

# UAlbany PC Prep Planning Worksheet

*You may use this worksheet to track your plans and progress in meeting the PC Prep requirements*

Choose your PC Prep Sector

EDUCATION  
 HEALTH

ENVIRONMENT  
 YOUTH IN DEVELOPMENT

COMMUNITY ECONOMIC DEVELOPMENT  
 AGRICULTURE

Map your plan to obtain Core Competencies

*Notes: (1) It is fine to list courses you have already taken or activities already completed*

*(2) The courses you include on this application may change, but it's good to have a plan*

## 1. Training *and* experience based on your specific Sector

<i>Proposed 3 Course(s), Semester, Year</i>	<i>Hands-on experience in same sector (50 hours)</i>
<b>EDUCATION</b>	
1. _____	
2. _____	
3. _____	
<b>HEALTH</b>	
1. _____	
2. _____	
3. _____	
<b>ENVIRONMENT</b>	
1. _____	
2. _____	
3. _____	

YOUTH IN DEVELOPMENT	
1. _____	
2. _____	
3. _____	
COMMUNITY ECONOMIC DEVELOPMENT	
1. _____	
2. _____	
3. _____	
AGRICULTURE	
1. _____	
2. _____	
3. _____	

## 2. Foreign language skills

Respond based on your proposed your region of service:

Region		Proposed Level 200 Courses, Semester, Year	OR	Native Speaker
<input type="checkbox"/>	Latin America	1. _____ 2. _____		
<input type="checkbox"/>	West Africa	1. _____ 2. _____		
<input type="checkbox"/>	Everywhere Else	No explicit requirements, but language skills are a plus		

<input type="checkbox"/>	Describe your alternative learning process (e.g., native speaker): _____ _____ _____ _____
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### 3. Intercultural competence

<b>One Required Core Course*</b>	
<input type="checkbox"/>	_____
<input type="checkbox"/>	Similar intercultural competencies course* offered during a semester abroad Course Name, Term, Year university: _____
<b>Two Elective Experiences*</b>	
<input type="checkbox"/>	A semester study abroad/research/internship program* Name, Term, Year of program: _____
<input type="checkbox"/>	UAlbany Course** : _____
<input type="checkbox"/>	UAlbany Course** : _____
<input type="checkbox"/>	Pre-approved relevant courses offered in the U.S. or abroad
<input type="checkbox"/>	Pre-approved prolonged intercultural experience based in the U.S.*** Name, Term, Year of experience: _____

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

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

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

#### 4. Professional and leadership development

- **Professional resume feedback:** When do you plan to meet with the Office of Career Services for a one-on-one resume review? \_\_\_\_\_
- **Professional interview prep:** When do you plan to meet with Office of Career Services for an interview workshop? \_\_\_\_\_
- **Describe a leadership experience** that you intend to pursue and how it relates to your Sector.  
Experience: \_\_\_\_\_

Discuss its applicability to your chosen PC Prep sector:

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