

Michael Quintana

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Objective

To further my experience and knowledge in a field of any job that comes my way

Summary

- Kitchen experience at four star restaurant
- Worked 2 years with child development
- High endurance for heavy lifting and moving

Education

MetWest High School, Oakland, California [6/8/16]

Graduated June 8 2016 GPA:4.0

Work Experience

Nojos Restaurant ;Employee [1/12/14]

- Primary Responsibilities: Prep. chef and Waiter
- Major Accomplishments: Coming in as an unpaid intern and getting offered a job as a prep chef and temporary/ replacement sous chef
- Skills Mastered: Knife Skills

Full Harvest Farms ; Intern 9/2/14

- Primary Responsibilities: Heavy lifting and moving
- Skills Mastered: indigenous building skills

Acorn Woodland; Intern 9/2/12

- Primary Responsibilities: Teachers Assistant
- Major Accomplishments: Teaching a class
- Skills Mastered: Child Development

McDonald's 2014- 20115

- Cashier
- customer service

Tassafaronga Recreation Center

- working with kids

Oakland Food Connection

- Gardening
- Teaching kids
- Construction

Other Skills

- Familiarity with the following computer programs: Microsoft word and Excel
- customer service
- food industry
- teaching

REFERENCES

- Nick Palmquist, Advisor, MetWest High School, (650)-384-5581, nick.palmquist@metwest.org
- Mikey Parenteau Supervisor, Acorn Woodland Elementary School, (413)-455-5114 , mparenteaujr@gmail.com