



PEACE CORPS PREP STUDENT GUIDE

The Peace Corps Prep program will prepare you for international development fieldwork and potential Peace Corps service. To accomplish this, you'll build four core competencies through interrelated coursework, hands-on experience, and professional development support. These four competencies are the following:

1. Training and experience in a work sector
2. Foreign language skills
3. Intercultural competence
4. Professional and leadership development

This document explains each of these requirements in detail. ***Use this guide to map out your Peace Corps Prep course of study.*** In particular, refer to this when completing your PC Prep application, where you'll need to document how you plan to fulfill each requirement. **This guide aligns point-by-point with each section of the application!**

1. Training *and* experience in a specific work sector

3 courses + 50 hours related experience

Leveraging concrete knowledge and skills is central to on-the-ground international development work. Through this PC Prep program, you will begin to build a professional specialty, which should serve your career well whether or not you become a Peace Corps Volunteer.

For PC Prep, you need to complete at least **3 courses** that align with a specific work sector (they can but do not need to come from your academic major or minor). You also must accumulate **a minimum of 50 hours of volunteer or work experience in that same sector**, preferably in a teaching or outreach capacity.

Peace Corps Tip!

If you intend to apply to the Peace Corps, the best way to assure that you will be a strong candidate is to explore Peace Corps' openings and identify the [type of assignments](https://www.peacecorps.gov/volunteer/volunteer-openings) in which you'd like to serve (www.peacecorps.gov/volunteer/volunteer-openings), then review the positions' required and desired qualifications and build them up accordingly. In the process, you should fulfill these PC Prep experiential requirements!

There are [six sectors](http://www.peacecorps.gov/volunteer/what-volunteers-do/) (www.peacecorps.gov/volunteer/what-volunteers-do/) in which Peace Corps Volunteers serve—detailed below. **Choose one sector to focus on** then complete at least 3 courses + 50 hours of related experience in that sector.

Note: Actual Peace Corps assignments are based on local needs, and thus may or may not align seamlessly with your qualifications. Flexibility is central to the Peace Corps experience!

1. EDUCATION



Teach lessons that last a lifetime. Education is the Peace Corp's largest program area. Volunteers play an important role in creating links among schools, parents, and communities by working in elementary, secondary, and postsecondary schools as math, science, conversational English, and resource teachers or as early grade reading and literacy teacher trainers. Volunteers also develop libraries and technology resource centers.

If you choose Education, take 3 courses from one of the following areas:

- Education
- English or Linguistics
- Computer Science
- Math
- Engineering
- Any Physical or Biological Science

Recommended courses for non-majors:

- EDUC 1170 Tutoring for Reading or EDUC 2210 Peer Tutor Training
- SPED 3340 Principles of Behavioral Management
- BIOL 4413 Biology Teaching Methods
- SPED 3350 Creating Inclusive Classrooms

And build 50 hours of **related** field experience through an activity such as:

- Teaching in one of these or a similar form: in a classroom, with a community outreach organization, or in a formal tutoring capacity
 - The subject of the teaching may be English as a Foreign/Second Language, special education, drama, or a STEM subject
- Serving as a peer tutor for writing or math at ISU Student Success Center
- Classroom experience while studying or working abroad

Leadership Opportunities at ISU

- American Sign Language Pocatello
- Business Professionals of America (BPA) - College of Education

2. HEALTH



serve on the front lines of global health. Health volunteers work within their communities to promote important topics such as nutrition, maternal and child health, basic hygiene, and water sanitation. Volunteers also work in HIV/AIDS education and prevention programs to train youth as peer educators, develop appropriate education strategies, provide support to children orphaned by the pandemic, and create programs that provide emotional and financial support to families and communities affected by the disease.

If you choose Health, take three courses from one of the following areas:

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| ○ Nursing | ○ Health Sciences | ○ Health Physics |
| ○ Dietetics | ○ Spanish for | ○ Healthcare |
| ○ Community and | Health | Administration |
| Public Health | Professions | ○ Any major in the |
| ○ Biology | | College of Health |

Recommended courses for non-majors:

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|--|---|
| ○ CPH 2200 Promoting Wellness | ○ NTD 4408 Application in Community Nutrition |
| ○ CPH 2211 Health Education Methods (elementary) | ○ GLBL 4420 Global Health and Policy |
| ○ CPH 2221 Intro to Community and Public Health | ○ PSYC 2205 Human Sexuality |
| ○ CPH 3340 Fitness and Wellness Programs | ○ SOC 3330 Sociology of Health and Illness |
| ○ NTD 3360 Nutrition through the Life Cycle | ○ COUN 3300 Interpersonal Skills in Health Professions |
| ○ NTD 4407 Principles of Community Nutrition | ○ ANTH 4407 Anthropology of Global Health |
| | ○ ANTH 4411 Advanced Global Health (may require ANTH prereqs) |

*And build 50 hours of **related** field experience through an activity such as:*

- Volunteer or work experience in such areas as HIV/AIDS outreach, hospice, family planning counseling, emergency medical technician (EMT) or CPR teaching/certification, maternal health, and hands-on caregiving in a hospital, clinic, or lab technician setting
- Counseling or teaching in health subjects
- Working as a resident advisor in a dormitory, as a peer nutritionist, or as a sexually transmitted infections counselor
- Significant experience in mechanical repairs, construction, carpentry, masonry, plumbing, hydrology, or set design
- Participate in faculty-led experiences related to public health or humanitarian relief
- Any internships towards public/community health or nutrition/dietetics majors/minors

Leadership Opportunities at ISU

- Public Health Student Association
- American Society of Microbiology
- Interprofessional Health Disciplines Student Association
- Medical Assistant Student Organization
- Nutrition and Wellness Club
- Physician Assistant Student Society
- Pre-Health Professions Association
- Student Nurses Association

3. ENVIRONMENT



Help forge a global movement to protect our planet. Volunteers lead grassroots efforts in their communities to protect the environment and strengthen understanding of environmental issues. They teach environmental awareness in elementary and secondary schools and to youth groups and community organizations, empowering communities to make their own decisions about how to protect and conserve the local environment. Volunteers also address environmental degradation by promoting sustainable use of natural resources.

If you choose Environment, take three courses from one of the following areas:

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| ○ Earth and Environmental Sciences | ○ Geo Technology | ○ Biology |
| | ○ Environmental Engineering | ○ Geosciences |
| | ○ Geology | |

Recommended courses for non-majors:

- | | |
|--|---|
| ○ BIOL 1192 Careers in Ecology and Conservation Biology | ○ POLS 4455 Environmental Politics and Policy |
| ○ BIOL 2209 General Ecology | ○ POLS 4462 International Sustainable Development |
| ○ BIOL 3337 Conservation Biology | ○ SOC 3335 Environmental Sociology |
| ○ GEOL 1100 The Dynamic Earth | ○ HIST 4430 Global Environmental History |
| ○ GEOL 4403 Principles of Geographic Information Systems | ○ HIST 4433 History of Energy |
| ○ ANTH 4402 Ecological Anthropology | |

And build 50 hours of **related** field experience through an activity such as:

- Educating the public on environmental or conservation issues, or working on environmental campaigns
- Conducting biological surveys of plants or animals
- Gardening, farming, nursery management, organic or low-input vegetable production, or landscaping
- Providing technical assistance and training in natural resource management
- Internship or work for Utah Conservation Corps, Idaho Conservation Corps
- Internship with local or state government offices focused on natural resource management

Leadership Opportunities at ISU

- Sustainability Club
- American Fisheries Society
- Ecology & Conservation Biology Club
- Geology Club
- Horticulture Club

4. YOUTH IN DEVELOPMENT



Empower the next generation of changemakers. Volunteers work with youth in communities on projects that promote engagement and active citizenship, including gender awareness, employability, health and HIV/AIDS education, environmental awareness, sporting programs, and info technology.

If you choose Youth in Development, take 3 courses from one of the following areas:

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| ○ Social Work | ○ Family and Consumer | ○ Counseling |
| ○ School Psychology | Science | ○ Psychology |

Recommended courses for non-majors:

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| ○ PSYCH 1101 Introduction to Psychology | ○ SOC 4421 Families in Social Context |
| ○ PSYC 2200 Child Abuse | ○ EDUC 2204 Families Community Culture |
| ○ PSYCH 2225 Child Development | ○ HPSS 2222 First Aid CPR and Sport Safety |
| ○ PSYCH 3332 Psychology of Adolescence | ○ CPH 1160 Women's Rape Aggression Defense |
| ○ PSYC 2205 Human Sexuality | ○ CPH 2221 Introduction to Community and Public Health |
| ○ SOC 2201 Introduction to Gender and Sexuality Studies | |
| ○ SOC 2231 Juvenile Delinquency | |

And build 50 hours of **related** field experience through an activity such as:

- Teaching or counseling in at-risk youth programs
- Activities that involve planning, organizing, assessing community needs, counseling, and leadership, in areas such as education, youth development, health and HIV/AIDS, the environment, and/or business
- Interning, working, or volunteering with organizations serving youths and families: YMCA, Boys and Girls Club, Bannock Youth Foundation, Southeastern Idaho Community Action Agency

Leadership Opportunities at ISU

- Student Social Work & Sociology Association
- Tutoring Opportunities through America Reads and part-time work through on-campus child development programs (Early Learning Center, for example)

5. COMMUNITY ECONOMIC DEVELOPMENT



Harness 21st-century tools to help communities lift themselves. Volunteers work with development banks, nongovernmental organizations, and municipalities to strengthen infrastructure and encourage economic opportunities in communities. They frequently teach in classroom settings and work with entrepreneurs and business owners to develop and market their products. Some Volunteers also teach basic computer skills and help communities take advantage of technologies such as e-commerce, distance learning, and more.

If you choose Community Economic Dev., take three courses from one of the following areas:

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| ○ Business | ○ Computer Science and related majors |
| ○ Business Technology | ○ Graphic Design |
| ○ Public Administration | ○ Mass Communications |
| ○ Accounting or Finance | |

Recommended courses:

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| ○ ECON 1100 Economic Issues | ○ MGT 2210 Entrepreneurship Opportunity Creation and Discovery |
| ○ ECON 2202 Principles of Macroeconomics | ○ MGT 3345 Critical Analysis and Creative Problem Solving |
| ○ ACCT 3303 Accounting Concepts | ○ POLS 4457 Grant writing |
| ○ MGT 1101 Introduction to Business | ○ POLS 4409 Community Planning |
| ○ MGT 1105 Entrepreneurship and Civilization | ○ POLS 4408 Urban Spaces |

*And build 50 hours of **related** field experience through an activity such as:*

- Working with businesses, organizations, or cooperatives in accounting, finance, microfinance, management, project management, budgeting, or marketing
- Starting and running your own business or other entrepreneurial activity
- Training others in computer literacy, maintenance, and repair
- Website design or online marketing
- Founding or leading a community- or school-based organization
- A project or business plan through CEED
- Work with Beta Alpha Psi's Volunteer Income Tax Assistance
- Any internship or practicum required as part of the Business major

Leadership Opportunities at ISU

- Collegiate Family, Career and Community Leaders of America
- Economics Club
- Marketing Association

6. AGRICULTURE



Lead grassroots efforts to fight hunger in a changing world. Agricultural Volunteers work with small-scale farmers and families to increase food security and production and adapt to climate change while promoting environmental conservation practices. They introduce farmers to techniques that prevent soil erosion, reduce the use of harmful pesticides, and replenish the soil. They work alongside farmers on integrated projects that often combine vegetable gardening, livestock management, agroforestry, and nutrition education.

If you choose Agriculture, take three courses from one of the following areas:

- Business
Biology
- Geosciences

Recommended courses:

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| ○ BIOL 2209 (L) General Ecology | ○ MGT 1101 Introduction to Business |
| ○ BIOL 2206 (L) Cell Biology | ○ MGT 1105 Entrepreneurship and Civilization |
| ○ BIOL 3302 (L) Principles of Animal Physiology | ○ MGT 2210 Entrepreneurship Opportunity Creation and Discovery |
| ○ BIOL 4404 (L) Plant Physiology | ○ GEOL 2204 Fluid Earth |
| ○ BIOL 4405 (L) Plant Form and Function | ○ GEOL 3315 Evolution of the Earth's Surface |
| ○ BIOL 4408 (L) Plant Ecology | |

And build 50 hours of **related** field experience through an activity such as:

- Working with a large-scale or family-run business involving vegetable gardening, farming, nursery work, tree planting or care, urban forestry, landscaping, livestock care and management, or fish cultivation and production
- Teaching or tutoring the public in environmental or agricultural issues/activities
- Working on the business management or marketing side of a commercial farm

Leadership Opportunities at ISU

- | | |
|------------------------------|-------------------------|
| ○ Botany Club | ○ Economics Club |
| ○ American Fisheries Society | ○ Marketing Association |
| ○ Geoclub | |

Peace
Corps
Tip!

Nearly two-thirds of Peace Corps Volunteers serve in Education or Health. Coursework and meaningful experience in one of these areas—especially teaching English as a second/foreign language—produce some of the strongest candidates.

2. Foreign language skills

Requirements vary by region of interest

Most students must hone their capacity to interact professionally using a non-English language. Minimum course requirements vary by desired placement region.

- ❑ Latin America: Students indicating an intention to serve in Spanish-speaking countries must build strong intermediate proficiency, having completed two 200-level courses or learned Spanish through another medium.
- ❑ West Africa: Students indicating an intention to serve in French-speaking African countries must build proficiency in French or another Romance language, having completed one 200-level course or learned the language through another medium.
- ❑ Everywhere else: Students indicating an intention to serve anywhere else do not have explicit language requirements to complete the Program, but they should still be encouraged to study a foreign language.

Note: If you are a strong native speaker and hope to serve in a country that speaks your same language, you can skip this requirement!

3. Intercultural competence

3 approved courses *or* 1-2 courses + substantive intercultural experience

Engaging thoughtfully and fluidly across cultures begins with one's own self-awareness. With this learning objective, you will deepen your cultural agility through **a mix of three introspective courses** in which you learn about others while reflecting upon your own self in relation to others. The goal is for you to build your capacity to shift perspective and behavior around relevant cultural differences. Some example courses:

You'll take at least 1 of these core courses:

- GLBL 2202 The World Today
- ANTH 1102 Cultural Anthropology
- SOC 2248 Critical Analysis of Social Diversity

And choose 2 additional electives from the above list or these below:

- ANTH 2238, Peoples and Cultures of the New World
- ANTH 2239, Latino Peoples and Cultures
- CMLT 2208, Cultures of the Spanish Speaking World
- HIST 1106 Modern Europe
- HIST 2251 Latin American History and Culture
- HIST 2252 Asian History and Culture
- HIST 2254 Middle East History and Culture
- HIST 2255 African History and Culture
- HIST 4419 History of World Religions
- HIST 4451 Topics in Latin American History and Culture:
- HIST 4452 Topics in Asian History and Culture
- HIST 4454 Topics in Middle East History and Culture
- CMLT 2209, Cultures of East Asia
- ENGL 2258 Survey of World Literature II 17th Century to Present
- ENGL 3356 Ethnicity in Literature
- HIST 4455 Topics in African History and Culture
- HIST 4476 Modern Middle East
- HIST 4474 Islam in the Modern World
- POLS 3350 Minority Politics
- POLS 4462 International Sustainable Development
- POLS 4433 Politics of Developing Nations
- SPAN 3381 Hispanic Current Affairs
- Semester long Study or Volunteer Abroad (replaces 2 electives)
- 40 hours of intercultural work/volunteer experience (replaces 1 elective)

Is there another course in the catalog that you feel meets this requirement? Please discuss it with your PC Prep Coordinator.

**Peace
Corps
Tip!**

Prolonged intercultural experiences—such as studying or volunteering abroad, supporting new immigrants or refugees in acculturating to the United States, or volunteering in diverse schools—would also strengthen your Peace Corps candidacy significantly.

4. Professional and leadership development

Resume and interview support + leadership experience

Peace Corps service and similar international development work opportunities are highly professional and selective. PC Prep requires **three specific activities** that will strengthen your candidacy for the Peace Corps (or any other professional endeavor):

1. Have your **resume** critiqued by staff in the Career Center
2. Attend a workshop or class on **interview skills** at the Career Center
3. Develop at least one significant **leadership experience** and be prepared to discuss it thoughtfully. For example, organizing a campus event, leading a work or volunteer project, serving on the executive board of a student organization/club, or taking GLBL 3350 International Symposium.