

# SDFSA CAREER SYMPOSIUM

California State University of Northridge

Northridge, CA

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Christy Kadharmestan

## Curriculum Vitae

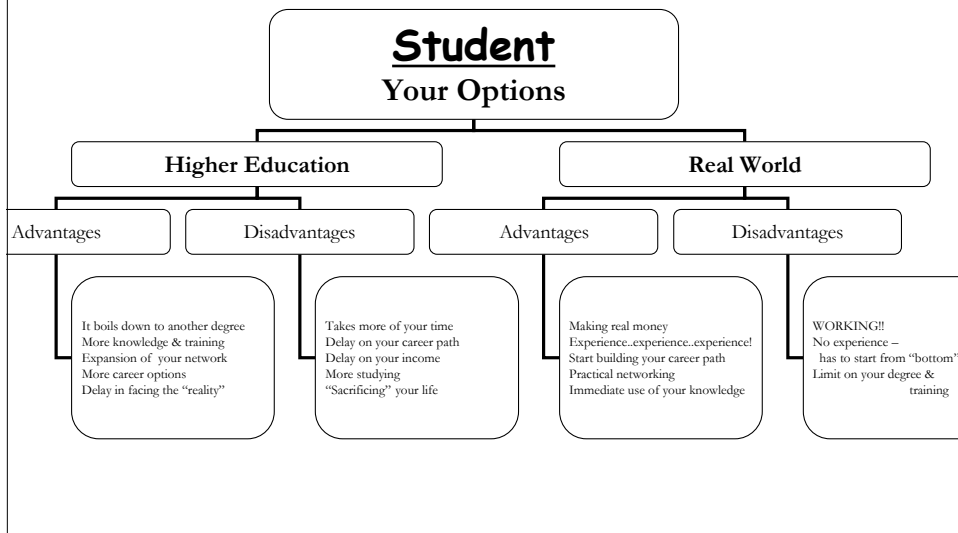
- **Personal Data**  
Christy Kadharmestan, MS  
Formulator, Research & Process Development  
Pharmavite LLC  
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E-mail: [ckadharmestan@pharmavite.net](mailto:ckadharmestan@pharmavite.net)
- **Education & Training**
  - Michigan State University: Certification in International Food Law
  - Washington State University: MS in Food Science (Cereal Chemistry emphasis)
  - California State University of Fresno: BS in Food Science with Minor in Chemistry (Dairy Science emphasis)
- **Professional Experience**
  - Formulator, Pharmavite
  - Senior Food Technologist, Fleischmann's
  - Research Assistant, Washington State University
  - Student Internships: CSUFresno Creamery, CSUFresno Farmer's Market, Toma-Tek Inc.
- **Memberships and Appointments**
  - Institute of Food Technologists  
*Professional Member; Career Development Skills Committee (serving term: 2006-2008)*
  - Southern CA IFT  
*Student Affairs Committee-Chair; Councilor (2001-2005); Technical Field Trips-Co Chair for IFT Annual Meeting 2002*
  - American Association of Cereal Chemists, *Professional Member*
  - Research Chef Association, *Affiliate Member*
- **Publications & Awards**
  - Authored Research Papers in Journal of Cereal Chemistry
  - Presented at American Association of Cereal Chemist (AACCC) Annual Meetings
  - Scholarships (CSUFresno) and Research Assistantship (WSU)
  - First Place Award for Sigma Xi Graduate Study Research Paper Competition

Enough on my background... let's  
move to **YOUR FUTURE.....**



What Do You Want To DO??

## “Game Plan” Decision Tree



## Tips for Interview & Beyond

Whether you are going for your **Higher Education**  
or **Real World**, remember the following tips:

- 📖 Use your knowledge (Stats, Computer systems, Acronyms) & do listen to your “gut feeling”
- 🏭 Understand your industry and its specific manufacturing systems
- 🔍 Be diligent on your job search and interviewing process
- 📚 Thrive to “move up” every 2-3 years (in your responsibilities and area of expertise)
- 🎓 Continuing Education – get certified when possible
- 💰 Save and start building up your retirement portfolio

## On the job... try to use these...

### *W. H. Swanson's Unwritten Rules*

- Learn to say “I don’t know” when appropriate
- Work for a boss to whom you can tell it like it is
- Don’t be known as a good starter but a poor finisher
- Never direct a complaint to the top before the person has a chance to respond to the complaint
- Remember that you’re always representing yourself!

## **But my FAVORITE one is...**

“Have fun at what you do.

It will be reflected in your work.

No one likes a grump except another grump!”

and it boils down to:

**CONFIDENCE, DEDICATION,  
INTEGRITY and LOVE**

## **My Golden Rules**

- Do what you love and have passion for
- Equip yourself with good education, extensive experience, “people” skills, and good network
- Better opportunity and satisfaction in job comes with hard work over time
- Understand your goals & priorities, and live your life up to it

## I Wish You . . .

The ultimate success  
in the world is when

**YOU**  
know that you are doing  
what you love to do  
for a living

