

## PEACE CORPS PREP STUDENT APPLICATION

Name: \_\_\_\_\_ Student ID: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Major(s): \_\_\_\_\_ Minors(s): \_\_\_\_\_

Expected Graduation (month and year): \_\_\_\_\_ Cumulative GPA: \_\_\_\_\_

### 1. Training and experience in a specific [work sector](#)

**Please check the box of the sector in which you would like to serve:**

- Education       Environment       Youth in Development  
 Health       Agriculture       Community Economic Development

*Note: Actual Peace Corps assignments are based on local needs, and thus may or may not align seamlessly with your qualifications. Flexibility is key to the Peace Corps experience!*

**(1) Coursework. List the number and name of 3 courses in this same sector that you plan to take, and the semester in which you plan to take them** (it is fine if you've already taken them).

*Note: The courses you include on this application may change, but it's good to have a plan.*

1. Course: \_\_\_\_\_ Semester and year: \_\_\_\_\_
2. Course: \_\_\_\_\_ Semester and year: \_\_\_\_\_
3. Course: \_\_\_\_\_ Semester and year: \_\_\_\_\_

**(2) Hands-on experience in that same sector (must total at least 50 hours).  
Describe what you plan to do:**

### 2. Foreign language skills

Requirements depend upon desired Peace Corps volunteer placement site. (1) *Spanish-speaking countries* → two 200-level courses. (2) *French-speaking countries* → one 200-level course in any Romance Language. (3) *Everywhere else* → no explicit requirements, but language skills are a plus.

**If you intend to learn a foreign language, please list which one:** \_\_\_\_\_

**List the top 2 foreign language courses you plan to take:**

Course 1: \_\_\_\_\_ Semester and year: \_\_\_\_\_

Course 2: \_\_\_\_\_ Semester and year: \_\_\_\_\_

*Or describe your alternative learning process (e.g., native speaker):*

### 3. Intercultural competence

**List the core course and two approved electives you plan to take:**

Core course: \_\_\_\_\_ Semester and year: \_\_\_\_\_

Elective 1: \_\_\_\_\_ Semester and year: \_\_\_\_\_

Elective 2: \_\_\_\_\_ Semester and year: \_\_\_\_\_

### 4. Professional and leadership development

1. **Professional resume feedback:** When do you plan to meet with the Career Development Center for a one-on-one resume review? Month and year:  
\_\_\_\_\_

2. **Professional interview prep:** When do you plan to meet with the Career Development Center for an interview workshop? Month and year:  
\_\_\_\_\_

3. **Describe a leadership experience that you intend to pursue:**  
*For example, leading a work or volunteer project, serving on the executive board of a student organization, or organizing a big campus event.*

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Peace Corps Prep Coordinator

\_\_\_\_\_  
Date

# 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](http://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](http://www.peacecorps.gov/volunteer/what-volunteers-do/) (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:*

- Child Development
- Elementary, Secondary or Special Education
- English or Linguistics
- Career and Technical Education
- Math
- Computer Science
- Engineering
- Diversity Studies in Education
- Any Physical or Biological Science

*Recommended courses:*

- Critical Perspectives in Teaching and Learning
- Psychology Applied to Teaching
- Foundations of Literacy
- Learner Diversity: Teaching English Language Learners
- Creating Inclusive Learning Communities
- Policies and Practices in Educational Assessment

*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
  - Participating in a service learning course that provides you an opportunity to engage in a classroom setting
  - Finding summer employment or internships that provide direct experience in this area
  - Serving as a volunteer or intern with a local non-profit serving children. For a list of opportunities, visit: [act.appstate.edu](http://act.appstate.edu)

## #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
- Nutrition or Dietetics
- Health Education
- Chemistry
- Public Health
- Psych- Health Studies
- Education
- Biology
- Technical Education
- Environmental Studies

*Recommended courses:*

- Introduction to Public Health ES 2030
  - Concepts in Human Anatomy and Physiology (Pre: BIO 1201, or BIO 1801, or CHE 1101/1110)
  - Health Communication
  - Introduction to Health System Organization
  - Chronic and Infectious Disease
  - Environmental Health (Pre: PH 2000)
  - Community Health (Pre: PH 2000)
  - Foundations in Health Behavior (Pre: PH 2000)
  - Public Health Interventions I
  - Principles of Epidemiology (Pre: PH 2200 & PH 3330)
  - Health Policy, Ethics and Law
- *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
  - Be involved with on campus public health initiatives such as Red Flag Campaign, Mental Health Ambassadors, WeCan ambassadors, etc.
  - Volunteer at the Community Care Clinic

### #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 or related field
- Recreation Management
- Biology
- Sustainable Development
- Geology/Geography
- Public Administration
- Appropriate Technology
- Sustainable Development

Recommended courses:

- Principles of Sustainable Development
- Science for Sustainability
- Environmental Justice & Sustainability/Environmental Ethics
- Environmental Humanities
- Principles of Agroecology
- Applied Farm Operations
- Development Theory and Practice
- Classics in Sustainable Development
- Intro to Environmental Science and Engineering
- Introduction to GIS
- Biological Concepts
- Environmental Chemistry
- Teaching Science in the Middle and High Schools
- The Meaning & Nature of Science
- Biological Concepts I
- Weather and Climate
- Calculus with Analytic Geometry I
- Environmental Change, Hazards, & Resources
- Science for Sustainability

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

- *Engagement Outside the Classroom can include:*
  - American Institute of Architecture Students (AIAS) - a student organization acting as a cooperative between thousands of students in North America that is committed to providing a forum for ideas and a community of emerging architectural professionals.
  - Student Builders Association (SBA) - a student club that brings industry speakers to campus, makes connections with employers, visits innovative projects, participates in community service, and works with the High Country Homebuilders Association
  - Appalachian State University Habitat for Humanity - a student service club that assists the Watauga County affiliate of Habitat for Humanity through fundraising, volunteering, and construction workdays at various project sites.
  - Renewable Energy Initiative - a committee of students, with faculty and staff advisors, that is responsible for allocating money towards the

implementation of renewable energy on the Appalachian campus. The committee's annual operating budget comes from a self-imposed student fee of \$5 per student per semester.

- Sustainability Council - a university group comprising more than 70 administrators, faculty, staff and students that sets and executes the vision for sustainability on the Appalachian campus.
- Environmental Sciences Club (ENVClub) – This student club is for people who are environmentally conscious. It engages students of all disciplines in environmental awareness and to promote interdisciplinary research opportunities
- Short-term study abroad programs and their focus include
  - Austria and Switzerland: Renewable Energy and Architecture
  - Nicaragua and Costa Rica: Sustainable Technology
  - Peru: Building and Designing for Nature
  - South Korea and Taiwan: Sustainable Energy and Architecture
- Volunteer at local environmental organizations, include: Appalachian Voices, Blue Ridge Women in Agriculture, Wine To Water, etc.
- Volunteer at the Sustainable Development Farm
- Participate in Alternative Service Experiences through ACT Office that have an environmental focus

## #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:*

- |                          |                          |                           |
|--------------------------|--------------------------|---------------------------|
| ○ Appropriate Technology | ○ Geography and Planning | ○ Sustainable Development |
| ○ Biology                | ○ Appalachian Studies    | ○ Business or economics   |
| ○ Geology                | ○ Environmental Studies  |                           |

*Recommended courses:*

- Principles of Sustainable Development
- Science for Sustainability
- Environmental Justice & Sustainability/Environmental Ethics
- Environmental Humanities
- Principles of Agroecology
- Applied Farm Operations
- Development Theory and Practice

- Classics in Sustainable Development
- Intro to Environmental Science and Engineering
- Introduction to GIS
- Biological Concepts
- Environmental Chemistry
- Teaching Science in the Middle and High Schools
- The Meaning & Nature of Science
- Biological Concepts I
- Weather and Climate
- Calculus with Analytic Geometry I
- Environmental Change, Hazards, & Resources
- Science for Sustainability

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

- Engagement outside the classroom includes:
  - Beta Beta Beta National Biological Honor Society - TriBeta was established to recognize academic achievement and promote research in the biological sciences. Membership is by invitation.
  - Highlands Biology Club - a student club that works to advance knowledge, inspire the community, as well as open doors of opportunity for members through events involving Biology while having fun.
  - Annual Celebration of Student Research and Creative Endeavors - a day held at Appalachian where students showcase their research projects and present their results in either a performance, platform talk or poster.
  - Department Seminars - hosted by the Department of Biology for all biology students every Wednesday. Seminar topics range from research to animal biology and ecology to bioengineering. See the department calendar.
- Conduct faculty research which can involve lab or field work

## #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- Elementary, | ○ Psychology          |
| ○ Child Development | Special and Secondary    | ○ Family and Consumer |
|                     | ○ Counseling             | Sciences              |

- Educational Leadership

Recommended courses:

- Psychology Applied to Teaching
- Critical Perspectives in Teaching and Learning
- Psychology Applied to Teaching
- Foundations of Literacy
- Learner Diversity: Teaching English Language Learners
- Girls Coming of Age
- Creating Inclusive Learning Communities
- Policies and Practices in Educational Assessment
- Cultural Competence in the Helping Professions Social Work Practice with Children and Families

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

- Teaching or counseling in at-risk youth programs—local opportunities include Western Youth Network, Childrens Hope Alliance, Grandfather Home for Children, Social Services
- Work at the Child Development Center on campus or in a local after school program
- Participate in an Alternative Service Experience
- 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

## #6 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 or Public Administration
- Nonprofit Management
- Accounting, Banking or Finance
- Computer Science and related majors
- Graphic Design
- Public Administration
- Public Health
- Geography and Planning
- International Business

Recommended courses:

- Introduction to Public Administration
- Small Group Communication
- Organizational Psychology
- Teaching and Learning in the Digital Age
- International Macroeconomics

- Health Economics
- Science for Sustainability
- Psychology Applied to Teaching

*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—getting involved with App State Center for Entrepreneurship
- Website design or online marketing either independently or in an organization
- Founding or leading a community- or school-based organization
- Involvement in local government initiatives
- Work or volunteer in a tutoring related capacity

**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 placement region**

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 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:

*Please include here an initial list of your own approved courses offered in your catalog. The list may be as short or long as you desire, and may evolve with time. If you are allowing intercultural experiences to count for credits, please include appropriate language below.*

**You'll take at least 1 of these core courses:**

- Selves, Bodies and Cultural Diversity
- Multicultural Counseling
- Understanding Culture
- Social Diversity and Inequalities
- Intercultural Communication

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

- Organizing for Learning and Diversity
- Global Diversity Project
- Organizing for Learning and Diversity
- Geographic Diversity and Globalization
- Medical Anthropology
- Contemporary Global Issues
- Understanding Culture
- South Asia through Ethnography
- Cultural Anthropology
- Global Climate Change
- The Sociological Perspective
- Environmental Sociology
- Race and Ethnicity

*Is there another course in the catalog that you feel meets this requirement? 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. [This tip is relevant whether or not you allow students to substitute such experiences for their electives.]*

## **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 Career Development Center.
2. Attend a workshop or class on **interview skills** at the Career Development Center



**Peace Corps**

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.

**Student Name:** \_\_\_\_\_

**University:** \_\_\_\_\_

**PC Prep Coordinator:** \_\_\_\_\_

## PEACE CORPS PREP EXIT CHECKLIST

Below are the Peace Corps Prep certification requirements. If you apply to Peace Corps, please *scan and attach this signed form to your application with the name "PC Prep Checklist."* If you apply to Peace Corps before completing a requirement below, write: "[Activity]: planned [month/year]."

### 1. Training and experience in a specific [work sector](#)

**Please check the box of the sector in which you have prepared yourself to serve:**

- |                                    |                                      |   |
|------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Education | <input type="checkbox"/> Environment | <input type="checkbox"/> Youth in Development           |
| <input type="checkbox"/> Health    | <input type="checkbox"/> Agriculture | <input type="checkbox"/> Community Economic Development |

**(1) Coursework. List the 3 highest approved sector-aligned course #s and titles you took:**

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ |          |

**(2) Hands-on experience in that same sector. Total Hours (must be at least 50):**

\_\_\_\_\_  
**Description of experience:**

### 2. Foreign language skills

Requirements depend upon desired Peace Corps volunteer placement site. (1) *Spanish-speaking countries* → two 200-level courses. (2) *French-speaking countries* → one 200-level courses in any Romance Language. (3) *Everywhere else* → no explicit requirements, but language skills are a plus.

**Language:** \_\_\_\_\_ **List your 2 highest level course #s and titles:**

- |          |          |
|----------|----------|
| 1. _____ | 2. _____ |
|----------|----------|
- Or describe your alternative learning process (e.g., native speaker):

3. Intercultural competence

List your 3 approved courses/experiences that bolstered your intercultural competence:

1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_

4. Professional and leadership development

1. **Professional resume feedback:**  Yes  No Date: \_\_\_\_\_ Where: \_\_\_\_\_  
2. **Professional interview prep:**  Yes  No Date: \_\_\_\_\_ Where: \_\_\_\_\_  
3. **Demonstrated leadership experiences** (i.e., student orgs, work, volunteer, etc.)  
**Describe:**

\_\_\_\_\_  
Signature of Student      Date

\_\_\_\_\_  
Signature of PC Prep Coordinator      Date

## RELEASE OF INFORMATION FORM

With your approval, the Appalachian State University Peace Corps Preparatory (PC Prep) program will release information on a regular basis to the Peace Corps, including details about the participants in this program and other relevant data that help the Peace Corps evaluate the effectiveness of PC Prep. These educational records are subject to the Family Educational Rights and Privacy Act (FERPA), a Federal law designed to protect the privacy of a student's educational records. This Act prohibits college officials from disclosing any records, including grade reports, academic standings, transcripts of records, or any other records, which contain information directly related to the student and from which the student can be individually identified without the student's consent. Consistent with FERPA guidelines, Appalachian State University will not release records related to your performance in the PC Prep program, other than those enumerated in this disclosure agreement.

I hereby permit Appalachian State University to disclose personally identifiable information to Peace Corps regarding my participation in the Peace Corps Preparatory program for the purposes of evaluating PC Prep. This information will be limited to my name, date of admission to PC Prep, the coursework and other activities I pursued to satisfy PC Prep requirements, date of graduation, and whether I successfully completed the PC Prep upon graduation. If I do not ultimately enter the Peace Corps, Appalachian State University may report post-graduation career information to the extent that Appalachian State University has that information.

Student Name (printed) \_\_\_\_\_

Student Signature \_\_\_\_\_

Date \_\_\_\_\_