

Personalized Personal and Professional Project

Building a purposeful pathway from self-assessment to professional integration



PROGRAMME
Master 1

SEMESTER
Semester 2

CREDITS
2 ECTS

CONTACT HOURS
6h Lectures

Course Description

The Personalized Personal and Professional Project course helps students design and implement a tailored project aligned with their personal aspirations and professional goals. Through conceptual frameworks, practical exercises and individualized guidance, students develop greater self-awareness, strengthen relevant skills and translate their ambitions into a realistic action plan.

The course supports students at two key stages: the search for an internship and preparation for professional integration after graduation. Sessions address knowledge, practical know-how and interpersonal skills, and include labour-market analysis as well as interview simulations in French and English.

Learning Outcomes

- Assess personal values, strengths, interests and development needs.
- Define clear personal and professional objectives.
- Build a coherent internship and career-search strategy.
- Analyse the labour market and identify relevant opportunities.
- Prepare effective application materials, including a CV and cover letter.
- Communicate confidently in interviews in French and English.
- Use feedback and self-evaluation to improve professional positioning.
- Develop a portfolio that demonstrates skills, progress and achievements.

Indicative Content

- 1. Self-assessment and goal setting:** values, strengths, interests, aspirations and personal development objectives.
- 2. Project design and planning:** scope, objectives, deliverables, timeline and action plan.
- 3. Research and skill development:** resources, tools, training needs and labour-market intelligence.
- 4. Project implementation:** execution, monitoring, adaptation and problem-solving.
- 5. Reflection and self-evaluation:** progress review, lessons learned and continuous improvement.
- 6. Communication and presentation:** CV, cover letter, professional narrative and interview preparation.
- 7. Portfolio development:** structured evidence of skills, project outcomes and professional growth.

Teaching & Learning Approach

The course combines guided reflection, practical workshops, individualized support, market analysis and interview simulations. Students progressively develop and test a personal professional project, using feedback to refine their objectives, applications and communication strategy.

Assessment

Individual report