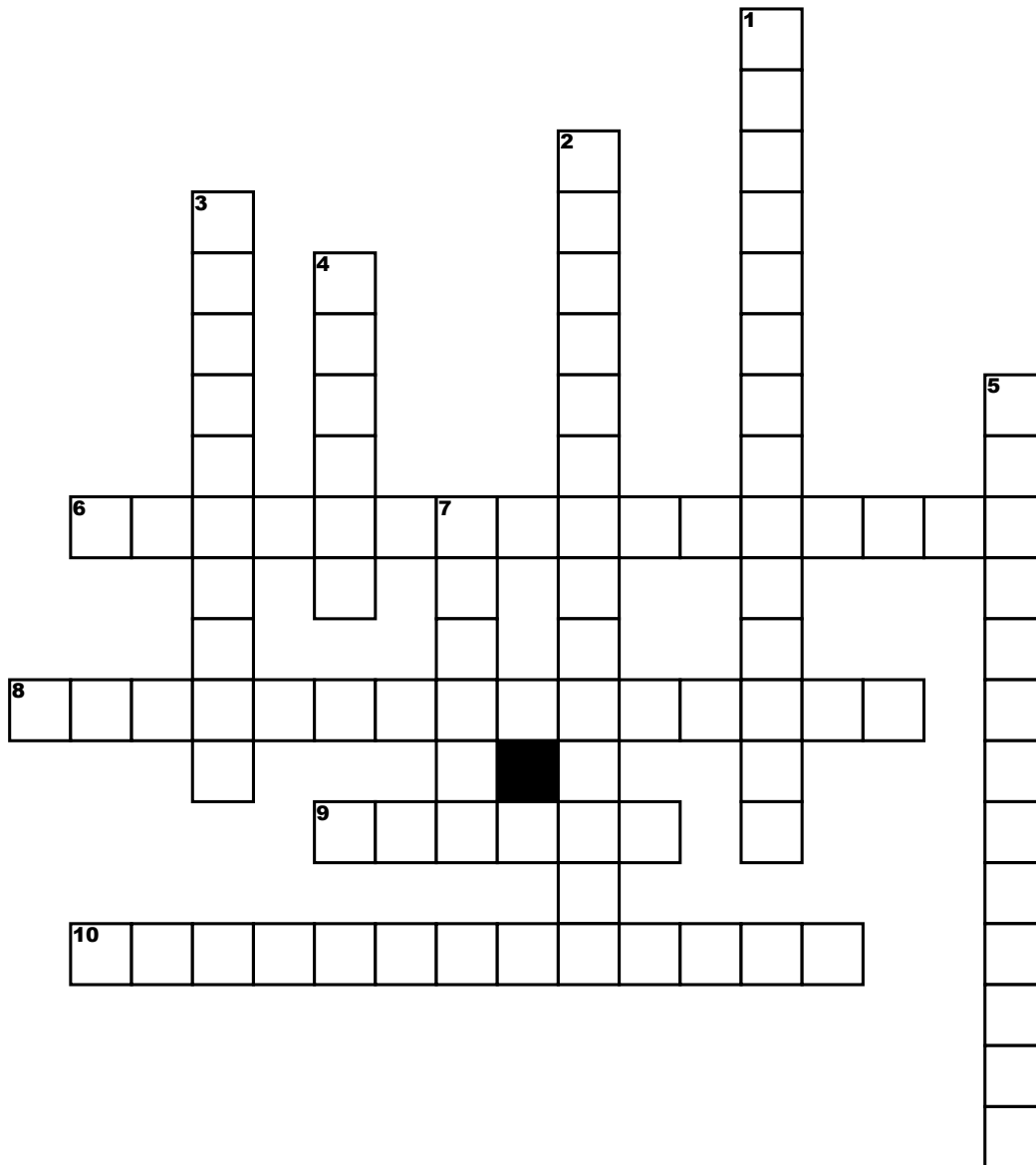


Chapter 2: Vocab Crossword Puzzle



Across

6. A process people use to identify what causes stress for them in the workplace as well as in their personal lives; once a stress is identified, various strategies can be applied to minimize its effects.

8. Refers to the food service employees who serve guests directly; front-of-the-house positions include managers, assistant managers, banquet managers, dining room managers, maitre d's, host/hostesses, cashiers, bar staff, serving staff, and busers.

9. A profession or work in a particular field that individuals choose for themselves.

10. A series of jobs through which people can advance to further their careers.

Down

1. Refers to food service employees who work outside the public space; back-of-the-house positions include chefs, line cooks, pastry chefs, crew (or shift) supervisors, dish washers, bookkeepers, storeroom clerks, purchases, dietitians, and menu planners.

2. The use of tools to increase a person's efficiency and productivity the skills needed for effective time management include planning, goal setting, setting priorities, and delegating.

3. Connecting with several people to build relationship that may result in career advancement industry updates, and greater knowledge and skills.

4. The condition where, or feeling that, demands exceed the resources available for use.

5. A job that requires little or no previous experience; entry-level jobs are an important starting point for all career pathways and usually lead to other positions with more responsibilities that require more experience and/or specialized skills.

7. Someone who can play the role of a wise adviser to help guide a person along his or her career path.