



## 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 (PC) 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](#) 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 PC Prep experiential requirements!*

There are [six 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!*

## a. Education



**Teach lessons that last a lifetime.** Education is the Peace Corps' 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:*

- Educational Studies
- Computer Science
- Educational Leadership
- Math
- Computer Science
- Anthropology
- Any Physical or Biological Science

*Recommended courses (other courses may apply):*

SOC-236 Education & Society  
MATH 110: Concepts of Mathematics  
ANTH 304: Language, Culture, and Society  
CS-140 Intro to Computer Program  
ASIA-380 Tropical Ecology  
BIOL-258 Ethnobotany w/Lab  
ENG-4030 AT: Postcolonial Literature  
EDUC-203 Contemporary Issues Education  
EDUC-253 Contemporary Educ Policy  
EDUC-206 Intro Lang & Educ-E Africa  
EDUC-236 Education & Society  
EDUC - 375 Multicultural Education  
EDUC - 3065 Freedom & Civic Education

*\*This is only a partial list of possible courses, there are many more at St. Lawrence. Please meet with the PCP coordinator to discuss your course of study and how it fits into the requirements.*

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

- Teaching in one of these or a similar forum: 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 field subject
- SLU Writing Center and Peterson Quantitative Resource Center Tutors
- Higher Education Opportunity Program (HEOP) Summer Mentors, who assist students enrolled in HEOP's summer enrichment program
- St. Lawrence University Public Interest Corps (SLU PIC), which offers 8-10 week summer internship opportunities sponsored by local nonprofits

- Language and Cultural Exchange Program Tutor
- Kenya Semester Independent Internship Placement
- SLU Reading Buddies, program for SLU students to assist local school children in improving their reading skills
- Community based learning (combined with another experience to reach 50-hour minimum)
- For a field experience in your home area, please contact the PCP coordinator for discussion and approval.
- If you feel you are participating in a program, alternative spring break, or study abroad experience that may fulfill multiple requirements at once, please contact the PCP coordinator for discussion and approval.

## b. 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:*

- Psychology
- Pre-Med
- Public Health
- Gender Studies
- Biology
- Anthropology
- Global Studies

*Recommended courses (other courses may apply):*

GS-268 Global Hlth & Justice  
 SOC-225 Women's Hlth & Aging  
 BIOL-412 Cross Cultural Healing  
 PH-216 Intro to Public Health  
 PH-3002 Health Behavior & Promotion  
 GS-264 Global Public Health: Critica  
 GNDR-224 Glbl Advocacy Wm's Sexual Rea  
 BIOL-315 Human Nutrition  
 ANTH-270 Plagues & Peoples

*\*This is only a partial list of possible courses, there are many more at St. Lawrence. Please meet with the PCP coordinator to discuss your course of study and how it fits into the requirements.*

*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 counselor for sexually transmitted infections
- Significant experience in mechanical repairs, construction, carpentry, masonry, plumbing, hydrology, or set design
- Kenya Semester Independent Internship Placement
- St. Lawrence University Public Interest Corps (SLU PIC), which offers 8-10 week summer internship opportunities sponsored by local nonprofits
- Planned Parenthood Internship
- SLU Emergency Medical Services (EMS) Program
- Community based learning (combined with another experience to reach 50-hour minimum)
- For a field experience in your home area, please contact the PCP coordinator for discussion and approval.
- If you feel you are participating in a program, alternative spring break, or study abroad experience that may fulfill multiple requirements at once, please contact the PCP coordinator for discussion and approval.

### c. 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:*

- |   |   |                                      |
|---|---|--------------------------------------|
| <input type="radio"/> Environmental Studies           | <input type="radio"/> Outdoor Leadership      | <input type="radio"/> Geology        |
| <input type="radio"/> Environmental Studies-Economics | <input type="radio"/> Sustainability Semester | <input type="radio"/> Global Studies |
|   | <input type="radio"/> Conservation Biology    |                                      |

*Recommended courses (other courses may apply):*

ENVS-101 Our Shared Environment  
 ENVS-187 Environment and Society  
 BIOL-440 Conservation Biology w/Lab  
 GEOL-110 Environmental Geology  
 PSYC-318WL Environmental Psych w/Lab  
 GEOL-103 The Dynamic Earth w/Lab  
 AFS-425 Environ Conservation Africa  
 GS-355 Gbl/Local Environmentalisms  
 ECON-308 Environmental Economics

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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
- Nature Up North, a campus-based environmental education and outreach program in which SLU student interns lead citizen science and nature activities
- LittleGrasse Foodworks or Birdsfoot Farm Internship, both local organic farming operations
- St. Lawrence University Public Interest Corps (SLU PIC), which offers 8-10 week summer internship opportunities sponsored by local nonprofits
- SLU Sustainability Semester, which offers students opportunities to take courses and engage in hands-on activities that explore sustainability issues
- Weave News, a campus-based independent news projects focusing on underreported stories
- Kenya Semester Independent Internship Placement
- Community based learning (combined with another experience to reach 50-hour minimum)
- For a field experience in your home area, please contact the PCP coordinator for discussion and approval.
- If you feel you are participating in a program, alternative spring break, or study abroad experience that may fulfill multiple requirements at once, please contact the PCP coordinator for discussion and approval.

## d. 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:

- Economics
- Biochemistry
- Environmental Studies
- Business
- Chemistry
- Sustainability Semester
- Biology

Recommended courses (other courses may apply):

ECON-308 Environmental Economics  
ECON-308 Environmental Economics  
BIOL-230WL Food From the Sea w/Lab  
SOC-233 Consuming Food  
BIOL-101 General Biology I w/Lab  
GNDR-291 Women Religion & Food

BIOL-224 Plant Biology w/Lab  
BIOL-319 Plant Systematics w/Lab

*\*This is only a partial list of possible courses, there are many more at St. Lawrence.  
Please meet with the PCP coordinator to discuss your course of study and how it fits into  
the requirements.*

**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
- Nature Up North
- LittleGrasse Foodworks or Birdsfoot Farm Internship
- St. Lawrence University Public Interest Corps (SLU PIC), which offers 8-10 week summer internship opportunities sponsored by local nonprofits
- SLU Sustainability Semester, which offers students opportunities to take courses and engage in hands-on activities that explore sustainability issues
- Weave News, a campus-based independent news project focusing on underreported stories
- Kenya Semester Independent Internship Placement
- GardenShare, a local nonprofit focused on addressing food insecurity issues
- SLU Writing Center and Peterson Quantitative Resource Center Tutors
- Community based learning (combined with another experience to reach 50-hour minimum)
- For a field experience in your home area, please contact the PCP coordinator for discussion and approval.
- If you feel you are participating in a program, alternative spring break, or study abroad experience that may fulfill multiple requirements at once, please contact the PCP coordinator for discussion and approval.

## **e. 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:**

- |                                |                                       |
|--------------------------------|---------------------------------------|
| ○ Educational Leadership       | ○ Computer Science                    |
| ○ Gender and Sexuality Studies | ○ Sports Studies and Exercise Science |
| ○ Rhetoric and Communication   | ○ Theatre                             |
|                                | ○ Sociology                           |

**Recommended courses (other courses may apply):**

ANTH 242: Childhood Across Cultures.  
PCA 106: Performing Diversity.  
PSYC 413: Community Psychology  
PCA 334: Environmental Communication.  
GNDR 290: Gender and Feminist Theory.  
PCA 255: African-American Drama  
PSYC 215: Cultural Psychology  
GS 235: Power, Profits, and the Cultural Politics of Sports  
AFS 3049: Africa Rising: Urban Youth Culture  
CS 140: Introduction to Computer Program

*\*This is only a partial list of possible courses, there are many more at St. Lawrence.  
Please meet with the PCP coordinator to discuss your course of study and how it fits into  
the requirements.*

**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
- Common Ground Connections, student organization focused on global citizenship and intercultural communication
- St. Lawrence University Public Interest Corps (SLU PIC), which offers 8-10 week summer internship opportunities sponsored by local nonprofits
- SLU Reading Buddies program for SLU students to assist local school children in improving their reading skills
- Weave News, a campus-based independent news project focusing on underreported stories
- Nature Up North, a campus-based environmental education and outreach program in which SLU student interns lead citizen science and nature activities
- GardenShare, a local nonprofit focused on addressing food insecurity issues
- Writing Center and Quantitative and Reasoning Tutors
- Kenya Semester Independent Internship Placement
- Community based learning (combined with another experience to reach 50-hour minimum)
- For a field experience in your home area, please contact the PCP coordinator for discussion and approval.
- If you feel you are participating in a program, alternative spring break, or study abroad experience that may fulfill multiple requirements at once, please contact the PCP coordinator for discussion and approval.

## f. Community Economic Development



**Harness 21<sup>st</sup>-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 in the Liberal Arts
- African Studies-Economics
- Accounting
- International Economics
- Computer Science
- Rhetoric-Communication
- Economics
- Statistics

*Recommended courses (other courses may apply):*

EDUC 3042: Education and Entrepreneurship  
GS 301: Theories of Global Political Economy  
ECON 228: African Economies  
GS 222: Asian Political Economy in the Global Age  
ECON 308: Environmental Economics  
ECON 332: International Economics  
AAC 203: Managerial Accounting  
STAT 113: Applied Statistic

*\*This is only a partial list of possible courses, there are many more at St. Lawrence. Please meet with the PCP coordinator to discuss your course of study and how it fits into the requirements.*

*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
- Campus Kitchen Project, student organization that serves weekly community meals
- Habitat for Humanity
- Career Services Internship
- St. Lawrence University Public Interest Corps (SLU PIC), which offers 8-10 week summer internship opportunities sponsored by local nonprofits SLU PIC Internship Program
- Weave News a campus-based independent news project focusing on underreported stories
- Career Connections Internship
- Kenya Semester Independent Internship Placement



- Community based learning (combined with another experience to reach 50-hour minimum)
- For a field experience in your home area, please contact the PCP coordinator for discussion and approval.
- If you feel you are participating in a program, alternative spring break, or study abroad experience that may fulfill multiple requirements at once, please contact the PCP coordinator for discussion and approval.

*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 103 and 104-level courses (at SLU, 103 and 104 are at the 200-level), 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 103 and 104-level courses (at SLU, 103 and 104 are at the 200-level), 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.
- Study Abroad: Swahili courses in the KSP, French language courses in the Bordeaux Program, Italian language courses in the Sorrento and Rome Programs, Spanish language courses in the Spain Program and in the Costa Rica program (*there may be other possibilities*).
- 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! Please make a note on your draft plan.

## 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:*

- EDAD 5016: Multicultural Leadership
- Special Topics: Global Service
- SOC 112: IntroSoc: Inequality
- GS 221: Intercultural Communication and Leadership
- GS 102: Introduction to Global Studies II: Race, Culture, Identity
- GNDR 240: Intergroup Dialogue
- PHIL 333: Ethics of Global Citizenship
- Intercultural Communication and Leadership (COMM 3301)  
CIEE Czech Republic Program

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

- GOVT/CLAS 228: Latin American Politics
- HIST 234: Modern Latin America
- PHIL 103: Philosophy East and West: An Introduction
- SOC 110: Global Problems
- POL 360: International Relations Theory
- AFS 225: Peoples and Cultures of Africa
- ANTH 104: Language and Human Experience
- PSYCH 215: Cultural Psychology
- PSYC 3039: Psychology of Gender
- CLAS 302: Latino Cultural Studies and Cultural Analysis

*Is there another course in the catalog or experience that you feel meets this requirement?* Please discuss it with your PC Prep Coordinator. These could include courses from area studies and other intercultural experiences such as studying or volunteering abroad and domestic intercultural experiences. **Each distinct intercultural experience lasting at least 40 hours may substituted for one elective.**

- **Studying or volunteering abroad** may count *if the student is in a country that has at some point hosted Peace Corps Volunteers.*
  - Studying/volunteering abroad in these countries lasting from one week to a summer may substitute for one course.
  - Experiences that last a full semester may substitute for both electives.
- **Other intercultural experiences** may also count. If experiences also align with one of Peace Corps' six sectors, these experiences may simultaneously count for that hands-on experiential requirement. Examples include: helping new immigrants/refugees acculturate to the U.S. or volunteering in diverse schools, volunteering at an ESOL literacy program, or volunteering with a public health organization in a diverse area.

*Peace Corps Tip!*

*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 Career Services staff.
2. Attend a workshop or class on **interview skills** at Career Services.
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, or serving on the executive board of a student organization. Discuss your experience and/or plans with the PCP Coordinator to confirm the experience fulfills this requirement.