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 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/) 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:

- Elementary, Secondary, or Special Education
- Early Childhood Education
- Deaf Education
- Social Work
- Psychology

Recommended courses:

- ART 350: Teaching of Art in Elementary Schools
- ART 351: Teaching of Art in Secondary Schools
- CIS 103: Computer Applications for Educators
- CTE 412: Second Language Acquisition
- EDU 263: Teaching Reading and Language Arts
- EDU 268: Introduction to Learner Development
- EDU 269: Critical Skills in the Teaching Profession
- EDU 270: Introduction to Learner Diversity
- EDU 373: Methods of Teaching Social Studies
- MTH 102-106: Math for Elementary School Teachers
- PER 389: Teaching through Theatre
- PSY 200: Developmental Psychology
- SWK 100: Introduction to Social Work

*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

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
- Healthcare Management
- Biology
- One Health
- Health Education and Promotion
- Psychology

Recommended courses:

- BIO 325: Disease Ecology
- BIO 395: Topics in Healthcare
- CHM 318: Biochemistry
- ENG 494: Interpreting and Translating Science for Consumers
- HCM 300: Foundations in Healthcare Management
- HCM 310: Ethics in Healthcare Management
- HCM 350: Legal Issues in Healthcare Management
- ONE 196: Introduction to One Health
- NUR 210: Introduction to Professional Nursing Practice
- NUR 410: Women's Health & Pediatric Nursing
- NUR 420: Mental Health Nursing
- NUR 430: Leadership, Finance, and Healthcare Policy in Professional Nursing
- NUR 460: Community and Public Health Nursing
- PHL 220: Biomedical Ethics
- PSY 445: Biological Psychology
- SOC 250: Medical Sociology
- SWK 352: Gerontology
- SWK 371: Human Sexuality
- SWK 472: Addictions

*And build 50 hours of **related** field experience through an activity such as:*
- Volunteer, internship, practica, 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 at one of many local hospitals or research universities
- Serving as a medical scribe at a local emergency room hospital
- 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
- Counseling or teaching in health subjects

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:

- Biology
- One Health
- Psychology
- Dietetics

Recommended courses:

- BIO 106: Topics in Environmental Science with Lab
- BIO 203: Science and Society
- BIO 236: Field Ecology and Animal Behavior
- BIO 332: Conservation Biology
- GGY 205: Cultural Geography
- ONE 196: Introduction to One Health
- PHL 228: Environmental Ethics

*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
- Completing undergraduate research in the community
- Study abroad program focusing on biodiversity

4. 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:

- Geography
- Dietetics
- Economics
- Biology

Recommended courses:

- BIO 106: Topics in Environmental Science with Lab
- BIO 236: Field Ecology and Animal Behavior
- BIO 332: Conservation Biology
- CHM 318: Biochemistry
- GGY 205: Cultural Geography

*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 far

5. 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
- Education
- Psychology
- Early Childhood Education

Recommended courses:

- ART 207: High Art, Propaganda, and Kitsch
- CDS 105: Speech and Language Development of the Normal and Exceptional Child
- ECE/FCS 230: Infant and Toddler Development
- ECE/FCS 232: The Young Child
- ECE/FCS 235: Play, Happiness, and Wellbeing
- EDU 268: Introduction to Learner Development
- EDU 270: Introduction to Learner Diversity
- PSY 200: Developmental Psychology
- SWK 440: Children's Mental Health Needs

*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
- Student teaching or practicum in Education or Early Childhood
- Theatre programming with youth
- Research on sexual harassment and STEM education

6. 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
- Accounting
- Strategic Communication
- Social Work
- Sociology and Psychology
- Computer science and Cybersecurity
- Graphic Design

Recommended courses:

- ACT 210: Financial Accounting
- ACT 220: Managerial Accounting
- ART 202: Introduction to Web Design
- BSA 310: International Business
- CIS 110: Computer Applications: Spreadsheets
- CIS 111: Computer Applications: Databases
- CIS 125: Introduction to Cybersecurity, Cyber Crime, and Polices
- CIS 160: Computer Science I
- CIS 161: Computer Science II
- ECN 210: Principles of Macro Economics
- ECN 220: Principles of Micro Economics
- GS 201: Globalization and Its Challenges
- INT 207: Leadership through Social Change
- MGT 210: Management Principles
- MGT 310: Public Administration and Nonprofit Management
- MGT 440: Leadership
- MGT 450: Special Projects for Social Entrepreneurship
- PSY 310: Social Psychology
- PSY 327: Industrial/Organizational Psych
- SWK 200: Social and Economic Justice

*And build 50 hours of **related** field experience through an activity such as:*
- Working or interning 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

| **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

Most students must hone their capacity to interact professionally using a non-English language. Requirements vary by placement region, complete language requirements through Washington University's University College program or Webster at no additional cost. Please see Victoria Dickey in the Registrar's office to enroll in University College courses.

- ❑ *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:

- SOC 265: Diversity Studies
- ACS 200: America Abroad
- COM 240: Intercultural Communication
- GS 201: Globalization and its Challenges
- PSY 250: Cross-Cultural Psychology
- WGS 101: Introduction to Women's Studies

<u>And choose 2 additional electives from the above list or these below:</u>

- COM 230: Gender Communication
- ENG 220: Women's Literature
- ENG 351: World Literature
- ENG 255: African-American Literature
- HST 107: Introduction to African-American Studies
- HST 303: Survey of Asian History
- HST 305: History of Latin America
- HST 307: History of the Middle East
- HST 309: History of Sub-Saharan Africa
- HST 440: History of Women and Families in US Society
- PER 214: Playbuilding
- PER 314: Multicultural Experience in Performance
- PER 455: Sexual Politics in Drama
- REL 250: Religions and Cultures of St. Louis
- SOC 320: Sociology of Gender
- WGS 220: Masculinities
- WGS 470: Gender Theory
- SWK 200: Social and Economic Justice
- SWK 371: Human Sexuality
- EDU 270: Introduction to Learner Diversity
- FCS 422: Cultural Competence Through Food

Students may also fulfill one of these competencies through studying or volunteering abroad in a country in which the Peace Corps operates or by serving 40 hours in an intercultural internship or volunteer placement, in areas directly related to intercultural service, such as work with the International Institute.

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

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 Emily Huey in Career Development.
2. Attend a workshop or class on **interview skills** at Career Development.
3. *Develop at least one significant* **leadership experience** and be prepared to discuss it thoughtfully. For example, organizing a sustained campus event, leading a work or volunteer

project such as Fontbonne Day, or serving on the executive board of a student organization. *Service in the QUEST Leadership program via Janelle Julian's office in Student Affairs is an ideal way to meet this requirement, but it is not required. Any student who completes the QUEST program will automatically meet all three requirements in Professional and Leadership Development.*