M120: Professional Development and Career Planning Course

Overview

M120 is a one-hour elective course designed to prepare students for their professional career. Guest Employer speakers present career strategies on topics such as networking, interviewing, preparing for your internship/job, managing your performance and much more!

As a result of the class...

- Are you more comfortable with networking?
  - Yes: 95.46%
  - Same as before: 4.50%
  - No: 0.09%

- Are you more confident in conducting informational interviews?
  - Yes: 95.46%
  - Same as before: 4.50%
  - No: 0.09%

- Are you likely to recommend M120 to a fellow student?
  - Yes: 90.01%
  - Uncertain: 0.09%
  - No: 5.90%

- Have you secured an internship?
  - Yes: 18.18%
  - No: 31.82%
  - In final rounds: 22.73%
  - Still interviewing: 4.55%
  - Still applying: 20.50%

Pre vs Post-Assessment Preparedness

- Conducting an Effective Job Search: 93% Pre-assessment, 18% Post-assessment
- Attending a Career Fair: 93% Pre-assessment, 28% Post-assessment
- Performing Effectively in an Interview: 88% Pre-assessment, 23% Post-assessment
- Accept/Decline a Job Offer: 78% Pre-assessment, 28% Post-assessment

Student Testimonials

“I am confident in saying that this class has been and will be the most beneficial and useful class that I will take at NC State.”

“I feel prepared to be a senior next year. I am confident in my resume, cover letter, LinkedIn, and interview skills because of this class. I am also more prepared on how to be professional and efficient when I enter my full-time position.”

93% of students after taking M120 felt confident in writing an effective resume
82% of students after taking M120 felt confident in succeeding in an internship or full-time job
85% of students after taking M120 utilized career resources offered by Poole College of Management

Data is pulled from Fall 2018, Spring 2019, and Fall 2019