

Free National Police Officer Selection Test Study Guide

Prepare to serve your community with this easy-to-follow guide for future police officers. Open positions for police officers and detectives are expected to expand dramatically over the next decade. The time is right if you're looking to become a new police officer in your town or city. And whether you're hoping to become a local, county, state, or federal law enforcement official, the *Police Officer Exam For Dummies* has all the info you need to prepare for and pass the National Police Officer Selection Test or your local police officer exam with flying colors. From the low-down on physical ability testing and the personal background interview, to targeted reviews of judgment skills, map reading, memory, observation, and recall, this guide will whip you into shape for the police officer test in no time at all. In this book, you'll: Get the instruction you need to find your confidence and banish test anxiety for good. Learn memory aids and tips so you can master the observation and recall test. Get actionable and practicable test-taking strategies that actually improve your performance on the exam. So, stop rubbing that rabbit's foot and start preparing like the pros do, with the *Police Officer Exam For Dummies*!

Meant to aid State & local emergency managers in their efforts to develop & maintain a viable all-hazard emergency operations plan. This guide clarifies the preparedness, response, & short-term recovery planning elements that warrant inclusion in emergency operations plans. It offers the best judgment & recommendations on how to deal with the entire planning process -- from forming a planning team to writing the plan. Specific topics of discussion include: preliminary considerations, the planning process, emergency operations plan format, basic plan content, functional annex content, hazard-unique planning, & linking Federal & State operations.

The *Police Officer, Suffolk County Police Department (SCPD) Passbook(R)* prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to: cognitive abilities; reading comprehension; reasoning ability; work styles; background information; and more.

This is a guide to recommended practices for crime scene investigation. The guide is presented in five major sections, with sub-sections as noted: (1) Arriving at the Scene: Initial Response/Prioritization of Efforts (receipt of information, safety procedures, emergency care, secure and control persons at the scene, boundaries, turn over control of the scene and brief investigator/s in charge, document actions and observations); (2) Preliminary Documentation and Evaluation of the Scene (scene assessment, "walk-through" and initial documentation); (3) Processing the Scene (team composition, contamination control, documentation and prioritize, collect, preserve, inventory, package, transport, and submit evidence); (4) Completing and Recording the Crime Scene Investigation (establish debriefing team, perform final survey, document the scene); and (5) Crime Scene Equipment (initial responding officers, investigator/evidence technician, evidence collection kits).

How to Navigate the Police Hiring Process

Current Perspectives in Forensic Psychology and Criminal Justice

TCOLE Test Secrets Study Guide

Police Officer Exam For Dummies

The Scottish Police Officer

National Police Selection Test (POST)

Rated "Best of the Best" in Police Exam Prep Books by BestReviews, September 2018. This updated manual presents information, practice tests, and strategies for the different question types used by police departments throughout the country. It includes: Four full-length practice exams with all questions answered and explained. Two official exams given by a large metropolitan police department. Streamlining of chapters to more closely reflect the latest question types currently in use. General strategies for dealing with multiple-choice questions and specific strategies for taking computer-based multiple-choice tests, as well as for taking the traditional paper/pencil multiple-choice exam. All important time management strategies. New reading comprehension question types, plus strategies for answering these questions. An additional diagnostic exam presents questions like those that have appeared on recent entry-level exams used by police departments across the country. Also included are test-taking tips for all question types, suggested rules for effective study, and a detailed description of a police officer's duties. Updated chapters take into account the recent trend by police departments to rely on oral interviews and computerized testing when selecting police officers.

This book takes an in-depth look at the phenomenon of police officer suicide. Centered on statistical information collected from cases of officer suicide from 2017 to 2019, this volume helps readers understand the circumstances surrounding death by suicide amongst law enforcement personnel and makes recommendations for identification and prevention.

Through interview and case presentations, this volume examines the lives and last days and weeks of several officers, using findings from social media, departmental surveys, medical examiner reports, toxicology reports and interviews with loved ones and colleagues to create a psychological autopsy. With 14 chapters contributed by former law enforcement, researchers, and mental health professionals, it addresses national, state, and local policy implications and strategies, presenting a theory for better understanding and preventing the phenomenon of officer suicide. This volume will be of interest to researchers in policing, to law enforcement and first responder leadership and administrative professionals, and to mental health practitioners and clinicians working with this unique population.

The Law Enforcement Candidate Record Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to: personality inventory; judgment in police situations; legal knowledge; reading comprehension; arithmetical reasoning; and more.

The structure of policing is undergoing change in Scotland at present and the profile of the police officer differs from that of the past. This book takes an informative approach and offers a unique account and insight into the Scottish police organisation, describing the 'Scottish police officer' from the point of recruitment through to training, development and specialist policing. Written by an ex-senior police officer, this book examines how the qualified police officer goes about his/her daily work policing and how this has changed over time as a result of organised crime, terrorism and the changing

priorities of the public and politicians. The contribution of non-police officers such as police civilian staff, auxiliaries and the private sector, plays a key role in the policing of Scotland in the 21st century and is considered at length. As police supervision and management is crucial to the organisation's success, the subjects of personnel development, promotion and management in the police is examined with comment on the suitability of the system in the 21st century. The book concludes with commentary on the future profile of the Scottish police officer and makes some general comparison with their colleagues in the rest of the UK and European Union. This will be an essential text for police officers in Scotland and elsewhere and students and academics in the areas of law, politics, management, police studies, criminology and criminal justice.

A Guide for Law Enforcement

A handbook for prospective police officers, special constables and police community support officers

Applicant to Police Cadet

Police Officer Exam

Police Exams Prep 2020-2021

Proactive Policing

Current Perspectives in Forensic Psychology and Criminal Justice is a dynamic reader that provides cutting-edge research in police and psychology, the psychology of crime and victimization, and psychology as applied to criminal and civil courts. Addressing key topics in each major course area—criminal behavior, forensic psychology, and psychology and law—the book highlights how forensic psychology has contributed to the understanding of criminal behavior and crime prevention. Editors Curt R. Bartol and Anne M. Bartol have assembled published journal articles as well as commentaries written specifically for this book by forensics experts, to provide an overview of the wide array of prevalent theories. ***Includes Practice Test Questions*** TCOLE Test Secrets helps you ace the Texas Commission on Law Enforcement Test without weeks or months of endless studying. Our comprehensive TCOLE Test Secrets study guide is written by our exam experts, who painstakingly research each topic and concept that you need to know to ace your test. Our original research reveals specific weaknesses that you can exploit to improve your score more than you've ever imagined. TCOLE Test Secrets includes: The 5 Secret Keys to TCOLE Exam Success: Time is Your Greatest Enemy, Guessing is Not Guesswork, Practice Smarter, Not Harder, Prepare, Don't Procrastinate, Test Yourself; A comprehensive General Strategy including: Make Predictions, Answer the Question, Benchmark, Valid Information, Avoid Fact Traps, Milk the Question, The Trap of Familiarity, Eliminate Answers, Tough Questions, Brainstorm, Read Carefully, Face Value, Prefixes, Hedge Phrases, Switchback Words, New Information, Management, Contextual Clues, Don't Panic, Pace Yourself, Answer Selection, Check Your Work, Beware of Directly Quoted Answers, Slash Statements, Answer Choice Families; A comprehensive Content review including: Law Enforcement Officers, Safe Exercise Programs, Cardiorespiratory Training, Strength Training, Anaerobic Training, Role of Fats, Basic Nutrients, Types of Stress, Managing Stress, Traumatic Event, Posttraumatic Stress Disorder, Symptoms of Drug Abuse, Alcohol Abuse, Commission Rules, Community Policing, Law Enforcement Code Of Ethics, Texas Code, Federal Criminal Law, Prejudice, Cross-Cultural Conflict Resolution, Right to A Jury, Waiver of Rights, Habeas Corpus, Jeopardy, Libel, Speech, Family Violence Reports, Public Intoxication, Subpoenas, Autopsy, Probable Cause, Lawful Searches, First-Degree Felonies, Exceptional Sentences, Criminal Conspiracy, and much more...

Learn how to pass the NYPD Officer Candidate exam and join the ranks of New York's Finest. The number of candidates taking the exam has increased dramatically in recent years, reflecting the desirability of the profession. In order to succeed against this increased competition, you must be prepared to tackle the unique question types found on the exam. This book contains the most up to date and accurate information to help you prepare for the NYPD Officer Candidate Exam. Written using lessons learned from the latest exam updates, this manual squarely prepares you for all of the exam sub-areas including Memory, Visualization, Deductive Reasoning, Inductive Reasoning, Reading Comprehension, and Written Expression.

This set of more than 450 flash cards includes 23 different categories of question types typically found on entry-level police officer exam, taking strategies; hundreds of practice questions covering each category along with answer explanations, and more. Includes a key-ring binder holder that lets students arrange flash cards for study on the go.

Police Officer Role Play Exercises

Selected International Best Practices in Police Performance Measurement

Law Enforcement Candidate Record

Assessing Eyewitness Identification

Effects on Crime and Communities

A Review of Background Factors, Current Practices, and Possible Role Models

Kaplan's Police Exams Prep 2020-2021 is your guide to acing the entrance exams for police departments across the United States. With up-to-date content review, realistic practice questions, and clear explanations, Police Exams Prep is your complete guide to becoming a police officer. We are so certain that Police Exams Prep offers the guidance you need that we guarantee it: After studying with our book, you'll pass the police exams—or you'll get your money back. Comprehensive Review 4 full-length practice tests with complete answer explanations Diagnostic quiz to identify your strengths and weaknesses End-of-chapter quizzes Concise content review and test-taking strategies to help you make the most of your time Expert Guidance Kaplan's experts make sure our practice questions and study materials are true to the test. We invented test prep—Kaplan (www.kaptest.com) has been helping students for 80 years. Our proven strategies have helped legions of students achieve their dreams.

Your ticket to a higher score on the police officer exam Police exams are becoming increasingly difficult to pass, as law enforcement agencies are looking for the most capable officers from the candidate application pool. To help select the most qualified candidate, more than half of the departments and agencies throughout the country are following the current trend of using the National Police Officer Selection Test (POST also referred to as NPOST). Police Officer Exam For Dummies features three POST exams based on the official test, plus one New York City (NYC) exam. If you're a prospective police officer who needs to take the written exam, Police Officer Exam For Dummies gives you all the essential test preparation you need to succeed. Packed with study advice and test-taking tips, you'll get targeted instruction on everything you can expect on the actual exam. Targeted review in judgment, map reading, memory observation, and recall skills Coverage of all key subject areas 4 full-length practice officer exams with answers and detailed explanations Whether you're taking the local, county, state, or federal agency exam, this guide contains everything you need to score your highest on the exam and realize your dream of becoming a police officer.

Hope for Today Strength for Tomorrow When your husband is a police officer, you experience a unique set of challenges and fears that others may not understand. Rest assured that you can still find peace and joy every day with God by your side. Proud Police Wife is the perfect resource for any police wife or future wife in need of hope, encouragement, comfort,

and strength. Each devotion includes · applicable Scriptures, · relatable stories, · empowering action steps, and · uplifting prayers. Strengthen your relationship with God and gain confidence in your role as the heart behind the badge. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. Psalm 27:14 NLT

Proactive policing, as a strategic approach used by police agencies to prevent crime, is a relatively new phenomenon in the United States. It developed from a crisis in confidence in policing that began to emerge in the 1960s because of social unrest, rising crime rates, and growing skepticism regarding the effectiveness of standard approaches to policing. In response, beginning in the 1980s and 1990s, innovative police practices and policies that took a more proactive approach began to develop. This report uses the term "proactive policing" to refer to all policing strategies that have as one of their goals the prevention or reduction of crime and disorder and that are not reactive in terms of focusing primarily on uncovering ongoing crime or on investigating or responding to crimes once they have occurred. Proactive policing is distinguished from the everyday decisions of police officers to be proactive in specific situations and instead refers to a strategic decision by police agencies to use proactive police responses in a programmatic way to reduce crime. Today, proactive policing strategies are used widely in the United States. They are not isolated programs used by a select group of agencies but rather a set of ideas that have spread across the landscape of policing. Proactive Policing reviews the evidence and discusses the data and methodological gaps on: (1) the effects of different forms of proactive policing on crime; (2) whether they are applied in a discriminatory manner; (3) whether they are being used in a legal fashion; and (4) community reaction. This report offers a comprehensive evaluation of proactive policing that includes not only its crime prevention impacts but also its broader implications for justice and U.S. communities.

A Comparative Perspective

Comparative Perspectives on Police Education and Recruitment

Police Officer Exam Study Guide 2020-2021

Police Officer Exam Prep 2021-2022

Stop Officer Suicide

TCOLE Exam Review for the Texas Commission on Law Enforcement

In recent years, personality assessment by professional psychologists has taken on an increasingly important role in the field of police work. Most importantly, personality assessment instruments have been utilized in the pre-employment psychological screening of police officer candidates. This psychological screening takes place at the end of the hiring process to ensure that candidates do not have personality characteristics or existing psychopathology that would interfere with their job performance. Personality assessment is also used for other applications in police psychology. These applications include fitness-for-duty evaluations (FFDEs) and second opinion evaluations of officers who challenge hiring decisions. Moreover, police psychologists are involved in a considerable amount of research in order to determine which tests and scales are most appropriate for evaluations. The present volume is divided into four parts to cover the relevant issues in personality assessment for police work. Part I provides an introduction and the basic principles of personality assessment in police psychology. Part II focuses on the major assessment instruments used in police psychology. These include the MMPI-2, the Personality Assessment Inventory (PAI), the Inwald Personality Inventory (IPI) and Hilson Tests, the M-PULSE Inventory, pre-offer integrity instruments, and the Rorschach Comprehensive System. Part III examines multiple issues in personality assessment research in the field of police psychology. Part IV covers applications of personality assessment in police psychology. These applications include pre-employment evaluations, fitness for duty evaluations, conditional second opinion psychological evaluations of candidates, using multiple sources of information when conducting mandatory or required evaluations, and the politics of personality assessment in police agencies. This unique and comprehensive text is designed for psychologists who are actively working in the field of law enforcement, including psychologists in both applied and research/academic settings.

Annotation Guaranteed methods to score 80% to 100% or your money back.

Every police force in England and Wales uses the same national application form and assessment centre. This book tells you not just about the process, but what you need to do to impress the assessors. Now in a revised new edition to reflect the recent changes in the six core skills by which all police applicants are assessed, it provides:

The book that could save a police officer's life, career and the life of the citizens officers encounter on the job. The "Bible of Law Enforcement Training" is what the 1980 first edition of Street Survival was considered throughout the profession. Street Survival II: Tactics for Deadly Force Encounters, written by Lt. Jim Glennon, Lt. Dan Marcou with the original author Chuck Remsberg, has a new, sleek, modern look. While paying homage to the original, the update includes more than 200 colored photos and diagrams and delves into the profession's many changes over the past three decades. It includes tactics, effective street communication, detecting preattack indicators, public expectations, the issue of Guardian and Warrior roles, and especially preparing for the realities of force events.

Crime Scene Investigation

The Criminal Investigation Process

Study Guide + 300 Questions and Detailed Answer Explanations (includes 4 Full-length Practice Tests)

The Associated Press Stylebook 2015

Law Enforcement Aptitude Battery (Leab)

NYPD Police Officer Entrance Exam Review Guide

A fully revised and updated edition of the bible of the newspaper industry

Police performance appraisal is one of the most important components of law enforcement

management—affecting the quality of the services a department delivers as well as the satisfaction of its employees. Therefore, it is crucial that the performance appraisal process is conducted in an effective and equitable manner. Police Performance Appraisals: A Comparative Perspective employs the comparative case study approach to evaluate systems in police departments in two diverse locales—Ankara, Turkey and Toledo, Ohio. The study seeks to determine whether there are any common trends or obvious similarities that transcend national and cultural boundaries. From this information, best practices can be identified to improve the system of any police organization. The data from the survey raises a host of issues essential to police management. Are

traditional or modern appraisal systems more preferable to police personnel? Are field and command officers' perceptions of the performance evaluation instruments in their departments similar or do they differ from those of their subordinates? Asking these and other critical questions, the authors also examine the relationship between the officer's perception of the appraisal system and his or her rank, taking into account level of education, gender, age, and years of service. Employing both qualitative and quantitative methodologies, this study yields important findings and valuable insights for police organizations as to which characteristics an appraisal process should have for the best quality system. Lessons learned from this study should provide guidance to future efforts to design better appraisal systems and may also contribute to heightened focus on nationwide assessments of evaluation practices and standards for police organizations.

Why the Police Should be Trained by Black People aligns scholarly and community efforts to address how Black people are policed. It combines traditional models commonly taught in policing courses, with new approaches to teaching and training about law enforcement in the U.S. all from the Black lens. Black law enforcement professionals (seasoned and retired), scholars, community members, victims, and others make up the contributors to this training textbook written from the lens of the Black experience. Each chapter describes policing based on the experience being Black in the US, with concern about the life and life chances for Black people. With five sections readers will be able to: Describe the history and theory of law enforcement, policing, and society in Black communities Critically address how law enforcement and the nature of police work intertwine with race-based societal and governmental norms and within law enforcement administration and management Understand the variation in pedagogy, recruitment, selection, and training that has impacted the experience of police officers, including Black police officers, and Black people in the US Explore the role of law enforcement as crime control and crime prevention agents as it relates to policing in Black communities and for Black people Address issues related to race and use of force, misconduct, the law, ethics/values Assess research, contemporary issues, and the future of law enforcement and policing, especially related to policing of Black people. Why the Police Should be Trained by Black People brings pedagogical and scholarly responsibility for policing in Black communities to life, revealing that police involved violence, community violence, and relative lived experiences do not exist in a vacuum. Written with students in mind, it is essential reading for those enrolled in policing courses including criminology, criminal justice, sociology, or social work, as well as those undertaking police academy and in-service police training.

Featuring never-before-published essays by former Panther members and Panther scholars, a collection of articles examines the black revolutionaries' organizational dynamics, treatment of women, and controversial legacy. Tour. IP.

The Challenge of Crime in a Free Society

Why the Police Should Be Trained by Black People

90 Devotions for the Women behind the Badge

Practical Considerations for Preventing Police Suicide

Police Performance Appraisals

Occupational Outlook Handbook

Historically, police agencies have measured their performance against a restricted set of crime-focused indicators, but modern police officers must be prepared to take on a wide variety of roles. Performance measures should be multidimensional to capture this complexity. This report describes some key considerations in designing measures to evaluate law enforcement agencies and includes a detailed review of some international best practices.

Does a more academic type of police education produce new police officers that are reluctant to patrol the streets? What is the impact of gender diversity and political orientation on a police students' career aspirations and attitudes to policing? These are some of the questions addressed by this longitudinal project, following police students in seven European countries. The unique data material makes it possible to explore a wide range of topics relevant to the future development of policing, police education and police science more generally. Part I presents an overview of the different goals and models of police education in the seven participating countries. Part II describes what type of student is attracted to police education, taking into consideration educational background, political orientation and career aspirations. Part III shows the social impact of police education by examining students' orientations towards emerging competence areas; students' career aspirations; and students' attitudes concerning trust, cynicism and legalism. The overall results show that police students are strikingly similar across different types of police education. Students in academic institutions are at least as interested in street patrolling as students in vocational training institutions. Gender and recruitment policies matters more in relation to career preferences than education models. The national context plays a more important role than the type of police education system. Written in a clear and direct style, this book will appeal to students and scholars in policing, criminology, sociology, social theory and cultural studies and those interested in how police education shapes its graduates.

6 years, that's the time it took me from my first Police application to my first Hiring letter. It's a little-known fact for many starting out, and a very real reality for most that are in the process; that most Applicants don't make it through the hiring process on their first time out. I've probably made all of the mistakes there are to make, from not being prepared for Oral Boards and turning in inaccurate applications. This book doesn't just teach you how to be a standout applicant; it show's how to pick agencies, what Departments look for, and how to plan out your selections so that it benefits not only you but your family as well. In the end, I hope you avoid the hiring process pitfalls that plague so many and learn how to skyrocket the top of any hiring list, in a shorter time than it took me.

The National Police Selection Test (POST) Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to: police knowledge, background, skills, and judgment in and for law enforcement situations; understanding and interpreting written material; report writing; arithmetical reasoning; and more.

SOU-CCJ230 Introduction to the American Criminal Justice System

The Definitive Guide To Passing The Police Recruitment Process 2nd Edition

Proud Police Wife

Guide for All-Hazard Emergency Operations Planning

Military Police

The Black Panther Party (reconsidered)

This report of the President's Commission on Law Enforcement and Administration of Justice -- established by President Lyndon Johnson on July 23, 1965 -- addresses the causes of crime and delinquency and recommends how to prevent crime and delinquency and improve law enforcement and the administration of criminal justice. In developing its findings and recommendations, the Commission held three national conferences, conducted five national surveys, held hundreds of meetings, and interviewed tens of thousands of individuals. Separate chapters of this report discuss crime in America, juvenile delinquency, the police, the courts, corrections, organized crime, narcotics and drug abuse, drunkenness offenses, gun control, science and technology, and research as an instrument for reform. Significant data were generated by the Commission's National Survey of Criminal Victims, the first of its kind conducted on such a scope. The survey found that not only do Americans experience far more crime than they report to the police, but they talk about crime and the reports of crime engender such fear among citizens that the basic quality of life of many Americans has eroded. The core conclusion of the Commission, however, is that a significant reduction in crime can be achieved if the Commission's recommendations (some 200) are implemented. The recommendations call for a cooperative attack on crime by the Federal Government, the States, the counties, the cities, civic organizations, religious institutions, business groups, and individual citizens. They propose basic changes in the operations of police, schools, prosecutors, employment agencies, defenders, social workers, prisons, housing authorities, and probation and parole officers.

Eyewitnesses play an important role in criminal cases when they can identify culprits. Estimates suggest that tens of thousands of eyewitnesses make identifications in criminal investigations each year. Research on factors that affect the accuracy of eyewitness identification procedures has given us an increasingly clear picture of how identifications are made, and more importantly, an improved understanding of the principled limits on vision and memory that can lead to failure of identification. Factors such as viewing conditions, duress, elevated emotions, and biases influence the visual perception experience. Perceptual experiences are stored by a system of memory that is highly malleable and continuously evolving, neither retaining nor divulging content in an informational vacuum. As such, the fidelity of our memories to actual events may be compromised by many factors at all stages of processing, from encoding to storage and retrieval. Unknown to the individual, memories are forgotten, reconstructed, updated, and distorted. Complicating the process further, policies governing law enforcement procedures for conducting and recording identifications are not standard, and policies and practices to address the issue of misidentification vary widely. These limitations can produce mistaken identifications with significant consequences. What can we do to make certain that eyewitness identification convicts the guilty and exonerates the innocent? Identifying the Culprit makes the case that better data collection and research on eyewitness identification, new law enforcement training protocols, standardized procedures for administering line-ups, and improvements in the handling of eyewitness identification in court can increase the chances that accurate identifications are made. This report explains the science that has emerged during the past 30 years on eyewitness identifications and identifies best practices in eyewitness procedures for the law enforcement community and in the presentation of eyewitness evidence in the courtroom. In order to continue the advancement of eyewitness identification research, the report recommends a focused research agenda. Identifying the Culprit will be an essential resource to assist the law enforcement and legal communities as they seek to understand the value and the limitations of eyewitness identification and make improvements to procedures.

"Imagine if students could get all of the practice they need from one study guide and score very high on the National Police Officer Exam. This National Police Officer Study Guide combines theory and practice questions so that students are fully prepared before writing the exam. While other guides only provide around 100 questions, this guide has 300 questions along with answer explanations. There are 4 full-length tests included so that test takers will have enough practice before attempting the real exam."--

The Law Enforcement Aptitude Battery (LEAB) Passbook(R) prepares you for your test by allowing you to take practice exams in the subjects you need to study. It provides hundreds of questions and answers in the areas that will likely be covered on your upcoming exam, including but not limited to: law-enforcement situations and procedures; police reading comprehension; preparing, understanding and interpreting written material; applying rules and regulations; evaluating information and evidence; and more.

Police Officer Exam Preparation Book and Practice Test Questions

The Making of a Police Officer

Tactics for Deadly Force Encounters

Personality Assessment in Police Psychology

4 Practice Tests + Proven Strategies

Barron's Police Officer Exam Flash Cards