



PEACE CORPS PREP STUDENT GUIDE
UNIVERSIDAD DEL SAGRADO CORAZÓN
YOUTH DEVELOPMENT 

SAGRADO

Universidad del Sagrado Corazón



PEACE CORPS PREP STUDENT GUIDE

The Peace Corps Prep (PC 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 Guide explains each of these competencies. **Use this guide to map out your PC Prep plan.** In particular, refer to this document when you fill out your PC Prep application. This guide aligns point-by-point with each section of the PC Prep application!

Getting Started

The first step is to schedule an appointment with a Sagrado PC Prep Advisor to receive a general orientation. For your convenience, you can find an Advisor at two different Sagrado offices: the [Office of Internationalization and Inter-University Relations](#) or the Centro de Experiencias Profesionales ([Sagrado Careers](#)). These offices have assigned time slots to provide general guidance of the program. They will also be able to explain each program component and get you started.

Contents

1. Training and experience in a specific work sector
 - a. Choose one of these six sectors: **Agriculture, Community Economic Development, Education, Environment, Health, Youth in Development**
2. Foreign language skills
3. Intercultural competence
4. Professional and leadership development
5. Contacts for PC Prep Advisors at Sagrado



1. Training and experience in a specific work sector

For this section, you will plan your course selection with your Academic Advisor (Consejero Académico) and confirm your choices with a PC Prep Advisor in the [Office of Internationalization and Inter-University Relations](#) or in [Sagrado Careers](#).

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 develop a professional specialty area, which will serve your career well whether you become a Peace Corps Volunteer or not.

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 must also 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 ensure 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, then review the positions' required and desired qualifications and build them up accordingly. Choose the PC Prep work sector that will help you develop experience related to the opening you are interested in!

There are [six sectors](#) in which Peace Corps Volunteers serve: [Agriculture](#), [Community Economic Development](#), [Education](#), [Environment](#), [Health](#), [Youth in Development](#). **Choose one sector to focus on** then complete at least 3 courses + 50 hours of related experience in that sector.

Note: 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!

This guide is for students who have chosen the Youth Development sector:



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:

- | | |
|---|--|
| <input type="checkbox"/> Education (EDU courses) | <input type="checkbox"/> Nursing (ENF courses) |
| <input type="checkbox"/> Social Work (TSO courses) | <input type="checkbox"/> Psychology (PSI courses) |
| <input type="checkbox"/> Exercise Sciences and Health Promotion (CFI courses) | <input type="checkbox"/> Social Sciences (CSO courses) |
| <input type="checkbox"/> Humanities (HUM courses) | <input type="checkbox"/> Sociology (SOC courses) |
| | <input type="checkbox"/> Informatics (INF courses) |

Recommended courses to choose from:

- | | |
|--|---|
| <input type="checkbox"/> TSO210-The Profession of Social Work: Debates and Dilemmas | <input type="checkbox"/> EDU215 - The Family as part of the Educational Program |
| <input type="checkbox"/> CSO/TSO305-Human Behavior and Social Environment I | <input type="checkbox"/> EDU300 - Nutrition, Health and Safety of children 0-4 years old |
| <input type="checkbox"/> CSO/TSO306-Human Behavior and Social Environment II | <input type="checkbox"/> EDU304- Play as an Educational Strategy |
| <input type="checkbox"/> TSO312- Social Work with groups, communities, and organizations | <input type="checkbox"/> EDU323- Drama in Schools from K-12 |
| <input type="checkbox"/> CSO/TSO317-Social Welfare and Social Policy System | <input type="checkbox"/> EDU325 - Adolescent Literature |
| <input type="checkbox"/> CSO/TSO414- Group Dynamics | <input type="checkbox"/> EDU402- Preschool Education Practicum and Seminar |
| <input type="checkbox"/> TSO415-Community and Community Work from Social Work | <input type="checkbox"/> ENF204- Pediatric Nursing |
| <input type="checkbox"/> CSO104-Contemporary Social Analysis | <input type="checkbox"/> ENF349-Mental Health |
| <input type="checkbox"/> CSO203-Statistics in Contemporary Social Sciences | <input type="checkbox"/> ENF402-Pediatrics |
| <input type="checkbox"/> CSO206-Social Research Techniques | <input type="checkbox"/> ENF440-Community Health Nursing |
| <input type="checkbox"/> CSO304-Anti Bullying: a social and culture experience | <input type="checkbox"/> FIE191-Human Behavior and its Dynamics in a Diverse and Multicultural Context |
| <input type="checkbox"/> CFI105 - Wellbeing, Quality of Life and Integral Health | <input type="checkbox"/> FIE192-Psychosocial and Labor Implications of Globalization, and Information Technologies in Multicultural Scenarios |
| <input type="checkbox"/> CFI401- Training Methodology | <input type="checkbox"/> FIE200-Multiculturalism as Lifestyle |
| <input type="checkbox"/> EDU205 - Psychology of Education | <input type="checkbox"/> HUM111-The Human Being and the Humanization of its Circumstances |
| | <input type="checkbox"/> INF103- Fundamentals of Informatics |
| | <input type="checkbox"/> INF104- Basic Computer Science for Education |



- | | |
|---|--|
| <input type="checkbox"/> PSI200-Psychology of Personal Growth | <input type="checkbox"/> PSI311-Gender Psychology |
| <input type="checkbox"/> PSI201-General Psychology I | <input type="checkbox"/> PSI320- Physiological Psychology |
| <input type="checkbox"/> PSI202-General Psychology II | <input type="checkbox"/> SOC101-Introduction to Sociology |
| <input type="checkbox"/> PSI203-Developmental Psychology | <input type="checkbox"/> SOC209-Social Problems |
| <input type="checkbox"/> PSI204-Psychology of Development II | <input type="checkbox"/> SOC217-Sociology of the Family |
| <input type="checkbox"/> PSI205-Social Psychology | <input type="checkbox"/> SOC440- Popular Music and Society |
| <input type="checkbox"/> PSI303-Personality Theories | |

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
- Social Work majors must comply with a mandatory service experience that surpasses the 50 hours required by the Peace Corps. This academic experience is supervised by a professor.
- Peer tutoring through Upward Bound, Student Support Services, and Title V in Spanish, English, Mathematics, General Sciences, and Computing
- Participate in youth development, health, anti-drug, and abstinence presentations through “La Red” at Sagrado, organized by [Centro Sofia](#).
- Through [Sagrado Careers](#) or the student chapter of AIESEC, students may be placed in summer or semester work or volunteer practices relevant to their specific sector.
- Through the Volunteer Development Center ([Centro Sofia](#)), students may identify specific volunteer opportunities within the surrounding communities.



2. Foreign language skills

For this section, you will meet with and submit evidence of completion to a PC Prep Advisor in the [Office of Internationalization and Inter-University Relations](#).

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.

- 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!**

Most Sagrado students meet this requirement automatically because they are native Spanish speakers. Seek out [study abroad options](#) and the [Foreign Languages program](#) at Sagrado if you are interested in a region where French or another language is spoken.



3. Intercultural competence

For this section, you will meet with and submit evidence of completion to a PC Prep Advisor in the [Office of Internationalization and Inter-University Relations](#).

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:

Choose at least 1 of these core courses:

- EIN201-Introduction to International Studies
- EIN202-Introduction to the Theories of International Relations
- EIN302-Human Rights in World Politics
- EIN303-Conflict Resolution and Peace Studies
- EIN305-Culture and International Communication
- EIN401-Diplomacy
- EIN402-International organizations
- EIN405-Development and International Cooperation
- EIN406-Regional Studies I (The Americas, the Caribbean, and Europe)
- EIN407-Regional Studies: Africa, Asia, and the Middle East in world politics
- EIN408- International Studies Practicum
- FIE191- Dynamics of Human Behavior in a Diverse, Multicultural Context
- FIE192-Psychosocial and Labor Implications of Globalization, and Information Technologies in Multicultural Scenarios
- FIE200- Multiculturalism as a Lifestyle
- HUM123-Culture, Politics, and Religion in the Middle East
- TSO311- Oppression and Social Justice

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

- CSO104- Contemporary Social Analysis
- EIN304-Political Economy in International Studies
- EIN403-International Environmental Policies
- EIN404-Historical Perspectives and Policies of Commerce in International Studies
- EIN480-Seminar in International Relations
- ESP205-Hispano-American Literature II
- ESP234-Women, Literature, and Hispanic Cultures
- FIL108-The Philosophy of Karl Marx and Contemporary Marxism's



- FIL123-Ethical Aspects of Communication
- GEN230-Perspectives on Women
- GEO102-Cultural Geography
- GEO201-Political Geography
- HIS212-Development of the Puerto Rican Nation
- HIS227-The Caribbean Area
- HIS268-Science through History
- HIS292-History of Spanish America
- HIS328-Contemporary World Problems
- HIS336-Puerto Rican politics of the twentieth and twenty-first centuries
- HUM111- Human Beings and Human Circumstances
- HUM245- Women in History: A Gender Perspective
- HUM250-History, Music and Society
- PSI200- Psychology of Personal Growth
- SOC209- Social Problems
- TEO208-Great Religions of Humanity and their Influence on Western Culture
- TEO214-Jesus of Nazareth and his Message
- TEO217-Integrity and Terrorism: Transdisciplinary Approach Violence in the Name of God
- TEO224-Christian Social Thought
- TEO228-Christian Morality
- TEO233-Theology of Human Sexuality
- TEO234-Feminist Theologies
- TEO236-Spirituality and Holistic Human Development
- TEO238-Community/Solidarity, Justice and Peace
- TEO239-Theology of Communication
- TEO240-Theology and Contemporary Culture
- TEO330-Puerto Rico and its Religious Beliefs
- PSI311- Gender Psychology
- TSO415- Community and community work from social work
- SOC217- Sociology of families

Is there another course in the Sagrado catalog that you believe meets this requirement? Please discuss it with a PC Prep Advisor.

**Peace
Corps
Tip!**

Prolonged intercultural experiences—such as [studying, interning, researching, or volunteering abroad](#), supporting new immigrants or refugees acculturate to Puerto Rico, or volunteering in diverse schools—would also strengthen your Peace Corps candidacy significantly.

Talk to a PC Prep Advisor about the opportunities that Sagrado can offer you to study, intern, research, or volunteer abroad!



4. Professional and leadership development

For this section, you will have the support of a professional career advisor. You will meet with and submit evidence of completion to a PC Prep Advisor in [Sagrado Careers](#).

Résumé 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):

- Have your **résumé** critiqued by a PC Prep Advisor in [Sagrado Careers](#).
- Attend a workshop or class on **interview skills** at [Sagrado Careers](#). We recommend you schedule a PC Prep practice interview!
- 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 with [Centro Sofia](#), or serving on the executive board of a [student association](#).



Contacts for PC Prep Advisors at Sagrado

For your convenience, you can meet with PC Prep Advisors at Sagrado in two offices:

Office of Internationalization and Inter-University Relations

Laurie Melin

787-728-1515, 1206

laurie.melin@sagrado.edu

Barat Norte 326

Allison Carruthers

787-728-1515, 1260

allison.carruthers@sagrado.edu

Barat Norte 326

Center of Professional Experiences (Sagrado Careers)

Cassandra M. Vega Rivera

787-728-1515, 2699

cassandram.vega@sagrado.edu

Sagrado Corazón 001-A

Patricia Toro Sárraga

787-728-1515, 1218

patricia.toro@sagrado.edu

Sagrado Corazón 001-A

