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.

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!
Teach lessons that last a lifetime. Education is the Peace Corps’ 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:

- Education (EDU courses)
- Informatics (INF courses)
- General offer (GEN courses)
- Exercise Sciences and Health Promotion (CFI courses)
- Physical Education and Recreation (EFI courses)

Recommended courses:

- INF104 - Foundations of Computing for Education
- GEN230 – Perspectives on Women
- CFI303 - Health Promotion Programs
- EFI301 - Health Education
- EDU201 - Fundamentals of Education
- EDU340 - The Teaching of Spanish at the Secondary Level
- EDU205 - Psychology of Education
- EDU211 - Introduction to Early Education
- EDU212 - Infant and Maternal Education
- EDU213 - Motor Perceptual Development of Children 0-4 years old
- EDU215 - The Family as part of the Educational Program
- EDU217 - Early Stimulation (0-4)
- EDU218 - Design of Environments in the Early Age (0-4)
- EDU226 - Principles of Instructional Design
- EDU230 - Montessori Philosophy
- EDU260 - Seminar on Educational Transformation
- EDU292 - Classroom Management
- EDU300 - Nutrition, Health and Safety of Children 0-4 years old
- EDU301 - Evaluation of Learning
- EDU304 - The Game as Educational Strategy
- EDU305 - Teaching Methods for K-3
- EDU306 - Nature, Needs and Technological Assistance of the Exceptional Student
- EDU307 - Curriculum Design, Methods and Materials for the Child with Specific Learning Problems
- EDU308 - Children's Literature
- EDU310 - The Constructivist Teacher
- EDU311 - The Art of the School Program
- EDU313 - The Teaching of Sciences in the School Program
- EDU314 - Mathematics for the Elementary Level
- EDU315 - Language Arts in the School Program
- EDU316 - The Teaching of English as a Second Language
EDU317 - Social Studies in the School Program
EDU319 - Teaching of Reading and Writing in the Elementary School
EDU320 - Literacy Development in English
EDU321 - Literature and Music for Elementary School Children
EDU322 - The Teaching of Mathematics in the Secondary Level
EDU323 - The Theater in the School of K-12
EDU324 - Children's Literature in English
EDU325 - Adolescent Literature (.pdf, 83K)
EDU327 - Curriculum Design, Methods and Materials for the Child with Socio-emotional and Behavioral Problems
EDU329 - Curriculum Design, Methods and Materials for the Child with Mental Retardation
EDU330 - Acquisition and Development of Language and Literacy
EDU331 - The Teaching of the Child with Communicological Problems
EDU332 - The School Curriculum
EDU333 - The Teaching of the Child with Superior Mental Capacity (.pdf, 114K)
EDU334 - Diagnosis and Correction of Reading and Writing Deficiencies
EDU339 - The Teaching of Science at the Secondary Level
EDU344 - Observation and Evaluation of Children 0-4 Years
EDU345 - Preparation of Materials
EDU346 - Integration of Science, Mathematics and Social Studies in Education
EDU350 - Cosmic Education I: Experience of the Montessori Method and History Curriculum
EDU351 - Cosmic Education II - Geography, Biology and Physical Sciences Curriculum
EDU354 - Transcultural Factors in the Teaching Learning Process
EDU356 - Teaching Content Areas with Bilingual Approach
EDU366 - Sensory Curriculum, Mathematics and Geometry
EDU367 - Design and Management of Environment Montessori Casa del Niño
EDU368 - Practical Life Curriculum - Infantes y Andarines / Casa del Niño
EDU371 - Curriculum: language, science and social studies at Casa del Niño
EDU405 - Teaching Practice and Seminar in the Elementary School
EDU452 - Methods and Materials of Teaching English as a Second Language
EDU470 - Montessori I - Teaching Internship Seminar and Internship
EDU471 - Montessori II - Teaching Internship Seminar and Internship
EDU480 - Integrative Seminar on Education
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 second/foreign language, Special Education, Drama, or a STEM subject.
  - Students majoring in Education must comply with a mandatory service experience that surpasses the 50 hours required by the Peace Corps. This academic experience is accredited and supervised by a professor.
- Peer tutoring through Upward Bound, Student Support Services, and Title V in Spanish, English, Mathematics, General Sciences, and Computing
- 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.

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.
**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:

- Biology (BIO courses)
- Chemistry (QUI courses)
- Informatics (INF courses)
- Education (EDU courses)
- Exercise Sciences and Health Promotion (CFI courses)
- Physics (FIS courses)
- Physical Education and Recreation (EFI courses)
- Nursing (ENF courses)
- Public Relations (RPU courses)
- Social Sciences (CSO courses)

Recommended courses:

- BIO101-Human Biology I
- BIO102-Human Biology II
- BIO109-Biology and Society
- BIO110-Contemporary Problems of Biology
- BIO111-General Biology I
- BIO112-General Biology II
- BIO204-Introduction to Microbiology
- BIO206-Microbiology
- BIO210-Contemporary Women’s Health
- BIO223-Genetics
- BIO309-Human Anatomy
- BIO310-Human Physiology
- BIO320-Immunology
- BIO348- General Virology
- BIO404- Neurobiology
- BIO408- Diagnostic Microbiology
- BIO429- Cellular and Molecular Biology
- BIO440- Introduction to Research
- CFI105- Wellness, Quality of Life, and Integral Health
- CFI303- Design of Health Promotion Programs
- CFI403- Nutrition, Human Performance and Health
- CFI406- Practicum Exercise Sciences and Health Promotion
- CSO319-Mental Health and Human Rights in LGBTQ Populations
- EDU300- Nutrition, Health and Safety of children 0-4 years old
- EFI301-Health Education
- EFI405-Design of Physical Conditioning Programs
- ENF101-Nursing Fundamentals
- ENF102-The Student and his Adaptation in Nursing
- ENF108-Adult Surgical Medical Care
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
  - Nursing majors must comply with a mandatory service experience that surpasses the 50 hours required by the Peace Corps.
- 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
● 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.
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 (BIO courses)
- Chemistry (QUI courses)
- Informatics (INF courses)
- Education (EDU courses)
- Exercise Sciences and Health Promotion (CFI courses)
- Humanities (HUM courses)
- Nursing (ENF courses)
- Public Relations (RPU courses)
- Physics (FIS courses)
- Physical Education and Recreation (EFI courses)
- Social Sciences (CSO courses)
- General offer (GEN courses)
- Geography (GEO courses)
- Theology (TEO courses)
- Tourism (TUR courses)

Recommended courses to choose from:

- BIO109-Biology and Society
- BIO110-Contemporary Problems of Biology
- BIO111-General Biology I
- BIO112-General Biology II
- BIO200-Morphology of Algae, Fungi and Bryophytes
- BIO201-Morphology of Vascular Plants
- BIO202-Physiological Psychology
- BIO203-General Zoology
- BIO204-Introduction to Microbiology
- BIO206-Microbiology
- BIO208-Parasitology
- BIO217-Principles of Bioethics
- BIO220-Forests of Puerto Rico
- BIO250-Introduction to Speleology
- BIO269-Introduction to Marine Biology
- BIO302-Ecology
- BIO303-Conservation and Management of Natural Resources
- BIO313-Evolution
- BIO315-Entomology
- BIO440-Introduction to Research
- CSO104-Contemporary Social Analysis
- EIN403-International Environmental Policies
- GEN315-Bioethics and Legal Systems
- GEO102-Cultural Geography
- GEO201-Political Geography
- HUM211-Human Beings and Human Circumstances
- INF102-QUI-Fundamental Principles of Water Sustainability
- QUI118-Principles of General and Organic and Biochemistry
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
- Participating in the Microbiology course that visits the Caño Martin Peña, a body of water in San Juan, Puerto Rico, to examine water quality and health issues related to water contamination
  - As part of the course, students participate in a multi-year study of local water quality supervised by Professor Mayra Rolón.
- Volunteering in the Día Internacional de Limpieza de Costas (Centro Sofia), an international effort to clean up bodies of water led by a local non-profit called Scuba Dogs Society
  - Students can be sector leaders and recruit and train volunteers about the effort to organize beach and river cleanup around the island.
- 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.
**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:

- Biology (BIO courses)
- Chemistry (QUI courses)
- Humanities (HUM courses)
- International Studies (EIN courses)
- Justice Systems (SJU courses)

**Recommended courses to choose from:**

- BIO111- General Biology I
- BIO112- General Biology II
- BIO200- Morphology of Algae, Fungi and Bryophytes
- BIO201- Morphology of Vascular Plants
- BIO202- Vegetal Physiology
- BIO220- Forests of Puerto Rico
- BIO302- Ecology
- BIO303- Conservation and Management of Natural Resources
- BIO319- Good Manufacturing Practices
- BIO440- Introduction to Research
- EIN403- International Environmental Policies
- HUM211- Human Beings and Human Circumstances
- QUI118- Principles of General, Organic and Biochemical Chemistry
- QUI301- Organic Chemistry I
- QUI302- Organic Chemistry II
- QUI312- Basic Principles of Water Sustainability
- QUI330- Environmental Chemistry
- SJU325- Fundamentals of Environmental Protection in Puerto Rico

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
- Teaching or tutoring the public in environmental or agricultural issues/activities
- Working on the business management or marketing side of a commercial farm
- 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.


**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:**

- Education (EDU courses)
- Social Work (TSO courses)
- Exercise Sciences and Health Promotion (CFI courses)
- Humanities (HUM courses)
- Nursing (ENF courses)
- Psychology (PSI courses)
- Social Sciences (CSO courses)
- Sociology (SOC courses)
- Informatics (INF courses)

**Recommended courses to choose from:**

- SOC209- Social Problems
- TSO210-The Profession of Social Work: Debates and Dilemmas
- CSO/TSO305-Human Behavior and Social Environment I
- CSO/TSO306-Human Behavior and Social Environment II
- TSO312-Trabajo Social con Grupos, Comunidades y Organizaciones
- CSO/TSO317-Social Welfare and Social Policy System
- CSO/TSO414- Group Dynamics
- TSO415-Community and Community Work from Social Work
- CSO104-Contemporary Social Analysis
- CSO203-Statistics in Contemporary Social Sciences
- CSO206-Social Research Techniques
- CSO304-Anti Bullying: a social and culture experience
- CFI105 - Wellbeing, Quality of Life and Integral Health
- CFI401- Training Methodology
- EDU205 - Psychology of Education
- EDU215 - The Family as part of the Educational Program
- EDU300 - Nutrition, Health and Safety of children 0-4 years old
- EDU304- Play as an Educational Strategy
- EDU323- Drama in Schools from K-12
- EDU325 - Adolescent Literature
- EDU402- Preschool Education Practicum and Seminar
- ENF204- Pediatric Nursing
- ENF349-Mental Health
- ENF402-Pediatrics
- ENF440-Community Health Nursing
- FIE191-Human Behavior and its Dynamics in a Diverse and Multicultural Context
- FIE192-Psychosocial and Labor Implications of Globalization, and Information Technologies in Multicultural Scenarios
- FIE200-Multiculturalism as Lifestyle
- HUM111-The Human Being and the Humanization of its Circumstances
- INF103- Fundamentals of Informatics
INF104- Basic Computer Science for Education
PSI200-Psychology of Personal Growth
PSI201-General Psychology I
PSI202-General Psychology II
PSI203-Developmental Psychology
PSI204-Psychology of Development II
PSI205-Social Psychology
PSI303-Personality Theories
PSI311-Gender Psychology
PSI320- Physiological Psychology
SOC101-Introduction to Sociology
SOC209-Social Problems
SOC217-Sociology of the Family
SOC440- Popular Music and Society

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.
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:

- Accounting (CON courses)
- Advertising (PUB courses)
- Business Administration (ADM courses)
- Communications (CMU courses)
- Creative Industries (CRE courses)
- Computer Sciences (CCO courses)
- Economics (ECO courses)
- Entrepreneurship (EMP courses)
- Event Management and Production (PME courses)
- Finance (FIN courses)
- International Business (CIN courses)
- Marketing (GME courses)
- Informatics (INF courses)
- Tourism (TUR courses)
- Public Relations (RPU courses)
- Urban Affairs (URB courses)

Recommended courses to choose from:

- ADM102-Dynamics of Organizations
- ADM105-From Macroeconomy to Personal Brand
- ADM255-Supervision
- ADM301-Human Resources Administration I
- ADM302-Employer Worker Relations
- ADM304-Collective Bargaining (.pdf, 18K)
- ADM330-Administration of Salaries and Wages
- ADM350-Business, Government and Society
- ADM401-Operations Management
- CON201-Principles of Accounting I
- CON202-Principles of Accounting II
- CON211-Principles of Accounting for Managers I
- CON212-Principles of accounting for Managers II
- CIN300-International Commerce
- CIN302-Business with the People's Republic of China
- CIN305-International Economy
- CIN314-International Marketing
- CIN405-International Accounting
- CIN410-International Finance
- CRE201-Creative Entrepreneurship
- CRE302-Legal Aspects in the Creative Sector
- CRE322-Marketing in the Creative Industries
ECO235-Principles of Microeconomics
ECO236-Principles of Macroeconomics
EIN404- Historical Perspectives and Trade Policies in International Studies
EIN405- International Development and Cooperation
EMP105-Planning of Development of New Companies
EMP150- Creativity, Innovation, and Entrepreneurship
EMP265-Family Business
EMP270-Franchises
EMP360- Corporate Social Responsibility
EMP370-Leadership and Organizational Development
EMP412-Accounting and Business Finance
EMP475-Business Finance
EMP485-New Trends in Entrepreneurship
ESP206-FIN304-Investments
FIN305-Mercantile Finance
FIN308-Currency and Banking
FIN405-Finance in Banking Institutions
FIN406-Advanced Mercantile Finance
FIN408-Stock Market
GEN370-Design and Strategic Innovation for Organizations
GME101-Principles of Marketing
GME202-Consumer Conduct
GME206-Marketing Management for Non-Profit Organizations
GME301-Promotion Strategies
GME304-Personal Sale
GME305-Retail
GME307-Services Marketing
GME310-Internet Marketing
GME317-Price Strategies
GME318-Community Management and Social Media
GME400-Strategic Marketing
GME402-Product Management
GME405-Direct Marketing
INF101-Introduction to Management Information Systems
PME200-Entertainment Industry
PME205-Introduction to the Music Business
PME250-Communication for Events
PME303-Introduction to Sports Management
PME318-Production of Events
TUR104-Foundations and Techniques of Tourism
TUR210-Tourist Destinations I
TUR211-Tourist Destinations II
TUR315-Planning and Tourism Development
TUR320-Hotel Management
TUR321-Operation of the Reception Department
TUR322-Operation of the Food and Beverage Department
TUR400-Marketing Techniques in Tourism Services
TUR401-Ecotourism
TUR414-The Business of the Conventions
CCO130-Computational Logic
CCO215-Comparative Analysis of Programming Languages
CCO235-Computer Architecture
CCO280-Site Design on the World Wide Web
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
- Volunteering in the Center for Collaborative Innovation at Sagrado to acquire hands-on experience in local economic development efforts
- Students that are in leadership roles (President, Secretary, Treasurer, etc.) in a student organization may present their work portfolio and work hours.
- Students that have experience starting their own business or advising in the startup process may present evidence and a portfolio.
- Students with over 50 hours of experience working with businesses, organizations, or cooperatives in accounting, finance, microfinance, management, project management, budgeting, or marketing may present evidence and their professional portfolio to a Career Advisor.
● Students that are tutors of MS Office programming at Sagrado may present their work experience.
● Students that have been part of the Institutional Work-Study program in an administrative role (Communication, Finances, Financial Aid, etc.) may present their work experience.
● Students that have founded or lead a community- or school-based organization may present evidence and their professional portfolio to a Career Advisor.
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
- ESP234-Women, Literature, and Hispanic Cultures
- 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
- HUM245- Women in History: A Gender Perspective
- 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
Is there another course in the Sagrado catalog that you believe meets this requirement? Please discuss it with a PC Prep Advisor.

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
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**Center of Professional Experiences (Sagrado Careers)**
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