CENTER FOR INTERNATIONAL EDUCATION
AND GLOBAL STRATEGY
UNIVERSITY AT ALBANY State University of New York

Peace
Corps

PC Prep COURSE OF STUDY MAPPING AND APPLICATION GUIDE

The Peace Corps Prep program prepares 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.*

You can also download the PC Prep Planning Worksheet to begin designing your Preliminary Course of Study plan.

Application Guide
This guide aligns point-by-point with each section of the application

Refer to this when completing your online PC Prep application,
where you'll need to document how you plan to fulfill each requirement.

Application Steps

1. Speak with a PC Prep advisor
2. Review the Course of Study Guide, below
3. Download the PC Prep Planning Worksheet to sketch out your Preliminary Course of Study plan
4. Click 'Apply Now' button, above, to submit your Preliminary Course of Study plan for review
5. Your application and study plan will be reviewed by the UAlbany PC Prep Faculty Council for acceptance
6. Get accepted and begin your PC Prep journey!

Pro
Tip!

Participate in UAlbany's Global Distinction milestone and fulfill nearly all your PC Prep requirements at once! Including,

Academic Training and Field Experience
Foreign Language Requirement
Intercultural Competency Requirement

Course of Study Guide

To receive your PC Prep certification, you must demonstrate that you will build four core competencies.

Choose your PC Prep Sector

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!

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.

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.

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.

YOUTH IN DEVELOPMENT

Empower the next generation of change makers. 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.

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.

AGRICULTURE

Lead grassroots efforts to fight hunger. Volunteers work with small-scale farmers and families to increase food security and production and adapt to climate change while promoting environmental conservation. 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.

> 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.*

Core Competencies

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.

Find your Sector, below, to review the training and experience requirements:

1. EDUCATION

If you choose Education, take 3 courses from one of the following areas:

- Elementary, Secondary or Special Education
- English or Linguistics
- TEFL/TESL
- Math
- Computer Science
- Engineering
- Any Physical or Biological Science

Sample UAlbany courses include:

- AENG 110Z Writing and Critical Inquiry in the Humanities
- AENG 121 Reading Literature
- AENG 360Y Tutoring and Writing
- ALIN 220 / AENG 217 Introduction to Linguistics
- ALIN 326Z Writing, Reading, and Language
- EEAPS 300 Social Foundations of Education
- ELTL 410 Literacy in Social Contexts
- EPSY 400 Instructional Psychology
- ESPE 460 Introduction to Human Exceptionality
- ETAP 201 Exploring Teaching as a Profession
- ETAP 501 The Teaching of English to Speakers of Other Languages
- ETAP 536 Second Language Learning
- ETAP 652B Perspectives in Bilingual Education
- + hundreds of courses in Computer Science, Engineering, Math and Statistics

*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
- Advanced School of Education students can engage in practice teaching, in elementary and secondary schools, through the Pathways into Education program (PIE)
- Students who receive high grades in introductory STEM courses are hired by departments and the Academic Support Center (particularly through CSTEP), to tutor students in these courses
- Students can also work in the Writing Center, volunteer as English language partners in CIEGS' Intensive English Language Program, or serve as peer advisors/mentors in academic units
- Students are also paid to tutor in English Leaning Centers at exchange partner universities overseas. By studying and interning abroad, students can fulfill multiple requirements at once!

2. HEALTH

If you choose Health, take three courses from one of the following areas:

- Nursing
- Nutrition or Dietetics
- Health Education
- Pre-med
- Biology
- Environmental or Sanitary Engineering

Sample UAlbany courses include:

- AANT 319 Physical Growth and Development
- AANT 416, 418 Human Anatomy and Physiology I and II
- ABIO 117 Nutrition
- ABIO 130, 131 General Biology: Molecular and Cell Biology, Genetics, Ecology, Evolution, and Physiology
- ABIO 212Y Introductory Genetics
- ABIO 213 Microbiology in Health and Disease
- ABIO 365 Biological Chemistry
- ABIO 453 Ecology and Evolution of Infectious Diseases
- ACOM 465 Communication in Health Care Organizations
- APSY 329 Health Psychology
- HSPH 201 Introduction to Public Health
- HSPH 231 Concepts in Epidemiology
- HSPH 321 Global Environmental Issues and their Effect on Human Health
- HSPH 332 Introduction to Biostatistics
- HSPH 341 Promoting Healthy People and Communities
- HSPH / CEHC 389 Introduction to Emergency Health Preparedness and Response
- HHPM / RPAD / RPOS 486 International Health and Human Rights: an Interdisciplinary Approach
- HSPH 490 Field Placement in Public Health

*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
- Volunteering, interning or working with UAlbany's Health Services, Counseling and Psychological Services, RNA Institute, Cancer Research Center, Neuroscience Lab, Bio-Instrumentation Lab, Center for Behavioral Health Promotion and Applied Research, Center for the Elimination of Minority Health Disparities, Middle Earth Peer Counselors, or Office of Residential Life
- The NYS Department of Health (DOH), the Wadsworth Center, or the Albany County Health Department, all linked to UAlbany's School of Public Health
- Whitney M. Young Center, Koinonia Primary Health Care, or similar community-based, federally qualified health centers
- Albany Medical Center, St. Peters Hospital, or other hospitals in the NYS Capital Region

- Local non-profit organizations such as the U.S. Committee for Refugees and Immigrants (USCRI), the NYS AIDS Institute, the Trinity Alliance, Capital Roots, and the Regional Food Bank
- UAlbany runs three faculty-led study abroad programs that center on health, Comparative Health Systems (in Costa Rica and the Dominican Republic), and the city in human health (Italy)
- The School of Public Health partners with universities and organizations around the world, offering internships and even Peace Corps service as one of its MPH degree concentrations

3. ENVIRONMENT

If you choose Environment, take three courses from one of the following areas:

- Environmental Science or related field
- Natural Resources Conservation
- Park Administration
- Wildlife Biology
- Natural Resources or Wildlife Management
- Forestry
- Biology, Botany, or Ecology
- Geology

Sample UAlbany courses include:

- ABIO 218 Introduction to Plant Biology
- ABIO 401 Ecology
- ABIO 432 Animal Behavior
- AENV 250 Sustainable Development: Energy and Resources
- AENV 365 Environmental Science Fieldwork Experience
- AGOG 407 Biogeography
- AGOG 424 Landscape Ecology
- AUSP / AGOG 330 Principles of Environmental Management
- AUSP / AGOG 430 Environmental Planning
- AUSP 432 Parks, Preservation, and Heritage Planning
- AUSP 436, 437 Landscape Planning and Workshop
- IESE 301 Introduction to Environmental and Sustainable Engineering
- IESE 381 Energy Engineering
- IESE 411 Water and Wastewater Treatment
- IESE 451 Water Resource Engineering
- IESE 452 Groundwater Hydrology
- IESE 471 Hazardous Waste Management
- RPAD 366 International Environmental Policy

*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
- Volunteer on campus and neighborhood clean-up days, or intern in UAlbany's Office of Environmental Sustainability, Environmental Health and Safety, Environmental Health Sciences
- Join a community garden project, volunteer at a local park summer program, farm, or food coop
- Intern with NYS Parks, Historic Preservation or Recreation or Albany Water (and Sewer) Board
- Attend a UAlbany's NSF PIRE-funded environmental science field school in Brazil or Taiwan

4. YOUTH IN DEVELOPMENT

If you choose Youth in Development, take three courses from one of the following areas:

- Social Work
- Counseling
- Community Development
- Developmental Psychology
- Human Development
- Family Studies

Look for applicable UAlbany courses in these departments:

- APSY 223 Emotional and Social Development
- ASOC 250 Sociology of Families
- ASOC 386 The Social Worlds of Children and Youth
- ECPY 301, 302, 303 Methods in Peer Helping I-III
- ECPY 311 Helping Skills in Human Services: Sexuality and Young Adults
- ECPY 360 Psychology, Cultural Diversity, and Social Justice
- ECPY 421 Introduction to Counseling Psychology
- ECPY 462 Psychology of Disability
- EPSY 420 Child and Adolescent Development
- ESPY 360 Positive Youth Development
- RSSW 305, 306, 405Z, 406Y Social Work Practice I-IV

*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

5. COMMUNITY ECONOMIC DEVELOPMENT

If you choose Community Economic Dev., take three courses from one of the following areas:

- Business or Public Administration
- Nonprofit Management
- Accounting, Banking or Finance
- Computer Science and related majors
- Graphic Design
- Mass Communications
- International Business

Sample UAlbany courses include:

- ACOM 238 Introduction to Mass Communication
- ACOM 363 Marketing Communication and Media Campaigns
- ACOM 377 Communication and Technology in Organizations
- ACOM 388 Communication and Global Organizations
- AECO 330 Economics of Development
- AECO 350 Money and Banking
- AGLO / AGOG 327 World Regions and Global Markets
- ASOC 255 Mass Media
- ASOC 395 Capitalize on Community
- AUSP 425, 426 Community Development and Neighborhood Planning and Workshop
- BACC 211 Financial Accounting
- BFIN 300 Financial Management
- BITM 215 Information Technologies for Business
- BMGT 460 Social Entrepreneurship
- BMKT 411 Marketing Strategy in Globalized Market Environment
- BMKT 440 New Venture/Product Development
- ICSI 418Y Software Engineering
- ICSI 422 Introduction to Computer Graphics
- IINF 108 Programming for Problem Solving
- IINF 301 Emerging Trends in Information and Technology
- IINF 467 Technology-Based Community Support

- RPAD 204 Computer Modeling for Decision Support
- RPAD 303 Public Administration and Management
- RPAD 411 Special Topics in Public Administration: Program Evaluation Training

*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

6. AGRICULTURE

If you choose Agriculture, take three courses from one of the following areas:

- Agronomy
- Horticulture
- Botany
- Entomology
- Agricultural Science
- Agribusiness
- Agricultural Economics
- Business or Economics
- Biology

Sample UAlbany courses include:

- AANT 100 Culture, Society, and Biology
- AANT 354 Culture and Economy in a Globalized World
- AANT 355 Environment, Economy, and Culture
- AANT 415 Nutritional Anthropology
- AATM 405 Water and Climate Change
- ABIO 117 Nutrition
- ABIO 218 Introduction to Plant Biology
- ABIO 222 Biological Consequences of Global Climate Change
- ABIO 328 Invertebrate Ecology Laboratory
- ABIO 401 Ecology
- ABIO 406 Vertebrate Histology
- ABIO 432 Animal Behavior
- AECO 130 Developing Economies

- AECO 385 Environmental Economics
- AENV 250 Sustainable Development: Energy and Resources
- AENV 302 Ocean Science
- AGEO 221 Understanding the Earth
- AGOG 424 Landscape Ecology
- AGOG 560 Local Economic Development Strategies
- AHIS 277 Culture and History of Food in the United States
- APHY 202 Environmental Physics
- AUSP/AGOG 330 Principles of Environmental Management
- AUSP/AGOG 430 Environmental Planning
- AUSP/AGOG 433Y Urban Ecology
- AUSP 436, 437 Landscape Planning and Workshop
- BMKT 602 Advanced Concepts in Food Marketing
- HBMS 314 Animal and Cell Culture Model Systems
- IESE 301 Introduction to Environmental and Sustainable Engineering
- IESE 451 Water Resource Engineering
- IESE 452 Groundwater Hydrology
- RPAD 366 International Environmental Policy
- TANT/TLCS 242 Food, Culture, and Power in Mesoamerica (plus optional field course in Mexico)

*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, such as the Honest Weight Coop (supermarket), Farmers' Market, local farm-shares, or one of many local cideries or breweries
- Interning with a local non-profit organization, including the Albany Pine Bush Preserve or Radix Ecological Sustainability Center, both based in Albany, NY
- Teaching or tutoring the public in environmental or agricultural issues/activities, including through the Albany/Cornell Cooperative Extension and Public Library system
- Volunteering at a Food Pantry, such as St. Joseph's/St. Vincent de Paul's, which serve the Greater Capital Region, including the UAlbany community
- Interning with Capital Roots, based in Troy, NY, working alongside community members on their Squash Hunger: Fresh Food for All, Urban Greening community gardens, VeggieRX, year-round Veggie Mobile, Healthy Stores, Healthy Streets, and Farm to School/Tastes Good Series
- Becoming a UAlbany Student for Sustainability/Green Scene Ambassador, farming in UAlbany's garden, planting and pruning on campus, composting food waste from classroom and university offices, and advocating for local ingredients in campus dining halls and area restaurants
- Joining UAlbany's World of Sustainable NY Living, Learning Community, in cleaning Albany's streets and tending to Adirondack Park
- Studying and researching in the Galapagos for a semester with UAlbany's new partner, the

- University of San Francisco, based in Quito, Ecuador, or erecting bio sand-filters in the Dominican Republic over spring break, under the direction of community leaders and an Returned Peace Corps Volunteer

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. Review the regional requirements below:

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 the language requirement! Make your decision based on your speaking, reading, and writing abilities._

UAlbany Language courses

UAlbany offers Majors and Minors in both Spanish and French. So why not go further in your language training and practice? It will help in your initial adjustment to your placement, should it be in Latin America or West Africa, and you will use what you learned every day. In addition to courses at UAlbany and UAlbany in Madrid, the Department of Languages, Literatures, and Cultures offers various language cafés or tables where you can practice with peers. You can also volunteer with local organizations that are led by and/or serve speakers of Spanish or French.

Below are several language and culture courses that serve as excellent preparation for communicating while serving communities within Spanish-speaking Latin America or French-speaking West Africa:

- AFRE 341 Introduction to Global French Studies
- AFRE 481 Francophone Cultures
- ASPN Spanish for Community Engagement
- ASPN 328 Spanish-Language Applied Learning Internship

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.

<u>You'll take at least 1 of these core courses</u>:

- AAFS / ALCS / AWSS 240 Classism, Racism, and Sexism: Issues
- AANT 108 Introduction to Cultural Anthropology
- ACOM 371 Theories of Intercultural Communication
- ECPY 360 Psychology, Cultural Diversity, and Social Justice
- RSSW 299 Multiculturalism
- Similar intercultural competencies course offered during a semester abroad

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

- A semester study abroad/research/internship program in a current or former Peace Corps country*
- UAlbany course**
    - AGLO / AEAPS 350 Leadership in the International Arena
    - ALIN 325 / AANT 325 Sociolinguistics
    - BBUS 494 Multi-Cultural Work Environments
- Pre-approved relevant courses offered in the U.S. or abroad]
- Pre-approved prolonged intercultural experience based in the U.S, and lasting at least 50 hours — such as supporting new immigrants or refugees acculturate to the United States, or volunteering in diverse schools***

See the list of current and former Peace Corps countries here: www.peacecorps.gov/countries. Studying/volunteering abroad in these countries from one week to a summer may substitute for one course. Experiences that last a full semester may substitute for both electives.

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

***If the experience(s) also align with one of Peace Corps' six sectors, it may simultaneously count for that hands-on experiential requirement.*

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 Office of Career and Professional Development
2. Attend a workshop or class on **interview skills** at the Office of Career and Professional Development
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.