

Virginia Western Community College
SDV-101
Orientation to Culinary Arts

Prerequisites

No Prerequisites are necessary.

Course Description

Introduces students to the skills that are necessary to achieve their academic goals, to services offered at the college and to the discipline in which they are enrolled. Covers topics such as services at the college including the learning resources center; counseling, and advising; listening, test taking, and study skills; and topical areas that are applicable to their particular discipline.

This course will assist students in establishing a connection with the college using a small group format to acquaint students with other students. The course introduces students to the academic, personal and social skills necessary to achieve their academic goals, to services offered at the college and to the discipline in which they are enrolled. It covers topics such as goal setting, academic advising, listening, discipline specific writing skills, information literacy, academic honesty and topical areas that are applicable to their particular discipline. Explores transfer options for achieving academic goals. Lecture 2 hours per week.

Semester Credits: 2**Lecture Hours: 2****Required Materials****Textbook:**

No textbook is necessary.

Other Required Materials:

College Catalog Internet Access

Course Outcomes**VWCC Required Outcomes:**

- **Budgeting and Financial Resource Management:** The student will be able to create and follow a basic budgeting process and understand the basics of resource management.
- **Academic Career Planning:** The student will be able to plan and structure an academic career plan that best suits their needs.
- **College Policies and Resources:** The student will be able to navigate the available VWCC resources and policies.
- **Academic Skills:** The student will identify the skills necessary to be successful in his/her academic program.

- **Life Management:** The student will demonstrate understanding of life management and help student borrowers understand how to manage their debt and repay their loans
- **Social/Interpersonal:** The student will demonstrate understanding of social interactions.
- **Wellness:** The student will demonstrate understanding of healthy life decisions

Culinary Specific Outcomes:

Topical Description

Week 1 Introduction

Week 2 Pride and professionalism

- Professionalism in a commercial kitchen
- Proper attire
- Mutual respect
- Understanding the team dynamic

Week 3 Career Pathways

- Degree and certificate pathways at Virginia Western
- Diversification
- Higher Education pathways upon graduation
- The process of transferring to another institution

Week 4 Certification breakdown

- Trade organizations for the hospitality industry
- ACF certification
- NRA certification

Week 5 Video – (CMC Certification Exam)

- An in depth look at the Certified Master Chef examination

Week 6 Resume Writing for Chefs

- Proper resume writing techniques

Week 7 Interviewing for the win

- Proper attire for interviewing
- How to separate yourself in the interview process
- Presentation and telling your story

Week 8 Mock Interview I

- Mock interviews with real questions and attire for each individual

Week 9 Mock Interview II

- Mock interviews with real questions and attire for each individual

Week 10 Mock Interview III

- Mock interviews with real questions and attire for each individual

Week 11 The Mental Game

- How to mentally prepare yourself for the industry
- Mental mise en place
- Preparing your staff for service and events

Week 12 Leadership in the kitchen

- Best practices for leadership in a kitchen environment
- Working with the team dynamic
- How to lead in a diverse environment

Week 13 Open forum

- Guest speaker from the corporate side of the hospitality industry
- Question and answer open discussion with class (interactive)

Week 14 Video (Culinary Olympics)

- Culinary history
- Description and process of the competition arena

Week 15 Chef Panel Discussion

- Guest Chef speakers from the independent side of the industry
- Sexual Harassment Training
- Question and answer open discussion with class (interactive)