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.