



# MIDDLESEX COMMUNITY COLLEGE STRATEGIES FOR SUCCESS ADVISING GUIDE: *Hospitality Management, Culinary Arts*

The Hospitality Management, Culinary Arts Associate in Science in Business Administration program is designed to prepare students for careers in the many specialized areas of the food and beverage industry. It provides students with valuable practical experience in culinary courses held at a state-of-the-art culinary facility. The program offers cooperative field experience opportunities to work in the restaurant industry to practice skills, gain experience and investigate career pathways. It is appropriate for individuals with or without experience in the restaurant industry.



This advising guide includes information that will help you to explore your academic and career interests and determine whether the **Culinary Arts major** will support your long-term goals.



## EXPLORE YOUR OPTIONS WITH ACADEMIC ADVISING

Throughout each semester, meet with your advisor so that he/she can guide you through a self-exploration process that will help you identify your academic and career interests.

### Beginning of Semester:

- \_\_\_ Schedule an appointment to meet with your academic advisor during the first few weeks to discuss future plans and how a Business Administration Degree can help you achieve your goals.
- \_\_\_ Explore your personal interests by completing Focus2, an online career assessment tool: <https://www.middlesex.mass.edu/careerservices/focus2.aspx>

### Mid-Semester:

- \_\_\_ Schedule an appointment with academic advisor review your academic progress, Focus2 results and create an academic plan in Degree Works.

### Before Semester Ends:

- \_\_\_ Schedule an appointment to discuss and register for the classes you will take the following semester. (Early November for spring, Early April for fall and summer)
- \_\_\_ Visit the Academic Career & Transfer Center or call 1-800-818-3434 to schedule an appointment.

## ► INSIDE THIS GUIDE

- Exploring Your Options
- Personality Inventory
- Career Path
- Transfer Path

## HOSPITALITY MANAGEMENT, CULINARY ARTS PROGRAM OUTCOMES

Graduates of the program are prepared to:

- Demonstrate knowledge of appropriate culinary skills in a variety of settings, including but not limited to fine dining, medium- or high-volume restaurants, hotels, assisted-living facilities, function facilities;
- Communicate effectively using written, oral and nonverbal techniques, including the use of technology in the gathering and presenting of information;
- Interpret and analyze information in order to engage in critical thinking and problem solving with regard to the performance of culinary operations;
- Comprehend how various cultural differences impact the culinary industry from a local, regional, national and international perspective;
- Work in teams and recognize the meaning of mutual responsibility, so they are prepared to join the diverse workforce of the culinary industry;
- Comprehend the rapid change taking place in the culinary industry and will demonstrate an ability to engage in ongoing professional development;
- Complete 150 hours of co-op work, preparing them to successfully enter the culinary field;

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### **HOSPITALITY MANAGEMENT, CULINARY ARTS PROGRAM OUTCOMES (CON'T)**

Graduates of the program are prepared to:

- Receive their ServSafe® certification, and have completed a trio of culinary courses preparing them to step into the industry;
- Be prepared to seek employment in the restaurant industry in positions such as line cook, shift supervisor or sous chef;
- Positions can be found in the restaurant industry, including both chain and independent restaurants; as well as at hotels, country clubs, event facilities, cruise ships and casinos. Additional opportunities are available in food service at sites located in schools, business and industry as well as health care facilities



**Answer true or false to the following statements:**

This inventory will allow you to assess whether the **Hospitality Management, Culinary Arts major** fits your personality traits.

	TRUE	FALSE
1. I enjoy a quiet night at home more than a night out on the town.		
2. I enjoy watching The Food Channel.		
3. I am always late everywhere I go.		
4. I always get my school work done on time.		
5. I like to read instruction manuals for new products.		
6. I enjoy being a team player.		
7. Having two homework assignments due on the same day stresses me out!		
8. I like to work alone.		
9. If people are rude to me, I think it is okay to be rude back.		

**If you answered true to numbers 2, 4, 5 and 6; read on!**

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### **IS THE THE HOSPITALITY MANAGEMENT, CULINARY ARTS MAJOR THE RIGHT FIT FOR ME?**

Think about whether you have the following personality traits and abilities that you would need to succeed with a Culinary Arts Degree:

■ **Do you have an intense desire to cook, and be creative with your cooking skills?**

Chefs and Cooks have a direct role in food preparation, developing recipes, determining serving sizes, planning menus and designing meal presentation.

■ **Do you enjoy taking charge of situations and leading others?**

Chefs and cooks must have strong leadership and communication skills. The ability to motivate others is essential. Chefs and head cooks are primarily responsible for coordinating the work of cooks and directing the preparation of meals. They also assist with hiring and training staff.

■ **Are you the type of person who can maintain a calm attitude in stressful situations?**

Meal preparation in any food service operation is fast paced. Chefs and cooks are under constant pressure to get meals prepared quickly, while ensuring quality is maintained and safety and sanitation guidelines are observed.

■ **Are you willing to commit to a hectic schedule that may include holidays, nights and weekends?**

Work hours in restaurants may include early mornings, late evening, holidays and weekends. Chefs and cooks are always on their feet, often working long hours during peak business.

■ **Are you a people person?**

The food service industry is rich with diversity. You must be able to not only work as part of a team, but also provide direction to your staff. You will be required to work with other departments and staff, as well as deal with customer complaints. Ability to collaborate is a must and fluency in a second language is always a plus!

■ **Do you have a keen eye, sense of smell and strong attention to detail?**

Food service employees are required to be clean and sanitary. They must adhere to all food safety guidelines, ensure order accuracy, keep up on industry trends and above all present an appetizing and delicious meal!

■ **Do you have a desire to learn the proper food preparation techniques and methods?**

Chefs and cooks will need to know proper knife techniques and the proper use and care of kitchen equipment. They also need to be knowledgeable about purchasing and inventory methods, proper food storage procedures, how to minimize waste, and the basics of nutrition.

■ **Are you the type of person who likes to tackle a challenge?**

Problem solving and critical thinking skills are key to success in this industry. Every day is unique. New challenges pop up daily, and the ability to handle these challenges is a must.

■ **Do you have the right attitude?**

A passion for food, enjoyment of the service industry and love of this profession are what it takes to succeed with a culinary arts degree.

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### THE CAREER PATH

The U.S. restaurant industry includes about 480,000 restaurants with combined annual revenue of about \$375 billion. The industry consists of full-service restaurants, limited-service eating places, cafeterias, and buffets. Employment opportunities exist in restaurants, hotels, resorts, country clubs, casinos, cruise ships, sports and entertainment facilities and business and industry. Typical jobs include cook, chef, sous chef, and executive chef.

#### Career Planning Activities:

- \_\_\_ Work with career advisor to create resume, cover letter and help improve your interview skills
- \_\_\_ Identify internship and volunteer opportunities in your desired field
- \_\_\_ Attend career workshops and job fairs

#### Check out these sites for more information on this exciting field:

- American Hotel and Motel Lodging Association, [www.ahla.org](http://www.ahla.org)
- Mass Restaurant Association, [www.massrestaurantassoc.org](http://www.massrestaurantassoc.org)
- National Restaurant Association, [www.restaurant.org](http://www.restaurant.org)



### THE TRANSFER PATH

The Culinary Arts Associate in Science in Business Administration degree is designed to prepare students to obtain full-time employment in this industry. However, many students who complete this degree program decide to transfer on to a four-year Culinary Arts program.

#### Area Culinary Arts Schools with bachelor degree programs include:

- Newbury College, Brookline, Mass.
- Johnson and Wales, Providence, R.I.
- Southern New Hampshire University, Manchester, N.H.

#### Transfer Planning Activities:

- \_\_\_ Work with an advisor to discuss Articulations and transfer agreements
- \_\_\_ Visit your selected campuses in person. Every college looks good online or in a glossy photo, but you can get a better feel when you visit.
- \_\_\_ Meet with transfer counselor to identify transfer scholarships
- \_\_\_ Research admissions requirements and deadlines at four-year colleges and universities

### MCC ADVISING RESOURCES

#### Career Services:

<https://www.middlesex.mass.edu/careerservices>

#### Transfer Services:

<https://www.middlesex.mass.edu/transfer>

#### MassTransfer:

<https://www.middlesex.mass.edu/transfer/masstransfer.aspx>

#### Financial Aid:

<https://www.middlesex.mass.edu/financialaid>

#### Foundation Scholarships:

<https://www.middlesex.mass.edu/foundation/scholarships>

#### College Board Match Maker:

<https://bigfuture.collegeboard.org/college-search>

You can find more information about careers and salaries at: [www.bls.gov](http://www.bls.gov).