Ten Habits of Highly Effective ProStart Interns

1. It’s not just a job . . .
   The ProStart Program is looking for a few good, dedicated, focused, committed, over-achieving students who want more than a job—they want to begin their hospitality careers right now.

2. Rotation is the “spice” of life . . .
   ProStart students will rotate through a variety of positions at quick-serve, casual, fine dining, institutional, catering, and lodging establishments. Paying your dues will “pay off”—college credit, scholarships, advanced job placement!

3. 48 hour rule . . .
   ProStart students will contact the potential employers within 48 hours of receiving their names and numbers OR risk losing a great opportunity.

4. Remember to advertise . . .
   The second you contact your potential employer, your AD begins…remember, there are NO guarantees in life—it’s your job to get the job!

5. Always get it in writing . . .
   You CANNOT begin your internship adventure without a signed employment contract. Without a contract, your work experience will not add up to the 400 hours required to graduate from the ProStart program with a certificate of achievement.

6. Talk to your higher power . . .
   Using your Student Work Experience Checklist meet with your industry mentor and ProStart Instructor 15–20 minutes per week to discuss your progress.

7. Teach your students well . . .
   Your ProStart Instructor will monitor your academic and internship progress, and relay this information to the statewide ProStart Program Coordinator.

8. Go for the gold . . .
   ProStart students are enrolled in an elite hospitality education and internship program. Be prepared to be held to a higher standard. It’s your job to keep your job.

9. Who’s in charge?
   YOU ARE—Ask…Remind…Rotate. Get the most out of your internship experience through effective communication with your mentor.

10. Where does this road go?
    ANYWHERE!*

*Experience Required

Adapted with permission from the Colorado Restaurant Association ProStart Program.