entertaining** while giving the information.
- The trainers were very knowledgeable and **knew the crowd** they were teaching.
- I enjoyed doing the impromptu speech. It made me feel more confident when doing presentations. I would recommend this program to others.
- By far it is one of the **best** classes I have taken in my career!
- Lopa and Colon were professional and made the class **enjoyable** for all.
- **10/10...** would recommend... one of the best classes I've taken.
- Joe and Jeremy were always open for questions. They were **approachable**. They made sure no one was left behind.
- I would **100%** recommend this program to others in the future. I feel much more confident and competent as an instructor after this week.

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