# Rylan Alston

# Summary

I am a recent University of Saskatchewan graduate looking for articles in a small to mid-sized firm in Calgary. I have successfully navigated various professional kitchens for seven years and developed exceptional collaboration and communication skills. Wanting a career change, I returned to school where I enjoyed being intellectually challenged. As an introvert, I excel in self-directed or team work environments. I pride myself on being hard-working, empathetic, adaptable, and focused.

# Education

**Juris Doctor 2024**

University of Saskatchewan, Saskatoon, SK

**Bachelor of Arts: Psychology (with distinction) 2020**

University of Calgary, Calgary, AB

**Red Seal Journeyman: Professional Cook 2015**

Southern Alberta Institute of Technolog*y*, Calgary, AB

# Work Experience

**Horticulture and Grounds Maintenance May-August, 2021-2022**

Calgary Zoo, Calgary, AB

* Worked independently and in small groups to maintain 120 acres of grounds.
* Helped guide and train other employees.
* Provided information and support to guests.

**Landscaper June 2019-August 2019**

Private Individual, Calgary, AB

* + Self-employed to landscape a 4-acre property according to the owner’s wishes.
	+ Planted and maintained garden and plants including sown lawn.
	+ Built retaining walls, waterfall, and sunken fire pit patio from stone.

**Professional Cook - Line Cook/Trainer/Assistant Sous Chef 2012-2018**

Several Restaurants: The Coup, ATCO Structures and Logistics (Camp Kitchen), Market, Alloy Dining, and Joey Eau Claire

* + Consistently produced quality meals in fast paced environments.
	+ Actively communicated with diverse teams.
	+ Maintained clean, organized, and efficient workstations.
	+ Employee teaching and education: oversight of new employees and familiarizing employees with various kitchen stations.
	+ Kitchen management: employee shift scheduling, food tracking and orders, and employee dispute resolution.

# Volunteer Experience

**Family Law Program Student Volunteer 2023-2024**

Pro Bono Student Canada, Saskatoon, SK

* + Conducted presentations on decision-making responsibility and parenting time.
	+ Shadowed lawyers during family law clinics.
	+ Updated presentation slides.

**Young Adult Leader, Kitchen Supervisor 2015-2023**

St. Andrews United Regional Youth Ministries, Calgary, AB

* + Supervised cabins of youth.
	+ Planned, cooked, and served meals for 60 people.
	+ Managed other kitchen volunteers.

# Interests

* Travelling extensively, including 10 weeks in Japan and South-East Asia in 2023.
* Hiking and backpacking in the summer; snowshoeing in the winter.
* Expanding and utilizing my cooking and baking skills.
* Maintaining an active lifestyle, including road races.
* Listening to records and playing board games with friends.