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Course Outline for PSYC 13

PSYCHOLOGY OF WOMEN

Effective: Spring 2018

I. CATALOG DESCRIPTION:

PSYC 13 — PSYCHOLOGY OF WOMEN — 3.00 units

This course examines the diverse experiences of women from a psychological perspective. Students will explore psychological theory and research on gender and issues that affect women, and will gain insight into how psychologists investigate gender-related issues.

3.00 Units Lecture

Strongly Recommended

PSYC 1 - General Psychology
with a minimum grade of C

Grading Methods:

Letter or P/NP

Discipline:

- Psychology

	<u>MIN</u>
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. PSYC1

1. distinguish between the goals of scientific psychology and common sense
2. evaluate the various psychological research methods
3. describe psychological differences and similarities between groups based on gender, sexuality, social, or cultural grouping

IV. MEASURABLE OBJECTIVES:

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

1. explain the psychological approaches to gender similarities and differences
2. compare and contrast various theoretical approaches to understanding gender
3. identify problems and biases in conducting psychological research
4. recognize and discuss gender stereotypes and other gender biases that exist in various cultures
5. describe theories of gender development, identify factors that shape gender typing, and discuss children's knowledge of gender roles and stereotypes
6. discuss adolescent girls' self-concept, experiences with education and career planning, and interpersonal relationships
7. evaluate research on gender comparisons in cognitive abilities, attitudes about success, and social and personality characteristics
8. identify issues that women face in the workplace, including experiencing discrimination and coordinating employment with personal life
9. discuss women's romantic relationships and sexual attitudes and behavior
10. describe women's experiences with pregnancy, childbirth, and motherhood
11. summarize the health concerns of women and biases against women in medical research and care
12. recognize and discuss some of the psychological disorders that are more common for women
13. discuss women's reactions to sexual harassment, sexual assault, rape, and abuse
14. identify issues that women face in older adulthood

V. CONTENT:

A. Introduction to the psychology of women

1. Central concepts
 - a. Defining sex and gender
 - b. Feminist approaches to studying gender
 - c. Psychological approaches to gender similarity and difference
2. Theoretical approaches to understanding gender

- a. The cognitive approach
 - b. The social learning approach
 - c. The evolutionary approach
 - d. The social constructionist approach
- 3. A brief history of the psychology of women
- 4. Women and ethnicity
- 5. Problems and biases in current research
- B. Gender stereotypes and other gender biases
 - 1. Biased representations of women and men
 - 2. The content and consequences of gender stereotypes
 - 3. Sexism and heterosexism
- C. Infancy and childhood
 - 1. Theories of gender development
 - 2. Factors that shape gender typing
 - 3. Children's knowledge about gender
- D. Adolescence
 - 1. Puberty and menstruation
 - 2. Self-concept and identity
 - 3. Education and career planning
- E. Gender comparisons
 - 1. Cognitive abilities
 - 2. Attitudes about success
 - 3. Social and personality characteristics
- F. Women and work
 - 1. Discrimination in the workplace
 - 2. Women's experience in traditionally male or female occupations
- G. Romantic relationships
 - 1. Dating and living together
 - 2. Marriage and divorce
 - 3. Lesbians and bisexual women
 - 4. Single women
- H. Sexuality
 - 1. Sexual attitudes and behavior
 - 2. Birth control and abortion
- I. Pregnancy, childbirth, and motherhood
 - 1. Pregnancy
 - 2. Childbirth
 - 3. Motherhood
 - 4. Infertility
 - 5. Child free by choice
- J. Women and physical health
 - 1. Health concerns of women
 - 2. Biases against women in medical research and care
- K. Women and psychological disorders
 - 1. Depression
 - 2. Eating disorders
 - 3. Treating psychological disorders in women
- L. Violence against women
 - 1. Sexual harassment
 - 2. Sexual assault and rape
 - 3. Abuse
- M. Women and older adulthood
 - 1. Attitudes toward older women
 - 2. Menopause
 - 3. Social relationships

VI. METHODS OF INSTRUCTION:

- A. **Lecture** - Lectures on major themes and concepts
- B. Readings from texts, supplementary materials, primary source materials
- C. **Discussion** - Discussion and problem solving of significant or controversial issues
- D. Application of concepts to personal experiences
- E. **Audio-visual Activity** - Utilization of video and/or CD-ROM excerpts
- F. Student-led presentations
- G. **Demonstration** - Demonstrations and simulations
- H. **Written exercises and case studies** - Written assignments

VII. TYPICAL ASSIGNMENTS:

- A. Reading and discussion
 - 1. Read the chapter on gender stereotypes and gender biases. Be prepared to discuss gender biases in the media and the negative consequences of gender stereotypes.
 - 2. Read the chapter on adolescence. Be prepared to discuss the research findings on adolescent girls' experiences with math and science, and be ready to share your own experiences with math and science as an adolescent.
- B. Writing
 - 1. Research and write a term paper pertaining to one of the primary topic areas discussed in this course. Cite references in proper APA format and include a reference section.
 - 2. Write a brief reflection on the portrayal of violence against women in the media. Your reflection should discuss specific examples of violence against women in the media, your opinions on the portrayal of violence against women in the media, and any other issues you feel are important regarding this topic. Be prepared to discuss the content of your reflection in class.
 - 3. Select an empirical study pertaining to one of the primary topic areas discussed in this course. Write a paper that summarizes and evaluates the empirical study.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Research Projects
- 4. Papers

5. Oral Presentation
6. Class Participation

B. Frequency

1. Two to four exams/tests
2. Multiple quizzes
3. One research project
4. Several short papers
5. One to two oral presentations
6. Frequent class participation

IX. TYPICAL TEXTS:

1. Etaugh, C., & Bridges, J. (2012). *Women's Lives: A Psychological Exploration* (3rd ed.). New York, NY: Psychology Press.
2. Lips, H. (2016). *A New Psychology of Women: Gender, Culture, and Ethnicity* (4th ed.). Boston: McGraw Hill.
3. Brannon, L. (2017). *Gender: Psychological perspectives* (7th ed.). New York, NY: Routledge.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Computer access