**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 struggle for civil rights and full citizenship against societal norms and legal barriers. Their struggles, however, extended beyond overt discrimination into economic inequality, political disenfranchisement, and deeply rooted societal prejudice. In the journey toward equal rights, women and African-Americans navigated through systemic injustices and societal norms post World War II, achieving significant political milestones, yet the presence of ongoing barriers and covert discrimination into the modern day underscores their continued struggle for absolute equality and the necessity of activism, legislation, and societal reflection.

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 both African Americans and women was a significant topic in the post World War II era. These two marginalized groups fought a multifaceted battle against racial segregation and gender inequality, trying 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, which effectively disenfranchised them. This struggle represented a broader quest for equality and dignity long denied. Parallel to this, women struggled to uphold the economic independence and professional success they experienced during the war, fighting against a societal push back towards traditional roles. Their struggle went beyond the workplace, going into areas such as education and the wider social sphere, demanding equal opportunities, equal pay, and an end to gender based discrimination. In short, the post World War II era for women and African Americans was a persistent battle against deeply rooted racial and gender biases, reflecting a broader societal quest for equality, dignity, and full citizenship for both African Americans and women.

Throughout the post WWII era, the efforts of African American and woman activists were fruitful and put them closer to equality. Notable legislative milestones were achieved through a slow but steady process, reflecting these groups' persistent effort. For example, the Civil Rights Act of 1964 was a significant achievement. It addressed racial segregation by outlawing discrimination based on race, color, religion, sex, or national origin, which resulted in a significant shift in the struggle for racial equality. The Voting Rights Act of 1965 was also a significant victory, addressing racial discrimination in the voting system by enabling better political participation and representation for African Americans. The 1954 Supreme Court ruling of the Brown v. Board of Education case was another pivotal moment which declared segregation in public schools unconstitutional and struck down the separate but equal doctrine. Meanwhile, women were fighting for full participation in American society. They protested for reforms on employment, education, and reproductive rights, which culminated in the passing of Title IX of the Education Amendments Act of 1972. What this act did was that it prohibited gender discrimination in any federally funded education program, which was a significant step in addressing gender discrimination in education. Another key legislative victory was the Title VII of the Civil Rights Act of 1964, which banned employment discrimination based on race, color, religion, sex, or national origin.

The post World War II era marks a significant chapter in the pursuit of full citizenship for African Americans and women, demonstrating significant shifts in societal values and legislation. However, their journey toward equality is still faced by persistent systemic barriers and nuanced forms of discrimination and remains unfinished even into the modern day. The stories of African Americans and women underscores the resilience of the marginalized, the importance of activism, and societal self reflection in protecting the rights of citizens. It embodies the promise of a future where freedom and equality extend beyond written law, becoming a lived reality for all Americans.