MISSION:
Promoting the overall personal and professional development of rising sophomore and junior student-athletes and equipping them with the necessary skills and resources for future internships and careers all while encouraging leadership and service.

INTERNSHIP & CAREER READINESS
- Career Center 101
- Interview 101
- Mock Interviews & Alumni Mixer
- YouScience Assessment
- Career Tours
  - Tesla, Tractor Supply, Bridgestone and Soles4Souls

PERSONAL DEVELOPMENT
- Use Your Voice
- Brand & Reputation
- Cooking Class
- Grocery Store Tour
- QPR Training

COMMUNITY SERVICE
- Soles4Souls
- Camp Vandy at the Rec

EXIT SURVEY RESULTS
- Overall content and usefulness rated on a scale from 1 (Worst) to 10 (Best).
- The scores were averaged from a total of 12 surveys.

Content: 8.6
Usefulness: 8.7

Student-Athletes were asked to rate each of the statements below with the number that best corresponds to their degree of agreement. (1=Strongly Disagree, 2=Disagree, 3=Agree, 4=Strongly Agree)
- PreFlight aided in clarifying your career interests and professional goals.
- PreFlight provided sufficient opportunity for professional development.
- PreFlight prepared you for a future interview with an employer.
- PreFlight provided sufficient opportunity for personal development.

PreFlight aided in clarifying your career interests and professional goals.
Content: 3.4

PreFlight provided sufficient opportunity for professional development.
Content: 3.3

PreFlight prepared you for a future interview with an employer.
Content: 3.4

PreFlight provided sufficient opportunity for personal development.
Content: 3.3
Student-Athlete Quotes

What aspects of the workshops do you see yourself using within the next few months?

- “I feel more comfortable talking to employers. I am going to network more in the next couple of months.”
- “Using my voice as a student-athlete to build my personal brand.”
- “Dressing formal and keeping my composure during future interviews and career fairs.”
- "I see myself visiting the career center more often."

What workshop, activity or career tour did you get the most out of?

- “The career tours gave us real world training, learning, and experience.”
- “I liked the mock interview process because that is a skill that can directly be used when applying for jobs.”
- “It was cool to get an inside look at operations and culture on the Career Tours.”
- “Working with the Career Center 1 on 1 was beneficial because it helped with building my resume.”

What information learned will be the most useful to you as a student-athlete and young professional?

- “Make the most of every opportunity given to you because you never know the outcome.”
- "Knowing all the resources available at Vanderbilt."
- "Knowing how flexible career opportunities are in the workforce."

Workshops were rated on a scale from 1 (Unsatisfactory), 2 (Poor), 3 (Average), 4 (Good), 5 (Excellent).
The scores were averaged from a total of 9 completed surveys.