

Claudia Rowe

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EXPERIENCE

Paley., Los Angeles CA — *Lead Garmo*

JULY 2017 - OCTOBER 2018

When working at Paley I further honed my skills as a prep cook and and eventually moved to the fry station, then garmo. There I learned how to run the garmo station, as well as gain some sushi experience as well.

American Girl Place, Los Angeles CA — *Appetizer Station*

MARCH 2016 - JULY 2017

While at American Girl I've learned the basic ins and outs about working in a fast paced kitchen. I learned how to prepare and serve cold apps, as well as do some prep.

Chavvo Animation Studios, Los Angeles CA — *Character Modeler*

SEPTEMBER 2015 - MARCH 2016

During my time at Chavvo, I modeled characters based on various concepts in which I had to construct from start to finish. I also coordinated directly with the executive producer to ensure all characters were on model. Communication and working together was key in the success of each project.

EDUCATION

Art Institute Of California, North Hollywood — *Bachelor*

JULY 2010 - DECEMBER 2014

Bachelor's in Media Arts and Animation

While at The Art Institute, I learned the skills I need to make characters from beginning to end for game art and animation.

SERVICE

United States Navy — *Norfolk, VA.*

PROGRAMS

Windows & Mac OS

PowerPoint

SKILLS

Prep

Cold Apps

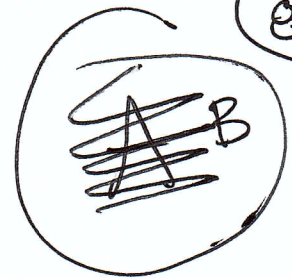
Fast Learner

Team Player

JUNE 2004 - NOVEMBER 2006

Air Traffic Controller

While in the NAVY, I learned complex skills pertaining to the orderly flow of air traffic, as well as fire fighting, CPR, and sailing. But the best thing I learned was how to be a team player. The Military is all about teamwork. If there's one weak link, the whole ship sinks.



HOW APPROACHABLE ARE YOU QUIZ

For each statement, place an "X" in the column that best describes you. Please answer questions as you actually are (rather than how you think you should be), and don't worry if some questions seem to score in the 'wrong direction'. When you are finished, use the answer key to score your answers and total at the bottom.

Statements To Answer	Not At All	Rarely	Sometimes	Often	Very Often
1. The negative feedback I give outweighs my positive feedback.		X			
2. I step away from my desk and walk around to speak to my colleagues.			X		
3. I smile at people, whatever their level in the organization.					X
4. When my colleague pitches an idea, I do not provide feedback.	X				
5. I make time available to speak with team members.					X
6. I let my colleagues know where I will be if I am away from my desk.					X
7. I let negative emotions show when I receive bad news.		X			
8. If I am talking to a team member and the phone rings, I halt the conversation to take the call.	X				
9. I empathize with my colleagues' positions.				X	
10. I do not make eye contact when talking to people.		X			
11. I talk to each team member the same, whether they are thick skinned or sensitive.		X			
12. I talk with my arms folded.	X				
13. I do not complain.				X	
14. I give team members my cellphone number.			X		
15. I talk about my life outside work with my colleagues.			X		
16. I provide a platform for ideas			X		

Score:

4
3
5
5
5
5
4
5
4
4
4
5
3
3
3

Total:

67

Prep Cooks Test

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- A 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- D 3) What does the term braise mean?
- a. Sear quickly on both sides
 - b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - d. Slowly cook in simmering water
- B 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- a. 155 degrees F
 - b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- A 5) How do you blanch vegetables?
- a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- C 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- A 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- A 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours
- B 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - c. On the counter
 - d. In the microwave

-1
67%

Prep Cooks Test

19) SALT & PEPPER are the basic seasoning ingredients for all savory recipes.

20) MINCE: to cut into very small pieces when uniformity of size and shape is not important.

CHOP

Cashier Test

Score / 15

B

- 1) A roll of quarters is worth?
a) \$5.00
b) \$10.00
c) \$15.00
d) \$20.00

100%

A

- 2) A roll of dimes is worth?
a) \$5.00
b) \$4.00
c) \$3.00
d) \$2.00

D

- 3) A roll of nickels is worth?
a) \$8.00
b) \$6.00
c) \$4.00
d) \$2.00

A

- 4) A roll of pennies is worth?
a) \$1.00
b) \$0.75
c) \$0.50
d) \$0.25

C

- 5) What does POS stand for?
a) Patience over standards
b) Percentage of sales
c) Point of sales
d) People over service

2%

- 6) What is the current sales tax rate in your city 9.5 ?

C

- 7) A customer buys a bowl of soup for \$1.25, an apple \$0.90 and a soda is \$0.79. If you are given \$10.00 how much change should you give back?
a) \$4.06
b) \$2.06
c) \$7.06
d) \$5.06

B

- 8) A customer buys two shirts for 10.50 each and two ball caps for \$7.25 each. If you are given \$50.00 how much change should you give back?
a) \$19.50
b) \$14.50
c) \$9.50
d) \$4.50

D

- 9) A customer buys soda for \$3.75 and a hot dog for \$4.25. If you are given \$20.00 how much change should you give back?
a) \$6.00
b) \$8.00
c) \$10.00
d) \$12.00

A

- 10) A customer buys two hamburgers at \$3.75 each, two bags of chips at \$1.25 each, two cookies at \$2.50 each and two sodas at \$3.25 each. If you are given \$100.00 how much change should you give back?
a) \$78.50
b) \$58.50
c) \$38.50
d) \$28.50