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:

- o Elementary, Secondary or Special Education: Any ECI, course
- o Any Teaching Science & Math Course (TSM)
- o English & Linguistics: Any
- o Any Bilingual Multicultural Education (BME)
- o ENG & LING course
- o Math: Any MAT course
- o Computer Science: Any CS course
- o Physical or Biological Science: Any AST, PHY, BIO, CHM course
- o Engineering: Any CENE, ME, or EE course
- o Geographic Science & Community Planning: Any GSP course

Recommended courses:

- o EDF 200 Introduction to Education
- o ECI Elementary School Curriculum
- o ECI 406 Science and Evidence Based Practices in the Elementary School
- o ECI 405 Mathematics and Evidence-Based Practices in the Elementary School
- o ECI 407 Social Studies and Evidence-Based Practices in the Elementary School
- o BME 300 Introduction to Structured English Immersion
- o BME 310 Foundations of Multicultural Education
- o BME 408 Fieldwork Experience
- o BME 439 Methods and Materials in Second Language Teaching and Structured English Immersion
- o BME 437 Structured English Immersion Methods for Secondary School
- o TSM 303 Knowing and Learning in Science
- o TSM 450 Project-based Instruction in Science and Math

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

- **International Education Opportunities through NAU's Center for International Education:**
  - Teaching English and other Education opportunities can be found in many Peace Corps locations around the world including Cambodia, China, Costa Rica, Ecuador, Ghana, Mexico, Nepal, and Peru.
  - [ISEP Senegal: Summer Service Learning](#)
  - [ISEP Global Engagement Program: Ghana](#)
  - [USAC Ghana: Service Learning](#)
  - [USAC South Africa: Voluntarism & Community Engagement program](#)
  - [Volunteer with Academia Latinoamerica de Español](#)
  - [SIT Senegal: Hip-hop, African Diaspora, and Decolonial Futures](#)
  - [American University in Cairo: Teach English to local high schoolers](#)
- **Virtual Experiences:**

- ■ [SIT Chile: Internship in Education & Social Change Orgs.](#)
- ■ [USAC Virtual Internship: English Language Instruction](#)
- **Local Education Experiences:**
  - ■ 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
  - ■ Education outreach through the College of Education
  - ■ Arboretum Education-Children's Activities
  - ■ Literacy Volunteers of Coconino county
  - ■ Museum of Northern Arizona education programs
  - ■ Camp Colton Environmental Educator

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:

- o Biology: See below
- o Health Sciences: Any HS course
- o Nursing: Any NUR course
- o Psychology: Any PSY course
- o Nutritional Studies: Any NTS course
- o Fitness & Wellness: Any FW, PE, or FIT course
- o Civil and Environmental Engineering: Any CENE course
- o Environmental Sciences: Any ENV course

Recommended courses:

- o BIO 192 Introduction to Exercise Science
- o BIO 201 Human Anatomy/Physiology
- o BIO 300 Human Biology
- o BIO 310 Scientific Concepts in Human Biology
- o BIO 320 General Pathology
- o BIO 325 Foundations of Physiology
- o BIO 334 Functional Anatomy and Kinesiology
- o BIO 338 Physiology of Exercise
- o BIO 375 Infectious Disease
- o BIO 376 Industrial Microbiology and Biotechnology
- o BIO 410 Immunobiology
- o BIO 402 Virology
- o BIO 412C The Mechanics and Energetics of Locomotion
- o FIT 100 Physical Education
- o HS 200 Healthy Lifestyles

- HS 300 Human Disease
- HS 306 Methods for Community Health Promotion
- HS 313 Environmental Health
- HS 317 Maternal, Child, and Sexual Health
- HS 390W Current Health Issues
- HS 404 Principles of Epidemiology
- NUR 225 (225L) Fundamentals of Nursing Practice and Lab
- NUR 345 (345L) Adult Health and Illness I (Practicum and Lab)
- NUR 427 (427L) Public Health Nursing and Practicum
- CENE 150 (150L) Introduction to Environmental Engineering and Lab
- CENE 280 Environmental Engineering Fundamentals
- CENE 281L Environmental Engineering Lab I
- CENE 330 Air-Quality Engineering

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

- **International Health Opportunities through NAU's CIE:**
  - NAU-CIE offers faculty led health programs for 1-4 weeks in Guatemala, Cambodia, Peru, Micronesia and Tanzania. These programs are supported by NAU faculty.
  - NAU-CIE offers additional health programs for volunteering and study abroad in Belize, Botswana, Ghana, Kenya, Ecuador, Mozambique, South Africa, Costa Rica, Peru, Vietnam, and Cambodia.
  - [Child Family Health International: Opportunities available throughout Africa, Latin America, Asia, & Pacific Islands](#)
  - [USAC University of Ghana: Service Learning](#)
  - [Volunteer with Academia Latinoamerica de Español](#)
- **Virtual Experiences:**
  - [Child Family Health International: Virtual Opportunities](#)
  - [Absolute Internship: Pharmaceutical](#)
  - [SIT Kenya: Public Health & COVID-19 in the Tropics](#)
- **Local Health Experiences:**
  - 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

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:
- Environmental Science: Any ENV course
- Biology: Some BIO courses
- Chemistry: Any CHM course
- Engineering: Any CENE course
- Forestry: Any FOR course
- Earth & Environmental Sciences: Any EES course

Recommended courses:
- BIO 221 Lower Invertebrates
- BIO 222 Higher Invertebrates
- BIO 223 Vertebrate Zoology
- BIO 226 Ecology
- BIO 284 Botany
- BIO 322 Entomology
- BIO 345 Sustainable Botany
- BIO 369 Environmental Microbiology
- BIO 373 Marine Biology
- BIO 374 Economic Botany
- BIO 376 Industrial Microbiology and Biotechnology
- BIO Soil and Groundwater Bioremediation
- BIO 411 Mycology
- BIO 414 Native Plants of Arizona
- BIO 415 Plant Taxonomy
- BIO 419 Molecular Ecology and Evolution
- BIO 424 Evolutionary Vertebrate Anatomy
- BIO 426C Plants and Climate
- BIO 431 Plant Morphology
- ENV 115 Climate Change
- ENV 181 Environmental Sustainability
- ENV 230 foundations of Environmental Science: Humans and the Environment
- ENV 324 (324L) Sustainable Ecology and Lab
- ENV 325 Essential Ecology and Lab
- ENV 360 Physical and Chemical Processes in the Atmosphere and Hydrosphere
- ENV 440 Conservation Biology
- ENV 385W Energy, Resources and Policy
- POS 359 Environmental Policy

- CENE 150 (150L) Introduction to Environmental Engineering and Lab
- CENE 280 Environmental Engineering Fundamentals
- CENE 281L Environmental Engineering Lab I
- CENE 282 L Environmental Engineering Lab II
- CENE 330 Air-Quality Engineering
- CENE 434 Water and Waste-Water Units Design
- ME 435 Wind Energy Conversion Systems
- ME 451 Renewable Energy Systems
- ECO 325 Environmental Economics
- GGR 453 Quaternary Environments
- GGR 462 Applications in Climatology

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

- **International Environmental Opportunities through NAU's CIE:**
  - NAU-CIE offers several faculty-led environmental programs in Thailand, Peru, South Africa, Ecuador, Mozambique, Belize, and China
  - NAU in Belize: Watershed Continuum: Engineering & Ecosystems Field Work
  - School for Field Studies: Tanzania (Summer)
  - School for Field Studies: Kenya (Semester)
  - Wildland Studies: South Africa
  - Volunteer with Academia Latinoamerica de Español
  - Internship with CRCC Asia: Sustainable Development in Beijing
  - SIT Madagascar: Biodiversity and Natural Resource Management
  - The Arava Institute for Environmental Studies

- **Virtual Experiences**
  - Absolute Internship: Green Technology
  - ISEP Barcelona: Virtual Service learning; Oxfam International-Climate Change Department

- **Local Environmental Experiences:**
  - 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
  - NAU offers several on campus opportunities through the NAU-Green Fund
  - Community opportunities exist at the Arboretum, The Nature Conservancy, Habitat for Humanity, and the Museum of Northern Arizona
  - Volunteer with Grand Canyon Trust or Arizona's Grand Canyon Chapter of the Sierra Club

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:
- Environmental Science: Any ENV course
- Biology: See below
- Forestry: Any FOR course

Recommended courses:
- BIO 226 Ecology
- BIO 284 Botany
- BIO 322 Entomology
- BIO 345 Sustainable Botany
- BIO 369 Environmental Microbiology
- BIO 411 Mycology
- BIO 415 Plant Taxonomy
- BIO 417C Microbial Ecology
- BIO 477 Fish Management
- BIO 478 Wildlife Management
- BIO 479 Ecosystems and Climate Change
- FOR 211 Forest Measurements
- FOR 213 Ecology and Management of Forest Soils
- FOR 225 GIS Tools in Forestry
- GGR 452 Nature and Properties of Soils
- GGR 453 Quaternary Environments

*And build 50 hours of **related** field experience through an activity such as:*
- **International Agricultural Opportunities through NAU-CIE:**
  - Thailand, Vietnam, Peru, South Africa, Ecuador, Mozambique, Belize, Costa Rica and Mexico.
  - CIS Intern in Ecuador
  - Global Experiences Shanghai: Million Trees Project
  - Nelson Mandela University, Port Elizabeth South Africa
  - The Arava Institute for Environmental Studies
- **Virtual Experiences:**
  - SIT Ecuador: Environment Conservation & Ecosystems
  - ISEP Barcelona: Virtual Service learning; Gleaners
  - SIT Panama: Virtual Internship in Sustainable Community Development
- **Local/Agricultural/Forestry Experiences:**

- 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
- Interning or volunteering at Warner's Nursery
- Opportunities at the Four Forest Initiative project at the Nature Conservancy
- Volunteer with Flagstaff Foodlink, the Flagstaff CSA (Community Supported Agriculture), or Terra Birds

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:

- Applied Human Behavior: Any AHB course
- Social Work: Any SW courses
- Applied Indigenous Studies: Any AIS course
- PSY: Some PSY courses
- Sociology: Any SOC or SOCIO courses

Recommended courses:

- AHB 365 Environmental and biological Foundations of Human Behavior
- AHB 375 Community Planning and Sustainable Practices
- PSY 240 Developmental Psychology
- PSY 250 Social Psychology
- PSY 326 Group Behavior
- PSY 340 Child and Adolescent Development
- PSY 389 Cooperative Education
- SOCIO 319 Population and Environment
- SOCIO 320 Social Psychology
- SOC 101 Introduction to Sociology
- SOC 102 Development of Sociological Thought
- SOC 210 Social Problems
- SOC 216 Family Issues and Social Change
- SOC 315 American Society and the American Indian
- SOC 316 Sociology of Sexuality
- SOC 318 Sociology of Health and Illness
- SOC 353 Power, Wealth, and Inequality
- SOC 417 Sociology of Childhood
- SOC 456 Sociology of Culture
- SW 220 People to People: Social Welfare and Social Work

- o SW 295 Human Fundamentals of Social Work Practices

*And build 50 hours of **related** field experience through an activity such as:*
- **International Youth in Development Opportunities through NAU's CIE:**
  - NAU-CIE offers several faculty-led programs in Morocco, Ecuador, Cambodia, Bolivia, Thailand, India, Nepal, Vietnam, Kenya, Ghana and Tanzania.
  - [NAU Anthropology Internship on Easter, Island, Chile](#)
  - [ISEP Global Engagement Program: University of Ghana](#)
  - [Volunteer with Academia Latinoamerica de Español](#)
  - [Community Engagement program: Nelson Mandela University](#)
- **Virtual Experiences:**
  - [SIT Serbia & Kosovo: Transitional Justice, Human Rights & Memory Activism](#)
  - [CIS Abroad Thailand: Community Development & Education](#)
  - [ISEP Barcelona: Virtual Service learning; CREART](#)
  - [SIT Jordan: Refugees, Health, and Humanitarian Action](#)
- **Local Youth in Development Opportunities through NAU's CIE:**
  - 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
  - Volunteering at the Boys and Girls Club in Flagstaff
  - Volunteering with Big Brothers, Big Sisters Flagstaff
  - Volunteer in the Flagstaff Family Food Center's reading room

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:
- o Business Administration: Any BBA courses
- o Construction Management: Any CM course
- o Computer Science: Any CS courses
- o Hospitality Administration: Any HA course
- o Finance: Any FIN course
- o Project Management: Any PM courses
- o Sustainable Communities: Any SUS course

Recommended courses:
- o BBA 205 Legal, Ethical, Regulatory, and Global Environment of Business
- o BBA 255 Financial Accounting
- o BBA 256 Managerial Accounting

- o BBA 290 Managerial Accounting and Financial Analysis
- o BBA 293 Information and Technology Literacy
- o BBA 303 Business Management Fundamentals
- o BBA 310 Principles of Marketing in a Global Economy
- o BBA 338 Training and Development
- o BBA 405 Entrepreneurship and Small Business Management
- o HA 210 Hotel Operations and Management
- o HA 284 International Travel and Tourism
- o HA 380 Global Issues in Hospitality
- o HA 381 Green Restaurants
- o FIN 190 Personal Finance in a Global Economy
- o FIN 303 Concepts in Finance
- o FIN 311 Principles of Finance

*And build 50 hours of **related** field experience through an activity such as:*
- **International Community Economic Development Opportunities through NAU's CIE:**
  - NAU-CIE programs for volunteering are available in Morocco, Ecuador, Cambodia, Bolivia, Thailand, India, Nepal, Vietnam, Kenya, Ghana, Philippines and Tanzania.
  - NAU Hospitality on Easter Island, Chile
  - ISEP Global Engagement Program: University of Ghana
  - USAC University of Ghana: Service Learning
  - USAC South Africa: Voluntarism & Community Engagement program
- **Virtual Experiences:**
  - Absolute Internship: Entrepreneurship
  - Asia Internship Program
  - SIT Jordan: Internship in Community Empowerment & Sustainable Environments
  - SIT Panama: Sustainable Community Development
  - ISEP Barcelona: Virtual Service learning; IBO Foundation
- **Local Community Economic Development Experiences:**
  - 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
  - Volunteer with Friends of Flagstaff's Future or Local First Arizona

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. Minimum course requirements vary by desired placement region.

❑ *Latin America*: If you have an intention to serve in Spanish-speaking countries, you must build strong intermediate proficiency, having completed two 200-level courses or learned Spanish through another medium.

❑ *West Africa*: If you have an intention to serve in French-speaking African countries, you 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 it is highly recommended that you study a foreign language.

Language Scholarships: Most Peace Corps Locations are in Africa. There are several scholarships available, like the Boren and Critical Language Scholarship, to students who would like to learn languages such as Swahili, Twi, Wolof, or Moroccan Arabic. Talk to your Peace Corps Prep Coordinator to learn more.

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:

- SA 301: Going Global
- ANT 215: Connecting Across Cultures
- CST 323: Intercultural Communication
- DIS 283: Culture and Disability
- WGS 360: Topics in Global Feminisms
- ES 100: Introduction to Ethnic Studies
- HUM 373: Nature and Values
- REL 150: Religions of the World
- PSY 280: Cross-Cultural Psychology

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

NAU offers 171 Global Diversity courses. Choose any from the subjects below**:**

- Religion
- History
- Geography

- Humanities
- Political Science
- Women & Gender Studies

Is there another course in the catalog that you feel meets any of these requirements? 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 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. Make an appointment to have your **resume** reviewed by someone in NAU Career Development
2. Schedule a **mock interview** through NAU Career Development to develop your interviewing skills
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.