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.

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 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** ([www.peacecorps.gov/volunteer/what-volunteers-do/](http://www.peacecorps.gov/volunteer/what-volunteers-do/)) in which Peace Corps Volunteers serve—detailed below. Idaho State University only offers five sectors at the moment. **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
- Computer Science
- Any Physical or Biological Science
- English or Linguistics
- Engineering
- Math
- Education
- Computer Science
- Any Physical or Biological Science
- English or Linguistics
- Engineering
- Math

**Recommended courses for non-majors:**

- EDUC 1170 Tutoring for Reading or EDUC 2210 Peer Tutor Training
- EDUC 3330 Elementary Math Methods or EDUC 3331 Elementary Science Methods
- SPED 3340 Principles of Behavioral Management
- SPED 3350 Creating Inclusive Classrooms
- BIOL 4413 Biology Teaching Methods (contact Dr. Grinath for enrollment permission)
- SCPY 1001 Psychology of Diversity and Learning in Schools

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

*Recommended courses for non-majors:*

- CPH 2200 Promoting Wellness  
- CPH 2211 Health Education Methods (elementary)  
- CPH 2221 Intro to Community and Public Health  
- CPH 3340 Fitness and Wellness Programs  
- NTD 3360 Nutrition through the Life Cycle  
- NTD 4407 Principles of Community Nutrition  
- NTD 4408 Application in Community Nutrition  
- GLBL 4420 Global Health and Policy  
- PSYC 2205 Human Sexuality  
- SOC 3330 Sociology of Health and Illness  
- COUN 3300 Interpersonal Skills in Health Professions  
- 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
- Students Against Child Slavery

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:
- Earth and Environmental Sciences
- Geo Technology
- Environmental Engineering
- Geology
- Biology
- Geosciences

Recommended courses for non-majors:
- BIOL 1192 Careers in Ecology and Conservation Biology
- BIOL 2209 General Ecology
- BIOL 3337 Conservation Biology
- GEOL 1100 The Dynamic Earth
- GEOL 4403 Principles of Geographic Information Systems
- GLBL 3379 Environment and Geography
- GLBL 4480 International Parks and Protected Areas
- GLBL 4488 Global Tourism Geography
- POLS 4455 Environmental Politics and Policy
- POLS 4466 Public Lands Policy
- SOC 3335 Environmental Sociology
- HIST 4430 Global Environmental History
- 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 three courses from one of the following areas:**

- Social Work
- School Psychology
- Family and Consumer Science
- Counseling
- Psychology

**Recommended courses for non-majors:**

- PSYCH 1101 Introduction to Psychology
- PSYC 2200 Child Abuse
- PSYCH 2225 Child Development
- PSYCH 3332 Psychology of Adolescence
- PSYC 2205 Human Sexuality
- SOC 3321 Sociology of the Family
- EDUC 2204 Families Community Culture
- HPSS 2222 First Aid CPR and Sport Safety
- HPSS 1160 Women's Rape Aggression Defense

**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:
- Business
- Business Technology
- Public Administration
- Accounting or Finance
- Computer Science and related majors
- Graphic Design
- Mass Communications

Recommended courses:
- BA 1110 The World of Business
- BA 2203 Issues in Business
- ECON 1100 Economic Issues
- ECON 2202 Principles of Macroeconomics
- ACCT 3303 Accounting Concepts
- MGT 1101 Introduction to Business
- MGT 1105 Entrepreneurship and Civilization
- MGT 2210 Entrepreneurship Opportunity Creation and Discovery
- MGT 3345 Critical Analysis and Creative Problem Solving
- POLS 4457 Grant writing
- POLS 4409 Community Planning
- POLS 4408 Urban Spaces
- SOC 3366 The Community

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

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
- GLBL 3380 Gender in Global Affairs
- GLBL 2270 World Geography and Cultures
- SOC 2248 Critical Analysis of Social Diversity

And choose 2 additional electives from the above list or these below:
- Any classes in Objective 9 (excludes foreign language)
- POLS 3350 Minority Politics
- HIST 4476 Modern Middle East
- ANTH 1102 Cultural Anthropology
- ANTH 4422 Globalization
- ANTH 4425 Food and Culture
- POLS 4433 Politics of Developing Nations
- SPAN 3381 Hispanic Current Affairs
- SOC 4462 Power Class and Prestige
- HIST 4474 Islam in the Modern World

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

Prolonged intercultural experiences—such as studying or volunteering abroad, supporting new immigrants or refugees acculturate 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 someone in the Career Center or Student Opportunity and Development
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.
RELEASE OF INFORMATION FORM

With your approval, the Idaho State University Peace Corps Preparatory (PC Prep) program will release information on a regular basis to the Peace Corps, including details about the participants in this program and other relevant data that help the Peace Corps evaluate the effectiveness of PC Prep. These educational records are subject to the Family Educational Rights and Privacy Act (FERPA), a Federal law designed to protect the privacy of a student’s educational records. This Act prohibits college officials from disclosing any records, including grade reports, academic standings, transcripts of records, or any other records, which contain information directly related to the student and from which the student can be individually identified without the student’s consent. Consistent with FERPA guidelines, Idaho State University will not release records related to your performance in the PC Prep program, other than those enumerated in this disclosure agreement.

I hereby permit Idaho State University to disclose personally identifiable information to Peace Corps regarding my participation in the PC Prep program for the purposes of evaluating PC Prep. This information will be limited to my name, date of admission to PC Prep, the coursework and other activities I pursued to satisfy PC Prep requirements, date of graduation, and whether I successfully completed the PC Prep upon graduation. If I do not ultimately enter the Peace Corps, Idaho State University may report post-graduation career information to the extent that Idaho State University has that information.

Student Name (printed) _______________________________________________________

Student Signature________________________________________________________

Date____________________