

BECOME A PROSTART® MENTOR



Develop future leaders in your industry!



Make a lasting impact



Contribute to a future



Support the industry



Give back to your community

What Is ProStart

ProStart® is a nationwide, career-building program for high school students which develops the best and brightest talent into tomorrow's restaurant and hospitality industry leaders. The program blends classroom learning with mentored work experience to teach high school students the management and culinary skills needed for a career in the hospitality industry.



Mentor Opportunities:

Mentors experience great opportunities to give back to the community by working with students on: culinary and management techniques, business aspects of the industry, field trips, events, and preparing and joining students for competitions.

Mentor Role:

Mentors get to know their community and build excellent networks by getting to know their students' educators and joining local advisory boards. As a mentor, you can provide students with: a wide range of work experience, regular feedback, job shadowing and letters of recommendation to deserving students.

As an Iowa ProStart® mentor, you have the opportunity to create a lasting impact on a student while contributing to the future of the Iowa restaurant and hospitality industry.

Mentor Benefits:

Being a mentor is easy and flexible. Mentors can design their own schedules and even choose the school where they would like to mentor. By developing future industry leaders, mentors are helping to develop a high-quality labor pool for the future of their own business and Iowa's hospitality industry.



Iowa ProStart® Schools

North:

- Charles City High School
Floyd County
- Hampton-Dumont High School
Franklin County
- Osage High School
Mitchell County
- Waterloo East High School
Black Hawk County
- Waterloo West High School
Black Hawk County
- Waverly-Shell Rock High School
Bremer County

Northwest:

- Sergeant Bluff-Luton High School
Woodbury County
- Sioux City East High School
Woodbury County
- Sioux City North High School
Woodbury County

- Sioux City West High School
Woodbury County
- Washington High School
Cherokee County
- West Lyon High School
Lyon County
- West Sioux High School
Sioux County
- Woodbury Central High School
Woodbury County

West:

- Atlantic High School
Cass County

East:

- Alburnett High School
Linn County
- Cedar Rapids Community High Schools
Linn County

- Davenport Community High Schools
Scott County

Southeast:

- Burlington High School
Des Moines County
- Mediapolis High School
Des Moines County
- Mt. Pleasant High School
Henry County
- Central:
Adel Desoto Minburn High School
Dallas County
- Des Moines Central Campus High School
Polk County

- Glidden-Ralston High School
Carroll County

- Saydel High School
Polk County
- Waukee High School
Dallas County

South:

- Moravia High School
Appanoose County
- Van Buren High School
Van Buren County

Feeding Dreams. Building Futures.

Mentor Time Commitment Sample:

(each visit is 1 to 2 hours long)

September
Sun Mon Tue Wed Thu Fri Sat
1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30

Contact my ProStart educator.
Schedule my first classroom visit.

October
Sun Mon Tue Wed Thu Fri Sat
1
2 3 4 5 6 7 8
9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30 31

My first visit to the ProStart classroom!

November
Sun Mon Tue Wed Thu Fri Sat
1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30

ProStart classroom visits and field trips.

December
Sun Mon Tue Wed Thu Fri Sat
1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

January
Sun Mon Tue Wed Thu Fri Sat
1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30 31

Weekly visits to my ProStart classroom.
Competition is coming soon!

February
Sun Mon Tue Wed Thu Fri Sat
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28

Feb. 28, 2017 Iowa ProStart Invitational! Iowa Events Center, Des Moines

March
Sun Mon Tue Wed Thu Fri Sat
1 2 3 4
5 6 7 8 9 10 11
12 13 14 15 16 17 18
19 20 21 22 23 24 25
26 27 28 29 30 31

Weekly visits to my winning ProStart team!

April
Sun Mon Tue Wed Thu Fri Sat
1
2 3 4 5 6 7 8
9 10 11 12 13 14 15
16 17 18 19 20 21 22
23 24 25 26 27 28 29
30

April 29 – May 1, 2017 – Travel with my ProStart team to the National ProStart Invitational, Charleston, SC

May
Sun Mon Tue Wed Thu Fri Sat
1 2 3 4 5 6
7 8 9 10 11 12 13
14 15 16 17 18 19 20
21 22 23 24 25 26 27
28 29 30 31

Mentor Commitment:

- Provide and coordinate industry-related speakers/presenters, and present/conduct classroom demonstrations.
- Visit your chosen school regularly to assist teachers/build relationships with students.
- Support ProStart Teams in preparation for the Iowa ProStart Invitational.
- Become a member of the school advisory board (typically meet 2-3 times a year).
- To find out how you can become an Iowa ProStart mentor, contact May Schaben at the Iowa Restaurant Association.



**Restaurants
Need Talent.
ProStart® Delivers.**

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 www.nraef.org
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