Perhaps you referred to a $45^\circ - 45^\circ - 90^\circ$ triangle. However, you can use the fact that

$$\sin M = \frac{4}{8} = \frac{1}{2}$$

to conclude that this is a $30^\circ - 60^\circ - 90^\circ$ triangle. You can then use the definition of cosine to find the value of p.