

**Erasmus+ project “Promoting Catering”  
Nr. 2018-1-LV01-KA229-046960**

**PEER SUGGESTIONS for motivating students in the catering field**

**Background**

Motivation plays a significant role in a student’s learning and development. It is part of teachers’ pedagogy to develop in students the desire for new knowledge and understanding, known as intrinsic motivation. All students are unique; educators, through implementing a variety of motivational techniques, can have considerable influence on students’ participation and self-expression. Individual teachers have the capability of making learning empowering, thus allowing the energy of the classroom to be filled with excitement and anticipation. It is important for teachers to think about ways to motivate students in the classroom, as part of the process of developing lifelong learners and to develop effective practice.



A teacher’s passion significantly impacts upon the energy of the classroom, enhancing the value of the task and intriguing students into wanting to know more. A teacher’s interest can also become a student’s interest.

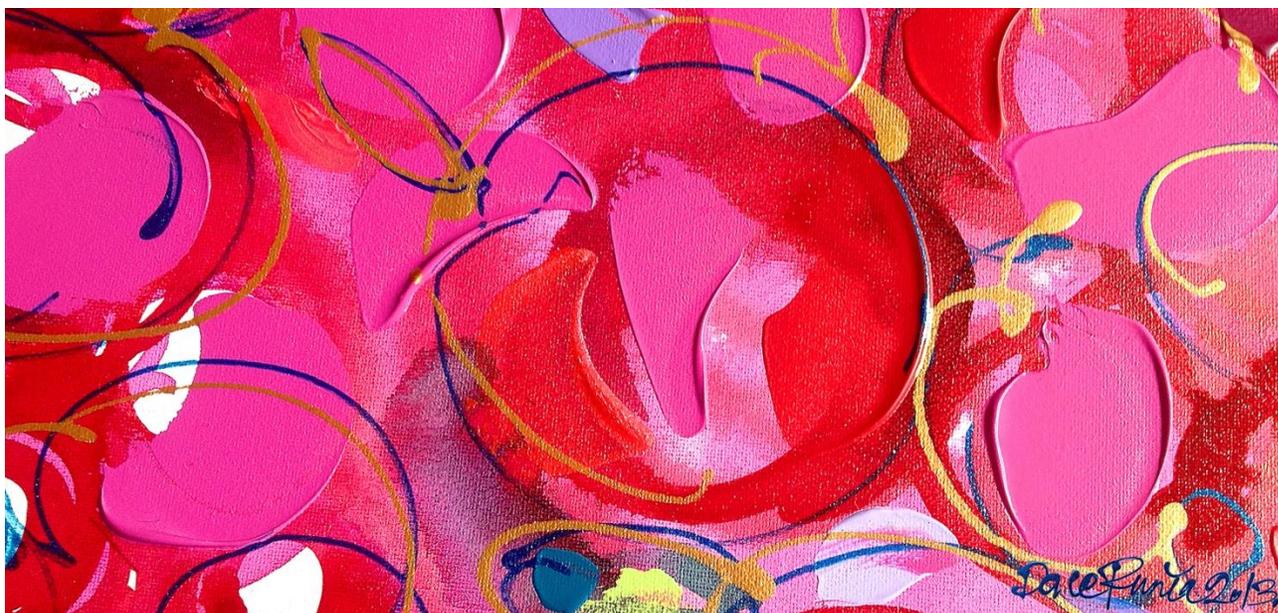
## Recommendations

- IMPORTANCE OF THE FIRST WORK EXPERIENCE

Since we believe that the first work experience is essential to encourage students to continue the studies they have started, schools have to provide practices, apprenticeship, work based learning in starred restaurants where they can get in touch with qualified chefs who manage to arouse great interest in students. They have to learn about modern, innovative techniques and technologies in the field of the restaurant industry and catering in particular.

- TRAINING CONTENT

The content of studies must be constantly improved and updated in accordance with the requirements of the labour market and the rhythm of youth life; teaching content and teaching methods cannot be boring; it is necessary to provide as much practical training as possible (learning by doing) and the opportunity for continuous self-improvement.



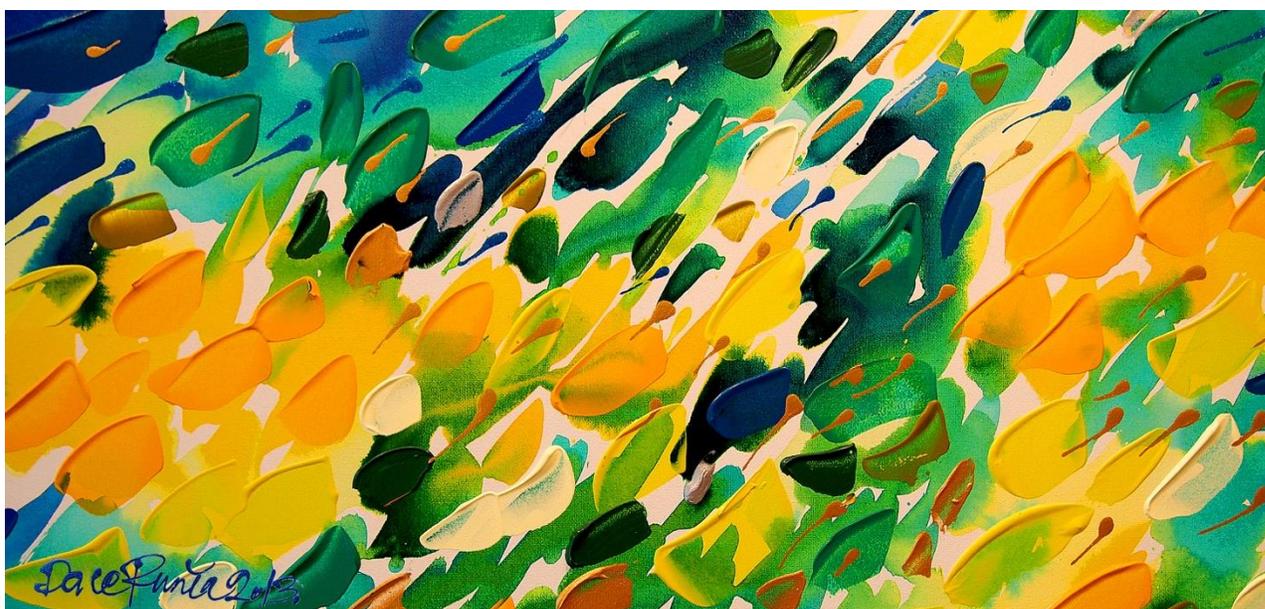
- TO HAVE EXAMPLES TO IMITATE

All famous chefs have attended one school or another; it is important to find successful alumni of a particular school to set them as real examples of the possibility of making a fantastic career in the catering field. These chefs belong to the National Team of Chefs and they offer a great motivation to the students: they are models to imitate. For adolescents, having a positive role model can be very influential on their life choices.

- PARTICIPATION IN EVENTS

It's important that students participate in as many catering-related events as possible because this offers a gratification for their (theoretical) studies and strengthens their motivation, as well as incites them to improve their entrepreneurship skills.

They have to have the opportunity to participate in National Competitions every year; in addition (or failing that), the school can make its own competition, for example, "The best student of the year" could be another interesting way to motivate and stimulate the students. It is important to have the element of competition as this — in addition to being a simply exciting event to participate in — prepares the students for real life success and failures.



The students also love working as a team when participating in competitions at local, regional, national and even more so, at the international level.

- INTERNATIONAL EXPERIENCE

Offering the students to gain international experience can prove to be a powerful motivating tool for many students; many of them after graduating wish to explore the world, some might simply enjoy gaining additional skills further to be used in their work. Whatever the reason for participation, it is highly recommended to offer such an opportunity to all students. In this project, for example, the students appreciated the change to learn the skills of creating and preparing menus for different catering events, including Italian and Latvian cuisine; to master the skills of beautiful design and presentation of catering products for catering; to learn about foreign standards in the field of catering service; to develop and improve their culinary skills, to look for original ways to combine products and turn them into culinary masterpieces.

- INFRASTRUCTURE

Students have to have the opportunity to gain experience working with contemporary, modern technological and catering equipment. If the school can't provide such equipment it is advisable to cooperate with high quality restaurants in local, regional, national and international level.

MEDIA

Using media, and working with media is another way to stimulate and motivate students through the use of visual images via video, digital footage and simulations, popular movies and so on. There are many television programs dedicated to the “art of cooking” in recent years. In addition to being a great entertainment, they teach without teaching, which for many adolescents is the best way to learn. These cooking shows condition students a lot and encourage them to continue their studies by allowing them to image (in a very direct and unmistakable way) being able to become great chefs or restaurant owners.



- PATHWAY

It is necessary to lay out a very particular pathway right up front, before the student has even begun his or her studies. The student does not have to make the choice yet, but he or she has to see very clearly the opportunities that there are after graduation. These can include such choices as continuing with part-time studies, going straight to work, joining university for full time studies, or, when necessary, combining studies with work; it also helps to have a very

clear career opportunities spelled out in detail. This should be presented in an attractive form and handed out to all prospective students when they express an interest about studying catering at a particular school.

- **MOTIVATIONAL SLOGANS**

And last but not least, do not underestimate the power of a very simple motivational tool that should be used all the time all time — motivational slogans to be spread during events, in media, and in the daily life, adjusting them to the needs of the target audience. Be creative! Be a teacher and a psychologist!

“A chef never goes hungry!”; “Any chef has a lot of job opportunities”; “The catering specialist has a wide professional experience, and you can choose who you want to be – a cook, a waiter, a kitchen manager, an entrepreneur, a bartender, etc.”; “You will never be bored in this profession”; “Come and make a lot of friends!”



## ***Conclusion***

As Thomas A. Edison has said, “our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time”. As teachers, it is our responsibility to inspire and to lead by example. We should never give up on our students, and we should work hard in helping them to stay motivated and supported though any difficult or uncertain times. We hope that the recommendations contained herein will offer an inspiration to you and your school!