BE A MENTOR

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. From culinary techniques to management skills, the ProStart curriculum provides real-world experience and builds a long-lasting foundation for the future.

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 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, field trips, job shadowing and letters of recommendation to deserving students.

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 foodservice industry.

Iowa ProStart® Schools 2014-2015 School Year

North:
Waterloo West High School
Black Hawk County

Waterloo East High School
Black Hawk County

Charles City High School
Floyd County

Osage High School
Mitchell County

Waverly-Shell Rock High School (2015-16)
Bremer County

Hampton-Dumont High School
Franklin County

Northwest:
Sioux City East High School
Woodbury County

Sioux City West High School
Woodbury County

Sioux City North High School
Woodbury County

Sergeant Bluff-Luton High School
Woodbury County

Cherokee’s Washington High School
Cherokee County

North:
Atlantic High School
Cass County

Logan-Magnolia High School
Harrison County

East:
Cedar Rapids Community High Schools
Linn County

Davenport High Schools
Scott County

Alburnett High School
Linn County

Southeast:
Burlington High School
Des Moines County

Mediapolis High School
Des Moines County

Central:
Des Moines Central Campus High School
Polk County

Glidden-Ralston High School
Carroll County

Carroll High School
Carroll County

Waukee High School
Dallas County

Gilbert High School
Story County

Feeding Dreams. Building Futures.
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.
- 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.

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<tr>
<th>Mentor Time Commitment Sample: (each visit is 1 to 2 hours long)</th>
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### September
- 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
- 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
- 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
- 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!**

### January
- 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
- 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

**March 2, 2015 Iowa ProStart Invitational! Iowa State University, Memorial Union**

### March
- 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
- 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 18-20, 2015: Travel with my ProStart team to the National ProStart Invitational, Disneyland Hotel, Anaheim, CA**