

Samar Mohamed Montaser

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Education

2016, **Ph.D. in Nutrition and Food Science**, Faculty of Home Economics, Menoufia University, Egypt

2012, **M.Sc. in Nutrition and Food Science**, Faculty of Home Economics, Menoufia University, Egypt

2009, **Diploma in Hospital and Institutional Nutrition**, Faculty of Home Economics, Menoufia University, Egypt

2007, **B.Sc. in Home Economics**, Faculty of Specific Education, Mansoura University, Egypt

Work Experience

2024 – Present: **Career Development Services Provider**, University Center for Career Development , Damietta University, Egypt.

- Develop content for presentations and printed materials related to career guidance
- Deliver interactive workshops to university students on:
 - CV writing
 - Job search strategies
 - Interview skills
 - Career planning
- Provide hands-on training for students on using LinkedIn and job search platforms
- Conduct personalized one-on-one career counseling sessions with students following each workshop

2023 – Present, **Training and Management Specialist**, University Career Center, Damietta University, Egypt.

- Help plan and schedule training programs
- Select and notify candidates about training sessions
- Ensure training data is recorded in the system and students are notified in time
- Prepare attendance sheets and track student participation
- Create and assess training evaluation surveys
- Document evaluations and update student training records
- Follow safety, health, and environmental policies

2022 – 2023, **Field Training Supervisor**, Faculty of Education, Damietta University, Egypt.

- Supervised student training groups in schools

- Guided students in teaching primary school classes
- Helped students understand and explain learning materials
- Assessed student performance
- Used technology to simplify the learning process

2021 – 2023, **Lecturer**, Higher Institute for Tourism and Hotel Studies, New Damietta, Egypt.

- Taught and explained the subject "Culinary Arts in Hotels" to students.
- Prepared student assessments for both theoretical and practical performance.
- Assisted in the preparation and design of final examinations.
- Guided students in scientific research methods and supported their graduation project development

2010 – 2023, **Nutrition Specialist**, Damietta University, Egypt.

- Monitored food preparation methods, portion sizes, decoration, and presentation to ensure food quality and consistency.
- Coordinated the tasks of culinary staff to ensure efficient use of resources and timely meal preparation.
- Ensured full compliance with health and fire safety regulations in food preparation and facility maintenance.
- Scheduled and received food and beverage deliveries, verifying the quality and quantity of received items.
- Supervised kitchen staff to maintain a high standard of food preparation and cleanliness.

Relevant Courses

Jan 2025: **NCDA Facilitating Career Development Training**, American University in Cairo, Egypt.

2019: **Workplace Environment, Health & Safety Skills**, Damietta University, Egypt.

2015 & 2011: **Communication Skills in Nutrition**, Damietta University, Egypt.

2012: **Health & Safety Training**, Damietta University, Egypt.

2010 & 2009: **Clinical Nutrition Training**, Damietta General Hospital, Egypt.

Skills

Languages: Native Arabic speaker

- Very good in English: TOEFL certificate – Ain Shams University

Computer: Very good at using Microsoft Office

- 2016: Computer training – Menoufia University
- 2013: Word Processing, MS Windows 7, IT Concepts – Damietta University