

Monmouth
COLLEGE



1853



Peace
Corps

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](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 three relevant course credits from the following departments and programs:

- Anthropology
- Elementary Education
- English
- Mathematics
- Psychology

Recommended courses:

ANTH 368 Anthropology of Childhood

EDST 100 Foundations of Education

EDST 110 Teaching and Learning Math

EDST 205 Foundations of Literacy

EDST 215 Diversity, Equity, and Inclusion in Education

EDST 220 Theories of Learning

EDST 377 Foundations of Art Education

MCTE 305 Teaching English Language Learners in K-12 Classrooms (0.5 credit)

MCTE 315 Elementary Science Methods (0.5 credit)

MCTE 316 Science Content for Elementary Education

MCTE 320 Elementary Social Studies Methods (0.5 credit)

MCTE 321 Geography Content for Elementary Education (0.5 credit)

MCTE 325 Introduction to Literacy Instruction

MCTE 333 Practicum: 9-12/K-12

MCTE 350 Principles and Strategies of Middle Level Teaching

MCTE 351 Adolescent Psychology

MCTE 371 Secondary English Curriculum and Instruction

MCTE 372 Secondary Mathematics Curriculum and Instruction

MCTE 374 Secondary Social Science Curriculum and Instruction
ENGL 299 Writing Fellows
MATH 210 Foundations of Math Education I
MATH 211 Foundations of Math Education II
PSYC 216 Learning and Memory

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

- o Tutoring at MC in the writing center, or as an SI for a class in math or science
- o Working at the library with children's programs
- o Working in after school programs at the Jameson Center, ICS, or any area school district.
- o Working with children and their parents on ELL skills during, before or after school, evenings or weekends
- o Working with the ROE to provide study help for individuals who are studying for their GED
- o Working with children at the West Central Illinois Head Start

#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 Anthropology
- o Biology
- o Biochemistry
- o Educational Studies
- o Exercise Science
- o Global Public Health
- o Psychology
- o Spanish

Recommended courses:

ANTH 220 Anthropology of Food
ANTH 370 Medical Anthropology
BIOC 201 Principles of Nutrition
BIOL 204 Human Anatomy & Physiology
BIOL 302 Microbiology
BIOL 320 Parasitology
BIOL 325 Advanced Anatomy & Physiology
EXSC 160 Health & Human Physiology
EXSC 280 Community Health
EXSC 310 Human Movement & Health

GPHS 101 Introduction to Public Health
GPHS 105 Introduction to Epidemiology
GPHS 410 Internship in Global Public Health
GPHS 420 Independent Study in Global Public Health
PSYC 239 Health Psychology
SPAN 233 Spanish for Health Professions

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

- Participation in a Global Public Health Internship (GPHS 410)
- Becoming an instructor for the American Red Cross .
- Volunteer at OSF Holy Family Medical Center in Monmouth, assisting with their Dietary Assistance program or similar programs.
- Volunteer with the Warren County Health Department.
- 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:

- Biology
- Classics
- Economic
- Environmental Studies
- Philosophy
- Physics
- Political Science

Recommended courses:

BIOL 101 Life on Earth
BIOL 155 Introduction to Evolution, Ecology, and Diversity
BIOL 201 Field Botany
BIOL 307 Ecology
BIOL 315 Conservation Biology
ECON 380 Environmental Economics

ESTS 103 Introduction to Environmental Science & Sustainability

ESTS 105 Introduction to Agroecology

ESTS 234 Introduction to Cartography & Geographic Information Systems

ESTS 393 Natural Areas Practicum

PHIL 310 Environmental Ethics

PHYS 267 Introduction to the Dynamics of the Atmosphere

POLS 375 Environmental Politics

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

- Working with the Monmouth Garden or Monmouth Farm in vegetable gardening, farming, nursery work, tree planting or care, landscaping, livestock care and management, or bee cultivation and honey production
- Teaching or tutoring the public in environmental or agricultural issues/activities
- Working on the business management or marketing side of a farmer's market

#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:

- Anthropology
- Biology
- Chemistry
- Economics
- Educational Studies
- Global Food Security
- History
- Political Economy and Commerce
- Philosophy
- Political Science

Recommended courses:

ANTH 220 Anthropology of Food

BIOL: 109 Plants and Society

BIOL 212 Plant Biology

CHEM 101 Nutrition & Food Chemistry w/Lab

BIOC 201 Principles of Nutrition

ECON 380 Environmental Economics

ESTS 105 Introduction to Agroecology

GFSS 101 Introduction to Global Food Security
GFSS 401 Research in Global Food Security
HIST 221 World History of Food
PHIL 310 Environmental Ethics
POLS 375 Environmental Politics

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

- Working with the Monmouth Garden or Monmouth Farm in vegetable gardening, farming, nursery work, tree planting or care, landscaping, livestock care and management, or bee cultivation and honey production
- Teaching or tutoring the public in environmental or agricultural issues/activities
- Working on the business management or marketing side of a farmer's market

#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 relevant course credits from the following departments and programs:

- Anthropology and Sociology
- Communication Studies
- Elementary Education
- Kinesiology
- Psychology

Recommended courses:

ANTH 362 Gender in Cross-Cultural Perspective
ANTH 368 Childhood in Cross-Cultural Perspective
ANTH 370 Medical Anthropology
COMM 231 Interpersonal Communication
EDST 215 Diversity, Equity, and Inclusion in Education
EDST 220 Theories of Learning
MCTE 351 Adolescent Psychology
EXSC 160 Health & Human Physiology
EXSC 280 Personal and Community Health
EXSC 310 Human Movement & Health
PHED Any Physical Education Courses
PSYC 221 Lifespan Development
PSYC 233 Social Psychology
PSYC 239 Health Psychology

PSYC 323 Psychology of Gender
PSYC 336 Social Influences and Child Development

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

- Working with the Jameson Center, or WCI HeadStart
- Working with AAUW and League of Women Voters on Voter registration
- Mentoring special needs students in Special Olympics
- Coaching youth programs for at risk youth
- Working with the library on youth and teen programs
- Short term study abroad experiences focused on youth development or education such as the STAR schools or Quito Ecuador trip

#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 Development*, take three relevant course credits from the following departments and programs:

- Accounting
- Business Administration
- Communication Studies
- Mathematics, Statistics, and
- Computer Science
- Political Science

Recommended courses:

ACCT 203 Financial Accounting
ACCT 204 Managerial Accounting
BUSI 105 Introduction to Commerce
BUSI 201 Business Data Analysis
BUSI 205 Business Math and Statistics
BUSI 218 Business Writing
BUSI 305 Administration and Organization
BUSI 307 Principles of Marketing
BUSI 345 Globalization and International Management
BUSI 367 Advertising
BUSI 406 Entrepreneurial Business Strategy
COMM 269 Multi-Media Production
COMM 333 Organizational Communication
COMM 369 Convergent Media Production
ECON 200 Principles of Economics

ECON 331 Political Economy of Development
ECON 360 International Trade and Finance
POLS 208 Understanding Capitalism
POLS 245 The Politics of Developing Nations
POLS 370 Development Policies and Interventions
PUBR 241 Introduction to Public Relations
PUBR 267 Layout and Design
PUBR 363 Media and Public Relations Writing
SOCI 345 Social Inequality

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

- Business Program Internships
- Public Relations Program Internships (PUBR 493)
- 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

**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

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, Portuguese, German, 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:

For this competency, **we require that all students take three of our Identity, Diversity, and Equity (IDE) courses.** Departments ranging from the arts and humanities to the social sciences and the health sciences offer applicable courses.

Students also may substitute intercultural experiences for up to two of the courses. There are some choices:

- **Studying or volunteering abroad** may count *if* the student is in a country that has at some point hosted Peace Corps Volunteers (see the list of current and past countries [here](http://www.peacecorps.gov/countries) [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.

- **Other intercultural experiences**, such as helping new immigrants/refugees acculturate to the U.S. or volunteering in diverse schools, may also count.
- Intercultural experiences that also align with one of Peace Corps' six sectors may simultaneously count for the hands-on experiential requirement. Each distinct intercultural experience lasting at least forty hours may substitute for one elective. Each of these opportunities allows students the chance to reflect on their place in society, the power of human connections, the essence of community, and empathy for those in diverse and sometimes difficult circumstances. Examples of possible experiences at Monmouth College and in our community include:
- Alternative Spring Break, working to raise money for the homeless, or projects such as Habitat for Humanity. Contact the Wackerle Career and Leadership Center for more information.
- Volunteer at the Jamieson Community Center in Monmouth.

- Work in one of the after-school elementary programs
- Other experiences must be approved by the Peace Corps Prep Committee

**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

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 Wackerle Center.
2. Attend a workshop or class on **interview skills** at the Wackerle Center].
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. [Again, feel free to promote or require any relevant leadership development activities/programs your university offers.]