



Strategies for Student Success

This document is a resource to help students enrolled in either FOOD degree (the BA in Food Studies or the BS in Nutrition and Food Systems) to navigate their college careers and make choices today that will lead to fulfilling experiences and successful careers upon graduation.

Degrees:

In addition to your FOOD Degree, you can gain valuable skills by pursuing a minor and/or double major in the following fields:

- Environmental Sciences:
 - Environmental Engineering (BS)
 - Environmental Science: Soil, Air, and Water Emphasis (BS)
 - Environmental and Water Resource Economics (BS)
- Agricultural Sciences:
 - Agricultural Technology Management and Education: Leadership and Communication Emphasis (BS)
 - Agricultural Technology Management and Education: Teaching Emphasis (BS)
- Applied Humanities: Spatial Organization and Design Thinking Emphasis (BA)
- Entrepreneurship (BS)
- Natural Resources:
 - Natural Resources: Global Change Ecology and Management Emphasis (BS)
 - Natural Resources: Conservation Biology Emphasis (BS)
 - Natural Resources: Fisheries Conservation and Management Emphasis (BS)
- Sustainability:
 - Sustainable Plant Systems: Fresh Produce Safety (BS)
 - Sustainable Built Environments: Sustainable Landscapes Emphasis (BS)

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- Sustainable Plant Systems: Controlled Environment Agriculture Emphasis (BS)
 - Education (BA)
 - History (BA)
 - Public Health:
 - Public Health: Environmental and Occupational Health Emphasis (BS)
 - Public Health: Global Health Emphasis (BS)
 - Applied Science: Early Childhood Education Emphasis (BS)
 - Family Studies and Human Development (BS)
 - Journalism (BA)
 - Art and Visual Culture Education:
 - Art and Visual Culture Education: Teaching Emphasis (BA)
 - Communication (BA)
 - Government and Public Service (BA)
 - Global studies (BA)
 - General Studies (BA)
 - Gender and Women's studies (BA)

And more.

Tip: A double major might not be right for everyone, so try for a minor, personalized minor, or certificate that will boost your credentials and help build other skills needed for your future career that may be outside of your main field of study.

Desirable Skills

Here is a list of skills and abilities that are highly valued by employers across different food-related industries and job sectors.

- ❖ Excellent interpersonal skills: Build strong relationships with community members and partners.
- ❖ In-depth knowledge of food systems: Be able to understand and articulate the complexities of food-related issues, including social, cultural, environmental, economic, and political considerations.
- ❖ Excellent communication skills: Strong oral and written communication abilities that can reach diverse audiences.
- ❖ Critical thinking skills: Strong analytical and problem-solving skills.

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- ❖ Effective work ethic: To be able to work independently or part of a team-- take initiative, be resourceful, responsible, and punctual.
 - ❖ Strong technological and computer skills: digital bookkeeping, database management, Microsoft platforms, Google suits proficiency, experience working with Zoom and/or other video calling platforms, and proficiency in social media platforms.
 - ❖ At least two or more experiences with outreach projects related to food systems, agriculture, sustainability, community organizations, or other related fields.

Tip: You will cultivate many of these skills as you complete coursework in your FOOD degree. Be sure to keep copies of your written work and presentations so you can access them at a future date to use as writing samples or to inform new work related to an issue you have already researched in the past. All FOOD students are required to submit a portfolio of written work as a part of your Senior Capstone class. Copies of your work should be saved in a secure location and NO, the desktop of your computer or the D2L portal of your class does not count as a secure location!)

Prior work and volunteer experience(s)

Tip: In addition to excellent schoolwork, employers highly value work and volunteer experiences. As an undergraduate student, be sure to pursue leadership and engagement opportunities each year. This can be done by joining a club or helping to organize an event. Remember to keep your options open and work with different organizations, programs, events in and out of the U of A. To gain early exposure in your local food system in a real-world setting be sure to volunteer in community outreach projects and programs. Find a position where you can also obtain interpersonal communication skills and program efficiency (community colleges, university programs, new local businesses, etc). Be on the lookout for workshops that will enhance these skills. Take advantage of the many people you work with to network and ask for letters of recommendation and references. Keep up-to-date on your experiences and update your resume regularly.

Types of extracurriculars

Tip: When choosing an extracurricular(s), be sure to find something that not only aligns with your degree but that also enhances your skillset and that is of interest to you. Being a jack of all trades is beneficial in today's work environment. And remember to find something you are passionate about!

1. Join an organization that focuses on outreach to the community or the environment. Ask for the Opportunities In Tucson Document for a list of organizations focused on food-related efforts.
2. Become a member of any club that focuses on these areas: agricultural 101, rainwater harvesting, food systems, food waste, food politics, community structures, food deserts, nutrition, public health, sustainability, environmental conservation, entomology,

gardening, and other related subjects. Click here for club directory:

<https://arizona.campuslabs.com/engage/Organizations>

3. Be on the lookout for leadership workshops in computer learning platforms, leadership, presentation skills, communications, food systems, agriculture, etc.
<https://career.arizona.edu/events/workshops-mixers-and-more>, <https://diversity.arizona.edu/future-leaders-workshops>
4. Sign up for scholarship-based or free classes that offer certificates of completion in business, leadership, management, agriculture, etc (Summer classes, 5-week special offer classes, and other classes outside of your academic plan).
5. Apply for related internships that will accumulate skills and work experiences. You can find food-related internships here: <https://foodstudies.arizona.edu/internships>

Food-related organizations and clubs:

- ❖ Community Food Bank of Southern Arizona (Caridad Community Kitchen)
- ❖ Community Gardens of Tucson
- ❖ Compost CATS
- ❖ Felicia's Farm
- ❖ Flowers & Bullets
- ❖ Iskashitaa Refugee Network
- ❖ Native Seed S.E.A.R.C.H
- ❖ Tucson City of Gastronomy (TCoG)
- ❖ UA Campus Pantry
- ❖ UA Food Science Club
- ❖ UA Garden Kitchen

Career and job search tips:

1. Make an appointment with UA career counselors and visit [Life Lab](#).
2. Find something that fits your interests that correspond with your academic career plan.
3. Create a general cover letter and resume that can be easily updated depending on the position you apply for.
4. Use keywords when searching for potential careers (i.e. “food system”, “food resources”, “food nonprofits”, “food system careers”, “community outreach”). For more ideas of keywords to use in your search, ask about the Keywords Guide for food system career and job keywords.
5. Research potential positions on the Food Studies Program webpage for [internship opportunities](#).

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6. Reach out to the organization or institution you are interested in and network within the community.
 7. Create a profile on LinkedIn or other online professional community to stay in touch with your peers after graduation.

Check out these resources:

- ❖ Discover and network with a list of potential organizations and businesses of interest to you. Ask about the contact list to connect with our Tucson Local Food System partners and The Opportunities In Tucson Document.
- ❖ Search job postings listed here: [Food System Jobs](#) & sign up for the [COMFOODJOBS](#) email list.
- ❖ Revisit the [UA Food Studies Program Home Page](#) and get a better look!
- ❖ Sign up for the bi-monthly listserv of the [UA Center for Regional Food Studies](#) to stay in the know of events and job opportunities. Join [here](#).

