Starters

**Guest Speaker: Career**
Share the story of your career: how you entered the industry, what helped you get ahead, what skills and abilities your current position requires and take questions from the students.

**Guest Speaker with Demo**
Share the story of your career and demonstrate a skill that has helped you get where you are. The skill you demonstrate could be related to culinary arts or restaurant management.

**Guest Instructor: Lesson**
Present a one-time lesson on a subject you’re familiar with. Work with the educator to identify the topic. Examples include calculating food costs, applying for restaurant positions, plate presentation, modifying recipes for healthy eaters etc.

**Guest Mentor: Lesson**
Observe students in the kitchen and provide feedback—and assistance—as they demonstrate their skills. Work with the educator to identify the skills students will be learning and demonstrating that day.

Light Bites

**Field Trip: Tour**
Invite a ProStart class to tour your operation “so that students can get a better view of how a restaurant works in person.” Schedule the tour with the educator so it occurs at a time that works for the class and for your operation.

**Field Trip with Food: Tour**
End the tour with a tasting!

**Short-term Class Mentor**
Schedule 3-5 visits to the same ProStart class to speak, teach, observe and interact with students.

*Actual ProStart student response to 2015 Student Survey question: “How can ProStart be improved?”*
Main Course

Class Mentor
Schedule return visits to the same ProStart class for a full semester (or a school year). You'll share what you like about the industry, how you got where you are, your aspirations, teach lessons, demonstrate skills, provide hands-on help as students learn and refine skills and develop a strong connection with the students and the educator.

Awesome Tour
ProStart students who've had this experience refer to it as the “Awesome Tour.” Invite a ProStart class to tour your operation, assign your team members to talk with students and guide them in a hands-on activity--and then treat them to a meal.

Dessert

Competition Team Mentor
Assist the educator prepare the school's culinary team or restaurant management team for their state ProStart Invitational. Become familiar with the rules and provide guidance to students as they prepare to compete. Accompany them to the state event and cheer their efforts. Who knows? You may be preparing them for one more event: the National ProStart Invitational. Your time commitment and schedule will be developed in concert with the educator.

Create an Internship
Work with the educator to create a paid internship for a ProStart student. Internships can be short-term (3-12 weeks) or longer-term (3-12 months). Regular feedback for the student and periodic check-ins with the educator are what set an internship apart from a job. There is no expectation of continued employment. Connected with more than one student? The educator will guide students through an application process and you will interview them and select your intern.

What’s Your Pleasure?
Place your Mentor Menu order with Wyoming State ProStart Coordinator, Jill Duval.

Email: jill@wlra.org
Phone: 307-634-8816
ext 202