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 three core competencies through interrelated coursework, hands-on experience, and professional development support. The three competencies are the following:

1. Training and experience in a specific work sector
2. Intercultural competence
3. 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.* Refer to this when completing your Peace Corps 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!

Please note the courses and descriptions included come from each university or college and do not necessarily reflect the official policy or position of the Peace Corps. This content is for educational purposes.

Competency #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 Peace Corps Prep program, you will begin to build a professional specialty, which should serve your career well and prepare you for Peace Corps service.

For Peace Corps 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 work experience in that *same* sector, preferably in teaching or outreach capacity.

Peace Corps Tip!

When applying 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, then review the positions' required and desired qualifications and build them up accordingly. In the process, you should fulfill these Peace Corps Prep experiential requirements!

There are six sectors (https://www.peacecorps.gov/ways-to-serve/our-work-sectors/) 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!

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.

Take 3 courses from the following areas:

Biology	Chemistry	Math
Computer Science	Physics	Earth Science
Education	English	

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
    - For example, the teaching subject(s) might include English as a Second Language, special education, drama, or a STEM subject
        - Note that PLU has partnerships with some local schools which would be good places in which to conduct your field experience

- Campus-based education opportunities
    - Academic Assistance
    - Writing Center
    - Center for Diversity, Justice, and Sustainability
    - Language Resource Center
    - Parkland Literacy Center
- PLU partners and initiatives
    - Communities in Schools
    - Franklin Pierce Schools
    - Peace Community Center
    - Puget Sound Education Service District Afterschool Programs
    - YMCA Center for Community Impact

Health



Serve on the front lines of global health. Health Volunteers work with clinics and healthcare providers in their communities to develop strategies to promote nutrition, maternal and child health, hygiene, water and sanitation, malaria prevention, and HIV/AIDS education.

Take three courses from the following areas

Biology:
BIOL 111: Biology and the Modern World
BIOL 201: Introductory Microbiology
BIOL 205: Human Anatomy and Physiology I
BIOL 206: Human Anatomy and Physiology II
BIOL 225: Molecules, Cells, and Organisms
BIOL 341: Developmental Biology
BIOL 342: Microbiology
BIOL 352: Comparative Anatomy
BIOL 444: Neurobiology
BIOL 448: Immunology
BIOL 449: Virology
BIOL 453: Mammalian Physiology

Chemistry:
CHEM 105: Chemistry of Life
CHEM 403: Biochemistry I
CHEM 405: Biochemistry II

Kinesiology:
KINS 227: Foundations of Kinesiology
KINS 279: Teaching Physical Activity
KINS 280: Fitness and Recreation Programming and Delivery
KINS 315: Body Image
KINS 320: Nutrition, Health, and Performance
KINS 324: Physical Activity and Lifespan
KINS 366: Health Psychology
KINS 384: Foundations of Health and Fitness Promotion
KINS 395: Comprehensive School Health

Nursing: Any nursing courses

HEALTH, continued

Additional Courses:
PSYC 388: Culture and Health
SOCW 325: Social Education and Health Services in Tobago

Is there another course that you feel meets this requirement? Please discuss it with your Peace Corps Prep Director.

Build 50 hours of related field experience through an activity such as:

- Volunteer or work experience in such areas as health outreach, hospice, nutrition counseling, emergency medical technician (EMT) or CPR teaching/certification, maternal health, or 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
- Campus-based health opportunities
    - Center for Diversity, Justice, and Sustainability

- PLU partners and initiatives
    - Trinity Lutheran Church
    - Nourish Pierce County
    - Emergency Food Network
    - Catholic Community Services
    - Community Health Care
    - Lindquist Dental Clinic for Children
    - Molina Healthcare

Environment



Create a more sustainable world. Volunteers promote efforts to protect natural resources at the local level and strengthen understanding of environmental and sustainability issues.

Take three courses from the following areas

Biology:
BIOL 116: Introductory Ecology;
BIOL 226: Genes, Evolution, Diversity, and Ecology;
Any course in the Ecology and Evolution track of the major

Earth Science & Environmental Studies:
ESCI 103: Earthquakes, Volcanoes and Geologic Hazards
ESCI 104: Conservation of Natural Resources
ESCI 201: Geologic Principles
ESCI 332: Geomorphology
Any ENVT course

Economics:
ECON 101: Principles of Microeconomics
ECON 215: Investigating Environmental & Economic Change in Europe
ECON 313: Environmental Economics

Philosophy:
PHIL 327: Environmental Philosophy
PHIL 226: Environmental Ethics

Religion:
RELI 239: Environment and Culture
RELI 365: Climate Justice
RELI 393: Topics in Comparative Religions ("Native Traditions in PNW" topic only)

Additional courses:
ANTH 368: Edible Landscapes
CHEM 104: Environmental Chemistry
ENGL 234: Environmental Literature;
HIST 370: Environmental History of the US
POLS 346: Environmental Politics and Policies
NAIS 244: Environmental Justice and Indigenous People

ENVIRONMENT, continued

Is there another course that you feel meets this requirement? Please discuss it with your Peace Corps Prep Director.

Build 50 hours of related field experience through an activity such as:

- Educating the public on environmental or conservation issues
- 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
- Campus-based environment opportunities
    - PLU Facilities Management
    - Center for Diversity, Justice, and Sustainability
    - PLU Sustainability
- PLU partnerships and initiatives
    - Center for Urban Waters
    - Communities for a Healthy Bay
    - Parks Tacoma
    - Pierce County Parks and Recreation
    - Pierce Conservation District
    - Puyallup Watershed Initiative

AGRICULTURE



Strengthen food security. Agriculture Volunteers work with farmers to support programs in food security, nutrition, and sustainable livelihoods.

Take three courses from the following areas:
Biology:
BIOL 116: Introductory Ecology
BIOL 356: Economic and Cultural Botany
BIOL 368: Ecology
BIOL 358: Physiology of Food Production
BIOL 367: Conservation Biology and Management
BIOL 443: Plant Development & Genetic Engineering
BIOL 462: Plant Diversity and Distribution

Other courses:
ANTH 368: Edible Landscapes
ECON 101: Principles of Microeconomics
ESCI 104: Conservation of Natural Resources
Is there another course that you feel meets this requirement? Please discuss it with your Peace Corps Prep Director.

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, fish cultivation and production, or related areas
- Teaching or tutoring the public in environmental or agricultural issues/activities
- Working on the business management or marketing side of a commercial farm
- Campus-based agriculture opportunities
    - PLU Habitat Restoration
    - PLU Community Garden
- PLU partners and initiatives
    - Franklin Pierce Farm
    - Harvest Pierce County
    - Hilltop Urban Garden
    - L'Arche Farm

Youth in Development



Empower the next generation. Volunteers work with youth in communities to increase youth community engagement and strengthen leadership, life, and employability skills, guiding young people to realize their social, economic, and civic potential.

Take three courses from the following areas:

Education:
Any course in Elementary Education or Secondary Education

Gender, Sexuality, and Race Studies:
Any course that counts for the major

Global Studies:
Any course in the Development and Social Justice Concentration

Kinesiology:
Any course in the Health and Fitness Education Concentration

Social Work:
SOCW 320: Child Welfare, A Global Perspective
SOCW 375: Social Services in the Community
SOCW 460: Social Work Practice II

Additional courses:
ENGL 235: Children's Literature
ENGL 334: Studies in Literature for Young Readers
PSYC 101: Introduction to Psychology;
SOCI 101: Introduction to Sociology
CRIM 226: Delinquency and Juvenile Justice
SOCI 230: The Family
SOCI 240: Social Problems

Is there another course that you feel meets this requirement? Please discuss it with your Peace Corps Prep Director.

YOUTH IN DEVELOPMENT, continued

Build 50 hours of related field experience through an activity such as:

- Teaching or counseling in youth programs
- Activities that involve planning, organizing, assessing community needs, counseling, and leadership, in areas such as education, youth development, health, the environment, and/or business
- Campus-based youth in development opportunities
  - Center for Diversity, Justice, and Sustainability
  - Parkland Literacy Center
- PLU partners and initiatives
  - Communities in Schools
  - Franklin Pierce Schools
  - Peace Community Center
  - Puget Sound Education Service District Afterschool Programs
  - Tacoma MESA
  - YMCA Center for Community Impact

Community Economic Development



Cultivate and grow local economic opportunities. Volunteers work to strengthen economic infrastructure through urban planning or supporting entrepreneurs and business owners.

Take three courses from the following areas:
Business Administration
Communications
Computer Science
Economics
Global Studies: any course in the Development and Social Justice Concentration
Studio Arts: any course in Graphic Design

Is there another course that you feel meets this requirement? Please discuss it with your Peace Corps Prep Director.

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, marketing, or related areas
- Starting and running your own business or other entrepreneurial activity
- Training others in computer literacy, maintenance, or repair
- Website design or online marketing
- Founding or leading a community- or school-based organization
- PLU partnerships and initiatives
    - Habitat for Humanity
    - Sound Outreach
    - Tacoma Community House
    - United Way of Pierce County

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 language—produce some of the strongest candidates.

Competency #2:
Intercultural Competence

Approved courses *or* a substantive intercultural experience *or* foreign language skills *or* any combination of all three

Engaging thoughtfully and fluidly across cultures begins with one's own self-awareness. With this learning objective, you will deepen your cultural agility - by taking three intercultural courses that provide opportunities to learn about others while reflecting upon your own self in relation to others. The goal is for you to build your capacity to understand multiple cultures and build intercultural competence.

Intercultural Courses

Students will deepen cultural agility through a mix of three self-reflective courses focused on global perspectives.

Take at least 3 intercultural courses:
Any course that satisfies the "GE" requirement at PLU

Is there another course that you feel meets this requirement? Please discuss it with your Peace Corps Prep Director.

Substitution Option:
A maximum of two courses can be substituted with an Intercultural Experience or Foreign Language Course/Proficiency

Intercultural Experience:
Studying, volunteering and/or teaching abroad or in a different cultural context from your own in the United States (including U.S. territories).

Foreign Language Skills:
Develop language skills by taking courses in a foreign language or American Sign Language. Please note that sign language or native/fluent experience with more than one language can also satisfy this requirement. All are encouraged to hone their capacity to interact professionally in more than one language.

Competency #3
Professional and Leadership Development

Resume and interview support + leadership experience

Peace Corps service and similar international development work opportunities are highly professional and selective. Peace Corps Prep requires the following activities that will strengthen your candidacy for the Peace Corps (and other professional endeavors):

1. Have your **resume** critiqued by someone in Alumni and Student Connections.

2. Attend a workshop or class on interview skills or participate in a mock interview at Alumni and Student Connections.

3. Develop at least one significant **leadership experience** and be prepared to discuss it thoughtfully. For example, organizing a campus or community event, leading a work or volunteer project, or serving on the executive board of a student organization.

4. Connect with a **Peace Corps Recruiter, Strategic Campus Recruiter, or Returned Peace Corps Volunteer** about volunteer service, the application process and benefits of service. All Peace Corps Prep participants interested in applying for Peace Corps should complete this online form at Peace Corps Prep Connect to connect with Peace Corps recruiters.