**Part I**

The End of History is a term that refers to what was thought to be the end of ideological evolution, specifically after the end of the cold war, which left the United States as the remaining superpower. The term was used to imply that the western model of democracy and capitalism was superior. During this time, it was said that all nations would eventually become democratic and capitalist societies regardless of what they were at the moment. This term is historically significant because it embodies the winning sentiment prevalent in the West, particularly in the US after the cold war. The use of the term “end of history” showed the strong conviction in the west that democratic capitalism was the most effective system and that all nations would, or at least should, adopt.

Containment is a term that describes the foreign policy of the US during the cold war, and it was first used during the presidency of Harry Truman. After WWII, the US was against the expansion of communism across the world and prevent its spread from areas where it already existed. This term is historically significant because it dictated a significant amount of politics during the cold war era. Containment dictated not only the foreign policies of the United States but also its economic strategies, as seen in the Truman Doctrine and the Marshall Plan. This policy also led to a significant militarization of the U.S. approach to international relations, further escalating cold war tensions.

Long Hot Summer refers to the summer of 1976 where many riots regarding racism took place in America in cities such as Los Angeles, Detroit, and Newark. The causes of these riots were not merely just racism but a much more nuanced and multifaceted oppression that black Americans faced. This included deep seated racial discrimination, economic deprivation, and a general sense of frustration within the African American community. This term is historically significant because it marked a turning point in the civil rights movement as well as the social history in general of the United States. The Long Hot Summer made apparent the economic disparities and social inequalities faced by African Americans, despite civil rights legislation being passed. As a result, this period in history highlighted the need for economic reforms in addition to civil rights legislation and it led to long lasting effects on American politics regarding discussions on race, poverty, and inequality.

**Part II**

Post World War II America saw many major social and political shifts that significantly impacted marginalized groups such as women and African Americans. Both women and African Americans found themselves in a profound struggle for civil rights and full citizenship against societal norms and legal barriers. Their battles, however, extended beyond overt discrimination into economic inequality, political disenfranchisement, and deeply rooted societal prejudice. In the journey toward full citizenship, women and African-Americans navigated through systemic injustices and societal norms post-World War II, achieving significant legislative and judicial milestones, yet the presence of ongoing barriers and covert discrimination into the 21st Century underscores the continued struggle for absolute equality and the enduring necessity of activism, legislation, and societal introspection.

After the end of the second world war, the United States was known as a global superpower. However, the United States was also grappling with internal societal and political challenges, such as those concerning women and African-Americans. Both of these groups continued to contribute significantly to the country despite having a long history of discrimination, and their worth was often overlooked in a system entrenched in bias and injustice. African-Americans had significantly contributed to the war effort in the second world war, both in military and industrial roles. However, despite these significant contributions, African Americans still faced systemic segregation and discrimination. For example, the Plessy v Ferguson supreme court case ruled in favor of the harmful "separate but equal" doctrine. This meant that African Americans could still be segregated if the facilities offered to them were equal. At the same time, women were forced back into traditional gender roles after the war, making them leave their industrial jobs and return to domestic roles. This societal shift was caused by not only cultural norms but also by a lack of legal protection, leaving women vulnerable to systemic biases. The lack of effective legislation against gender discrimination restricted employment and educational opportunities for women, impeding their societal contribution and hindering America’s progress towards equality.

The pursuit of equal rights for African-Americans and women became a focal point in the post-World War II era. These marginalized groups waged a multifaceted battle against racial segregation and gender inequality, striving to dismantle institutional and societal prejudices. For African-Americans, the fight was against racial segregation and discriminatory voting practices, such as literacy tests and poll taxes, effectively disenfranchising them. This struggle symbolized a broader quest for equality and dignity long denied. The 1954 Supreme Court ruling in "Brown v. Board of Education" was a pivotal moment, declaring segregation in public schools unconstitutional, striking down the "separate but equal" doctrine. This victory signaled a significant step toward equality and non-discrimination. Parallel to this, women sought to uphold the economic independence and professional success they experienced during the war, fighting against a societal push back towards traditional roles. Their struggle transcended the workplace, encompassing education and the wider social sphere, demanding equal opportunities, equal pay, and an end to gender-based discrimination. Key legislative victories included the 1963 Equal Pay Act, which aimed to eliminate wage disparity based on gender, and the Title VII of the Civil Rights Act of 1964, which banned employment discrimination based on race, color, religion, sex, or national origin. In sum, the tireless efforts of civil rights activists paved the way for significant legal advancements in the ongoing fight for equality, representing monumental strides towards racial and gender equality in the United States.

The road to equal rights for African-Americans and women in America was marked by relentless determination and adherence to justice and equality. Notable legislative milestones were achieved through a slow but steady process, reflecting these groups' unyielding spirit. The Civil Rights Act of 1964, a result of decades of resistance against systemic racism and discrimination, was a pivotal achievement. It addressed racial segregation by outlawing discrimination based on "race, color, religion, sex, or national origin," signifying a transformative shift in the struggle for racial equality. The Voting Rights Act of 1965 followed, rectifying racial discrimination in the voting system by enabling broader political participation and representation of African-Americans. It reaffirmed the democratic principles fundamental to American society. Meanwhile, women, buoyed by the establishment of the National Organization for Women (NOW) in 1966, sought to ensure full participation in American society. NOW advocated for legal reforms on employment, education, and reproductive rights, culminating in the passing of Title IX of the Education Amendments Act of 1972. This act prohibited gender discrimination in any federally funded education program, marking a dramatic shift for women's education.

The post-World War II era marks a significant chapter in the pursuit of full citizenship for African-Americans and women, illuminating transformative shifts in societal values and legal frameworks. Yet, their journey toward equality, marred by persistent systemic barriers and nuanced forms of discrimination, remains unfinished even into the 21st Century. This narrative underscores the resilience of the marginalized, the importance of ongoing activism, groundbreaking legislation, and societal self-reflection in protecting citizen's rights. It urges us to persistently question and challenge inequality, underscoring our unwavering commitment to justice and equality. It embodies the promise of a future where liberty, equality, and fraternity extend beyond written law, becoming a lived reality for every American.