

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**PSY 16 - Psychology of Women**

**3 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** Reading Level IV; English Level IV

**Transfer Status:** CSU/UC

51 hours Lecture

The course surveys the psychological, biological, cultural and social factors influencing the lives of women and explores theories and implications of gender. The course is designed to promote critical and creative thinking with an emphasis on social and personal assessment and integration of content.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. Evaluate various psychological theories related to the socialization and identity of girls and women.
- B. Compare the social, psychological and economic experiences of women across their life span.
- C. Apply current psychological research to explain how girls are taught to feel about their bodies and what expectations they are led to develop about their abilities and accomplishments.
- D. Analyze how gender-related expectations are translated into later behavior in the areas of assertiveness and interpersonal power, leadership styles, communication and the formation of close relationships.
- E. Evaluate biological and social factors that impact women's health and sexuality
- F. Evaluate women's experiences in career, work and the larger economy, and how dynamics of power impact equity and fairness.
- G. Analyze experiences of both female victimization and female heroicism, including the impact of courageous activism on behalf of women's rights and equity.
- H. Analyze the psychological research on female-male differences.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to Course	2.00
2. Psychology of Gender: Theories of how gender shapes who we are	5.00
3. Research on biological differences between females and males	5.00
4. Body image, Society and Self	5.00
5. Women's psychical and mental health	5.00
6. Female sexuality and the sexual spectrum	4.00
7. Women, work and career	4.00
8. Family, intimate relationships and friendships	5.00
9. History of women's social and economic status; global status of women and dynamics of power	4.00
10. Gender, violence and aggression; victimization and heroicism	5.00
11. Cross cultural and archetypal view of the female experience	5.00

12. Action Plan for Continued Personal Development

2.00

Total Hours

51.00

#### IV. **METHODS OF INSTRUCTION**

- A. Lecture
- B. Collaborative Group Work
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Research

#### V. **METHODS OF EVALUATION**

- A. Exams/Tests
- B. Research Projects
- C. Papers
- D. Projects
- E. Homework
- F. Journal
- G. Class participation
- H. Group Activities/Service Learning

#### VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read Tannen's "You just don't understand: Men and women in conversation" and be prepared to describe three conversational styles often used by women and three often used by men.
  - 2. Read Ch 2 of Miller's Towards a new psychology of women and describe behavior patterns of dominant and subordinate groups.
- B. Writing Assignments
  - 1. Contrast conditions of women's lives during the following major historical periods: "Early societies"; White settlers in America (16-1700's); Industrial revolution (17-1800's and just after Congress ratified Women's right to vote. (1920).
  - 2. After reading neuroscientist Lise Eliot's analysis of the interplay of biological and social factors in preschool development, how would you answer the question, "Why does she pick the Barbie doll and him the Tonka Truck?"
- C. Out-of-Class Assignments
  - 1. Ask 3 women and 3 men that you admire these three questions: What female/male roles do you most appreciate? If you could change one thing about your gender, what would it be? If you could change one thing about the "opposite" gender, what would it be?
  - 2. Visit a toy store and walk down the aisles of girl and boy toys and record 5+ kinds of toys that you see for each gender. Are the toy styles different? Do they develop different skills?

#### VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Eliot, Lise. Pink Brain Blue Brain. Houghton Mifflin, 2009.
- B. Lips, H.. A New Psychology of Women: Gender Culture and Ethnicity. 3rd Edition. Waveland Press, 2010.
- C. Etaugh & Bridges. Women's Lives: A psychological exploration. Allyn & Bacon, 2009.

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