

## 10 TIPS FOR CHOOSING THE RIGHT CAREER FOR YOU

*How does a person know what career to work toward? There is no perfect answer, but the following 10 tips will get you off to a good start.*

- 1 Get to know yourself** – Complete more than one self-assessment test.
- 2 Identify your strengths and weaknesses** – What do you do well and what do you not do well?
- 3 Develop an inventory of careers** – Write down some careers that might interest you.
- 4 Research different careers** – Talk to others and use the Internet.
- 5 Write the pros and cons** – List positives and negatives about the careers that interest you.
- 6 Network** – Discuss your ideas with others.
- 7 Talk with people who work in your area of interest** – Family and friends are great resources.
- 8 Find a mentor** – Find someone with whom you can discuss your career selection.
- 9 Experiment** – Take a related class or part-time job.
- 10 Don't give up** – "If there is a will, there is a way."

CAREER OPPORTUNITIES IN

# HOSPITALITY, TOURISM, AND RECREATION INDUSTRY SECTOR



*A Partnership for Success*

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The Hospitality, Tourism, and Recreation Industry Sector encompasses many different yet interrelated careers. If you enjoy working with different people on a day-to-day basis this could be the career industry for you. Students who follow this sector are eligible for positions throughout the world with great potential for advancement. Whether you have a passion for cooking, travel, sports, or nutrition, the following career paths will give you the education and experience necessary to become successful.

The **California Career Resource Network**, [www.californiacareers.info](http://www.californiacareers.info), is an online resource for exploring careers, personal interests, and reality games.

Go to the **California Career Zone**, [www.CACareerzone.org](http://www.CACareerzone.org). The *Interest Profiler*, under *Assess Yourself*, identifies personal interests leading to further investigation. We recommend that you spend a few minutes completing these assessments.

# Career Pathways



## Food Service and Hospitality Pathway

The paths in the Food Service and Hospitality Pathway prepare students for a wide range of careers in restaurants, hotels, clubs, schools, resorts, hospitals, and institutions. The pathway focuses on key aspects of the industry including sanitation and safe food handling, food and beverage production, nutrition, food service management, and customer service. A self-motivated person might also take these skills and open a catering or food service business.

### CAREERS/CAREER AREAS:

- Line Cooks
- Sous/Executive Chefs
- Food Stylists
- Pastry Chefs
- Bakers
- Caterers
- Wait Staff
- Food Service Directors
- Food Designers
- Food Expeditors



## Hospitality, Tourism, and Recreation Pathway

How would you like to spend every day at Disneyland? Not as a tourist, but as an employee of the theme park, helping others have fun. The Hospitality, Tourism, and Recreation Pathway includes careers in lodging, travel services, eco-tourism, recreation, and event planning. This pathway appeals to students who enjoy working with people and are willing to acquire or already have excellent communication skills. With California being a popular vacation spot, career opportunities in this pathway are always plentiful.

### CAREERS/CAREER AREAS:

- Recreation Leaders
- Event/Wedding Planners
- Theme Park Staff
- Flight Attendants
- Concert Promoters
- Travel Company Owner/Managers
- Club/Resort/Hotel Managers
- Travel Agents
- Cruise Ship Staff
- Interpreters/Translators
- Sports Officials



## Food Science, Dietetics, and Nutrition Pathway

This pathway focuses on three specializations centered on the science of food and its relationship to the health and well-being of individuals. It involves food from harvesting to consumption. With health concerns related to food and diet that are commonplace in the United States, people with knowledge and skills in food composition and preparation will be in high demand. Jobs which address the special needs of seniors and children are predicted to experience large growth as our population changes.

### CAREERS/CAREER AREAS:

- Dietary Aides
- Dietary Chefs
- Personal Chefs
- Food Scientists
- Food Product Testers/Tasters
- Dietetic Technicians
- Registered Dietitians
- Food Product Developers

