

# Advisor

SECONDARY SCHOOL COUNSELLORS' LINK TO UCC

January, 1994

Kamloops, B.C.

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## BC High School Students' Applications to UCC

This year Admissions initiated a pre-Christmas mail in application service for BC Secondary School students who wished to apply for programs of study at the University College of the Cariboo. As of January, the Admissions office is accepting applications both in person and by mail, so students in the Kamloops area can apply at the Admissions Office during the week if they choose.

The major change has been to accept applications without an interim transcript, asking instead for the applicants Provincial Exam Number. This allowed UCC to accept applications starting in mid-November instead of mid-February. While many students have taken advantage of this earlier application opportunity, there appears to be students who still think they must wait for interim grades, or who think that the change means the actual date of application isn't important.

Counsellors are asked to remind their Grade 12 graduating students that if they have any interest or intention of apply to UCC, they should do so now—especially if they are applying to

enter first year academic studies. If you need more forms, please call UCC Admissions at (604) 828-5071.

This new approach has made the application process fairer for all students because everyone has equal access to the mail service. In this way people from throughout the province, but especially the students in our region from outside of Kamloops are competing on a level playing field with the Kamloops students. We have

had very positive feed back from the secondary school principals both in Kamloops and from throughout the region and everyone seems happy with the new approach. Appreciation and thanks go out to the High Schools for their cooperation in assisting their students to apply at UCC. Team work really works and the applicants and UCC have benefited from this cooperation. Well done everybody!

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## Counsellors' Conference '94

Thank you to all secondary school counsellors for turning out to our annual Counsellors' Conference. We were especially delighted that some of you joined us at our Department Open House after the Conference.

We very much appreciate your input on the content of the Conference, and rely on it to guide us in planning the next Conference.

This year, your evaluation indicates that the student panel was a hands-down winner. Additionally, we received positive com-

ments on our keynote speaker, Paul Gallagher, and the information on PASBC as well.

Some of you noted the constraints of time, and attempting to do too much in too little time. This is a dilemma we struggle with each year, as we try to cover relevant information plus a slate of activities that make the day both meaningful and enjoyable.

We thoroughly enjoyed spending time with you, and hope to work even more collaboratively in the new year.



# Professional Cook Training at UCC — “Th

**“When it comes to good food and fine dining, there are very few people who know that UCC ‘wrote the book’ on chef training in BC.”**

**A**s the average age of the population increases, the trend for fast food restaurants is expected to decline in favour of restaurants and fine dining establishments that provide table service and more varied menus. Professional cooks and chefs de cuisine will be needed to keep pace with the demand. Additionally, as BC continues to attract growing numbers of international visitors each year, employment opportunities in the field of food preparation and management are expected to grow at a substantial rate.

Graduates find work in family and fast food restaurants, exclu-

sive restaurants, institutions, clubs, and hotels and resorts.

Graduates also have opportunities to work abroad, since the advent of international cuisine ensures that whether you are working in Europe or Canada, food preparation is essentially similar.

Many successful cooks find that they can apprentice in Canada, travel to Europe to expand their inventory of skills and experience, and then return to a great number of jobs across the entire country.

The Cook Training Program has been in operation since 1972 and the provincial curriculum

taught at other colleges was originally pioneered at UCC. Although the program is 12 months long, it actually takes 15 months because students get a three month break during June, July and August.

Students are trained in large quantity cooking in the college restaurant. They are prepared from the start to effectively meet the requirements of the workplace and the demands of the public. Levels I and II are combined within the first nine months of the program. After a four week introduction that covers Safety, Sanitation and Basic Food Management, students spend the next eight months rotating through eight different stations. Topics covered during this period include:

- Vegetable and Starch Cooking
- Meat and Poultry
- Seafood
- Stocks, Soups and Sauces
- Cold Kitchen
- Baking Desserts
- Cutting and Processing of Meat, Poultry and Seafood
- Health Care and Kitchen Management

Two of the most popular areas are entree and pastry training, since students enjoy a chance to show-off their talent and ingenuity.

Level III constitutes the last three months of the program. Students work in the afternoons and evenings in the UCC public dining room, where they prepare specialty items ranging from hors d'oeuvres to meat and game dishes, patés and flambe, desserts and frozen souffles. Anyone

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## Tourism Department launches Tour Coordinator Certificate program

The Tourism Department is offering a one-year certificate for students interested in the tour guide industry. The Tour Coordinator Certificate teaches the theoretical and practical skills needed by well trained tour guides to develop itineraries, research information for trips, work with hotels and restaurants, keep accurate records and explore new areas of tour guiding. Graduates of the program may expect to be involved not only with coach travel, but with Heritage Tours, Native Cultural Tours, Educational Tours, Ski Hill and Adventure Tours.

### Educational Requirements

- Grade 12
- Math 11, Accounting 11 or Math 051 with a “C+”
- 67% on the combined English 12 and Government Exam; or Level 3 on the Composition section of the Language Proficiency Index (LPI); or English 050 with a “B” or better



# The Career Recipe"

who has even enjoyed a world-class meal in the dining room can attest to the skill and creativity demonstrated by the students who prepare and present the food. The last phase of the program is also where students become well-versed in planning menus and applying food cost controls.

The UCC program gives credit toward the three-year Apprenticeship program in BC, and encourages students to continue their training by completing an apprenticeship and becoming a Journeyman Cook.

Journeyman cooks are then eligible to become members of the Canadian Federation of Chefs (CFCC) and Cooks and register in a study program to become a Certified Chef de Cuisine. Membership in the CFCC and five years experience as a journeyman cook are prerequisite to enter the Certified Chef du Cuisine program.

As with most things, wage potential is commensurate with education and experience:

Entry Level: \$8 – \$10/hr

With Experience: \$10 – \$18/hr

Senior Level: \$30 – \$100/hr

When first hired as a junior cook or as an apprentice, individuals will be expected to do basic tasks such as washing pots, cleaning and vegetable preparation. Not only do they observe the operation of the kitchen during this time, they also observe the various specialized jobs performed by more experienced cooks, so that they can decide whether to be a generalist cook or a specialty

cook. Some specialties are, for example:

- garde manager (cold kitchen cook) who prepares salads and buffets
- saucier (sauce specialist) who provides accompaniments to fine or haute cuisine
- entremeter who prepares and cooks vegetables, pasta and egg dishes
- patissier (pastry and baking cook) who prepares and decorates desserts and specialty cakes

Other specialist positions in roast cooking, broiling, and vegetable or soup preparation provide opportunities for advancement toward becoming a Chef de parte (head of one of a specialty area, a sous Chef (an assistant to the Chef), or an executive Chef (the head or supervi-

sor of the other cooks in the kitchen.)

## Admission Requirements

- BC Grade 10 (or equivalent) is a minimum and Grade 12 is preferred.
- Successful medical
- Interview
- Successful completion of a CAT pretest

Intakes for the program are March, September and November of each year.

## Estimated Cost Summary:

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|----------------|---------|
| • Tuition Fees | \$1,400 |
| • Books        | \$400   |
| • Tools        | \$170   |

Students are billed every four months.

The application package is available from Admissions. Call 828-5071.

## What Students Are Saying

Graduate **Marilyn Mlazgar** hasn't sat still for a moment since completing the Professional Cook Training Program. After apprenticing at Kamloops Towne Cryer, she spent time at Bishop's, a 5-star restaurant in Vancouver and Kamloops' Dome Motor Inn, as well as becoming a member of the UCC Cook Training Advisory Committee. Marilyn is working towards her Chef de Cuisine Certification, and says the best part about cooking is that "you never stop learning".

After graduating **Murray Hill** worked in a small German restaurant at Banff Springs. He plans on working abroad as soon as he completes his apprenticeship. He is also interested in teaching and says "some place small but good like UCC" would suit him just fine.

**Darren Calibaba** "always enjoyed being creative with food". After receiving the Restaurant and Businessman's Association Scholarship for UCC, he was well on his way. Working for the prestigious Meridien Hotel in Vancouver, Darren discovered "it's a challenge to work to the high standards of the industry, often at a hectic pace". Although he plans to stay in the hotel business for some time, his ultimate goal is to teach. "My instructors at UCC played a big role in my career, he says. They made learning interesting and fun".



## Postscripts from the Edge

This section of The Advisor is intended to answer questions you may have, or defog areas that cause Counsellors the most concern. To this end I need your help in identifying where those difficulties lie, and invite you to call or fax me with those burning questions. It is likely that the question you ask is of common concern.

**Q** What kind of programs does UCC have for students with learning disabilities?

**A** UCC has two full-time programs, the Transition to Education or Employment program and the Vocational Skills Training program. The goal of both programs is entry level employment.

Students enrolling in these programs have a variety of disabilities that prevent them from completing the prerequisites for other college programs. Most of the students have had learning assistance help or some form of modified grading in their secondary school courses.

In the Transition to Education or Employment program, courses in communication, job skills, work experience, and job shadowing prepare students to:

- Communicate effectively with co-workers
- Work effectively within group settings
- Demonstrate job search skills
- Make an appropriate career decision
- Display good work habits

In the Vocation Skills Training Program students choose one of the following areas: Automotive Repair Shop Assistant, Kitchen Assistant, Horticulture Assistant or Office Assistant.

Students in all programs learn effective employee behaviors, communication and listening skills, problem solving, as well as resumé writing and interview skills.

These programs begin in September and spaces are limited. All applicants must have an identified disability, participate in an assessment and interview, and demonstrate an interest in training. For further information call the Department Chairperson, Lois Peters, at 828-5298.

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## Updates

### Advisor

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Printing

UCC Print Shop

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- There will be no intake of new students for the Medical Laboratory Program for Fall semester 1995. The program is currently undergoing revision and is expected to be admitting students for Fall semester 1996.

- First Nations Awareness Week is being held Feb. 6th – 10th. Highlights include a video festival, silent auction and Elders' Luncheon. An evening of per-

forming arts is slated for Thursday, Feb. 9th at 7 pm in the theatre. The evening will include storytelling, dancing, drumming, and a performance by contemporary band Wakesiu. Admission is by donation. On Friday the 10th, a free workshop on First Nation health education and welfare will be held from 10 am to 12 pm in Room A126.