

WOMEN'S STUDIES

Human Arts and Social Sciences Division

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<http://www.cabrillo.edu/programs>

Information for Women's Studies Majors

The Women's Studies major is an interdisciplinary major which gives students the opportunity to study women's experiences and questions of gender from a variety of perspectives, including feminist theory, history, religion, literature, cross cultural studies, psychology, sociology, sexuality, women and work, and women and the family. Courses in this major enrich the student's knowledge of the historical, social, and cultural contributions of women from many ethnic groups all over the world, provide a feminist perspective on the study of sexual and racial oppression, and promote a rigorous scholarly inquiry of women's rapidly changing economic, legal, and political position in society. The program also emphasizes personal growth through student participation and collaboration. Women's Studies courses attempt to define a society free of sexual, ethnic, age, and class barriers.

Because the major is interdisciplinary, it gives students a comprehensive liberal arts background and prepares them for upper division work in Women's Studies and many other humanities and social science majors at four-year colleges and universities. Students may also earn an A.A. Degree from Cabrillo with a Women's Studies emphasis. Course work in this major leads to careers in the health professions, law, education, counseling, political and social work, journalism, public relations and communications, and public administration, among many others.

MODEL PROGRAM FOR WOMEN'S STUDIES

The following model program fulfills requirements for an A.A. Degree in Women's Studies at Cabrillo College. Specific lower division major preparation at four-year public institutions in California can be found at www.assist.org. Please see a counselor for advisement for transfer to any four-year institution.

| Core Courses | | Units |
|--------------|---|-------|
| WS 6 | Women's Changing Lives International Perspective | 3 |
| WS 10 | Introduction to Women's Studies | 3 |
| WS 11 | Feminist Theory and Methodology | 3 |

Approved Electives

Select 12 units from the following:

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|-------------|--|--------|
| ANTHR 2 | Introduction to Anthropology: Cultural | 3 |
| COMM 1 | Public Speaking | 3 |
| ECE 31 | Child Growth and Development | 4 |
| ENGL 1A/AMC | College Composition when offered as Writing About Women | 3 |
| ENGL 1B/BMC | Composition and Literature: Emphasis on Women Writers | 3 |
| ENGL 30A | American Literature | 3 |
| OR | | |
| ENGL 30B | American Literature | 3 |
| ENGL 33 | Introduction to Poetry | 3 |
| ENGL 46A | Major British Writers I | 3 |
| OR | | |
| ENGL 46B | Major British Writers II | 3 |
| HIST 14 | Women in America | 3 |
| PE 39 | Beginning Self Defense for Women | 2 |
| PE 53 | Weight Training | ½ to 2 |
| PSYCH 1 | General Psychology | 3 |
| PSYCH 8 | Introduction to Developmental Psychology | 3 |
| PSYCH 33 | Personal and Social Adjustment | 3 |
| SOC 1 | Introduction to Sociology: Understanding Society | 3 |
| OR | | |
| SOC 2 | Contemporary Social Problems | 3 |
| SOC 5 | Sociology of Gender | 3 |
| WS 5 | La Mujer | 3 |
| WS 7 | Psychology of Women | 3 |

Any course meeting the Multicultural Studies requirement.

Associate in Arts Degree in Women's Studies

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|--|----|
| General Education | 30 |
| Women's Studies Core | 9 |
| Approved Electives | 12 |
| Electives | 9 |
| Total for A.A. Degree in Women's Studies | 60 |

Women's Studies Courses

WS 5

La Mujer

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Offers an interdisciplinary study of Latinas that reviews the impact of social institutions such as family, religion, work, education, on their daily lives. An exploration of their history, contemporary social roles, and personal identity. Contribution to community, cultural practices, values, and political identities will be examined.

Transfer Credit: Transfers to CSU. Transfers to UC.

WS 6

Women's Changing Lives in International Perspective

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100.

An interdisciplinary study of the lives of women in Africa, Central America, Asia and the Middle East. Focus is on understanding the socioeconomic conditions of each area as they affect women's roles in the family, the workplace and society.

Transfer Credit: Transfers to CSU. Transfers to UC.

WS 7

Psychology of Women

3 units; 3 hours Lecture

Recommended Preparation: PSYCH 1 and ENGL 1A /1AMC.

Explores contemporary theories, findings, and social issues regarding the psychology of women. Emphasis is on understanding how gender role socialization influences women's beliefs and behaviors across the life span. Topics include achievement, intimate relationships, motherhood, mental health, violence against women, and empowerment.

Transfer Credit: Transfers to CSU. Transfers to UC.

WS 8

Women's Health Care

½ - 1 units; ½ hour Lecture

Recommended Preparation: Eligibility for ENGL 100.

Designed as an overview of some of the issues in women's health care, including historical and present day forces that impact women today. Social, political, psychological, physiological, and economic aspects will be looked at. Through a feminist perspective issues such as gynecological topics, reproduction, birth control, reproduction rights, rape, cancer, CFIDS, AIDS, the physical and emotional aspects of codependency, sexuality, and aging will be examined. Personal experiences will be used as learning tools. Myths, facts, and women's health politics will be examined. Class will teach women about their bodies and empower them to deal effectively with the health care system.

Transfer Credit: Transfers to CSU. Transfers to UC with limits: WS 8 combined with HS 10 & 20-maximum credit=1 course.

WS 10

Introduction to Women's Studies

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores the status of women's lives using art, literature, history, media studies, sociology, psychology, and collective action for social change. Topics include political and economic forces defining women's positions; the psychology and sociology of women's lives; music, creativity, power, authority and feminist theory.

Transfer Credit: Transfers to CSU. Transfers to UC.

WS 11

Feminist Theory and Methodology

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100.

An introduction to some of the classic and contemporary texts in feminist theory. The course also uses feminist theory to investigate the historical and social conditions of women around the world and the development of various women's movements.

Transfer Credit: Transfers to CSU. Transfers to UC.

WS 13

Women in Religion and Myth

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100.

The study of the nature and functions of feminine deities, and an examination of the images and position of women within various mythologies and religious traditions.

Transfer Credit: Transfers to CSU. Transfers to UC.

WS 39A-Z

Special Topics: Womens Studies

½ - 3 units; ½ hour Lecture

Recommended Preparation: Eligibility for ENGL 100.

An intensive study of interdisciplinary aspects of women's studies. Course content will vary with each offering. During any school session, one or more such courses may be offered, each one having its own title and being designated by its own permanent letter.

Transfer Credit: Transfers to CSU. Transfers to UC with conditions:

Students must retain a copy of the course outline, the course syllabus and work completed for this course. Credit for this course is contingent upon a review of the course outline and other materials by the UC transfer campus.