

# WOMEN'S STUDIES

Knudsen - Fall, 2009



## *Scope & Sequence*

This course is designed to study women and their experiences from various perspectives: Spiritual, mythical, psychological, sociological and historical. How do women define themselves in relationship to men, to society, to God and to the earth? What are some of the common stereotypes that continue to distort the perception of women? What is the role of woman in the world today—as person, as wife, as mother, as worker, as contributor? Students are given opportunities to explore these and other issues facing contemporary women, and to examine their choice of responses.

## *Course Benchmarks and Performance Standards*

Students completing the Women's Studies course will:

- Develop an understanding of women's spiritual journey
- Identify and appreciate elements of a healthy mind, body and spirit for a woman
- Study and form opinions on various issues facing women today
- Realize the depth of wisdom and experience in the personal stories of our mothers and grandmothers
- Choose and complete a twelve week project that focuses on some aspect of their personal development as women.

**REQUIRED TEXT:** THE SPIRAL PATH, Theresa King (ed.)

## *COURSE OUTLINE*

Weeks 1-2	Introduction to Women's Spirituality The Value of Women's Experience Myths, Fallacies, Stereotypes Women in Folklore / Women in Media Obstacles to Women's Spiritual Growth Spiritual Responsibility 12-WEEK PROJECT OUTLINE
Weeks 3-6	Understanding the Self Self-Image and Attitudes toward the Body Spiritual Vitality and Health Women's Spiritual Roots in Nature Cycles and Seasons of Life Connections and Relationships TEST
Weeks 7-8	Psychology and Spirituality Validating and Empowering the Self The Negation of Women's Experience The Sin of Exploitation

Weeks 9-12	Spirituality and Motherhood Pregnancy, Childbirth and Spiritual Growth The Wisdom of Our Ancestors: Stories from our Mothers and Grandmothers PAPER
Week 13-14	Finding Spirituality in Ordinary Experience Food, Nutrition and Health Connections between Mind, Body, Spirit PROJECT
Weeks 15-16	Spirituality and Work Feminine Styles of Leadership Women and Power in Society
Weeks 17-18	Current Problems and Issues 12-Week Project Presentations FINAL EXAM



### *GRADING AND ASSIGNMENTS*

Three reflection papers/projects are required as well as two oral reports. In these assignments, students are expected to integrate material read and discussed in class with their own creativity and insights. Papers must be TYPED in a simple font, no less than 12 point. (450 points)

Reading quizzes, tests and a final exam will be given. (350 points)

Journal reflections will be assigned both in class and as part of a 12-week project. (100 points)

Oral participation in class discussion is ESSENTIAL and students are expected to earn 100 points.

### *GENERAL EXPECTATIONS*

Students are expected to be on time for class and to have all essential books and materials. If a student does not have an item required for the day, she will lose five points from her total grade after the first time.

Should a test be missed due to an excused absence, the student must take a make-up test at the earliest possible activity period or S.S.T. Excessive absences may result in a student's grade being lowered by 10% since she is missing essential class experiences. Ordinarily, a student who accumulates excessive absences during a semester will not receive academic credit for the class. After her third tardy, a student's final grade will be reduced by 5%. For each additional tardy, the grade will continue to be lowered.

Assignments not turned in on the due date will be lowered one full grade.

Academic integrity and adherence to the Honor Code are expected and the policy outlined in the *Student / Parent Handbook* will be strictly followed.

***Ms. Knudsen's office hours are at lunch and after school, by appointment.***

