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Home Economics State Normal School Farmington, Maine Description of Courses 1941

Farmington State Normal School

University of Maine at Farmington

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HOME ECONOMICS
STATE NORMAL SCHOOL
FARMINGTON, MAINE

DESCRIPTION OF COURSES

UMF ARCHIVES V.F.

Supplement to Bulletin
1941

ARTS

ART 1 *Two hours credit - Freshman year*

A study of the principles of color and design. Laboratory experience is provided for using line, balance, rhythm, emphasis, proportion and color in simple problems as lettering, sketching, designing, posters, bulletin boards and room arrangement.

ART 3 *One hour credit - Sophomore year*

An advanced course in design dealing with applications to home decoration, costume design, stage design and room accessories.

ART APPRECIATION - Elective *Two hours credit - Sophomore year*

The course provides a comprehensive survey of fine arts and crafts from ancient times to the present day. Some study is given to creative art as such and to the schools of painting. Traditional influence of the past on art forms as well as those which affect contemporary painting, architecture, and industrial arts are noted.

MUSIC

GLEE CLUB - Elective *Freshman and Sophomore years*

ORCHESTRA - Elective *Freshman and Sophomore years*

MUSIC APPRECIATION - Elective *One hour credit - Freshman year*

To increase the enjoyment of music through better understanding is the theme of this course. A survey of the types of voices, instruments, orchestras, and the leading artists in each of these fields comprises the material included in the first quarter's work. A brief history of music followed by a study of the outstanding exponents of each period, coupled with the study of the music of the common people is discussed.

EDUCATION

CHILD DEVELOPMENT *Four hours credit - Junior year*

A study of the biological development of the individual, the bodily needs of mother and child as well as the psychological needs of each.

This course includes three semester hours of credit in a unit in Child Psychology dealing with a study of the child's motor and language development, his mental growth and personality development together with his reactions to play life and his social environment.

Practical work with children is given students through participation in the activities of a play school for nine weeks and through home observation and participation.

EDUCATIONAL PSYCHOLOGY *Four hours credit - Sophomore year*

A general course which covers the application of the major psychological facts, principles and points of view to education, and the results of psychological experiments to learning.

EDUCATION 5 *Four hours credit - Junior year*

The course includes four units: a brief survey of the history of public education in the United States; a study of the public school laws of Maine with special attention to those directly concerning the teacher; a study of the use of the results of standard tests in improving instruction, acquaintance with available tests and scales, practice in making new type tests; teaching as a profession, which aims toward a working philosophy of education.

EDUCATION 6 (HOME ECONOMICS) *Four hours credit - Junior year*

The course deals with the philosophy of Home Economics education, a study of objectives, organization of work, lesson planning and teaching methods in relation to the grade and senior high school levels. Field trips, directed observation, and assistant teaching are experiences provided. Education 5 is a prerequisite.

EDUCATION 7 and 8 (HOME ECONOMICS) *Three hours credit - Senior year*

A study of the problems involved in the philosophy of home-making education in curriculum planning and in the teaching of Home Economics, as it contributes to present educational and social needs.

MENTAL HYGIENE *Three hours credit - Junior year*

A study of the conditions and methods that make for mental health of normal children and of normal adults, including the teacher. Teacher-child relationships, types of problems met in school children, parent-child relationships, school room organization for promotion of sound mental health are among the units of study, each presented from a positive viewpoint of life enrichment. The course seeks to develop the ability in teachers to build up and maintain satisfactory human relationships. It stands for the development of wholesome, balanced, integrated personalities, able to cope with any life situation.

STUDENT TEACHING *Seven hours credit - Senior year*

Observation, participation and teaching for six weeks in a selected high school in the state, under the guidance of a local teacher and the itinerant teacher trainer. This period of supervised field teaching is preceded by two weeks of detailed planning and is followed by one week of summary and evaluation of teaching experiences under the direction of the State itinerant teacher trainer.

ENGLISH

PRELIMINARY ENGLISH TEST *Freshman year*

Beginning in September, 1939, a diagnostic test in English grammar and usage is given to all freshmen. Students who fail to attain the required standard in this test are required to take a non-credit remedial course, one hour a week.

ENGLISH 1 - ORAL COMPOSITION *Two hours credit - Freshman year*

Development of clear and correct diction, bodily poise, ease of manner and effectiveness in speaking. Continuous practice is given in the various forms of public speaking, and knowledge of coaching methods in dramatics, debate and choral speaking.

ENGLISH 2 - COMPOSITION *Three hours credit - Freshman year*

Designed to give practice in producing various types of literary expression, observing the fundamentals of good English usage. Units include exposition, description, narration, argumentation, and letter writing. Clarity of thought and correctness of technique are stressed.

ENGLISH 3 - SURVEY OF ENGLISH LITERATURE *3 hours credit - Sophomore year*

A general survey of English literature from Beowulf to the twentieth century through study of historical background and readings from outstanding prose and poetry. Oral work correlated with the reading is emphasized.

ENGLISH 6 - CHILDREN'S LITERATURE *Two hours credit - Junior year*

A general survey of children's literature with special attention to the material suitable for nursery school and kindergarten. Practice in story-telling is emphasized and a wide acquaintance with children's books, both old and new, is sought.

CONTEMPORARY LITERATURE - elective *Two hours credit - Senior year*

Study of the lives and typical works of a number of the contemporary American and British writers of both poetry and prose. Each student is given an opportunity to make an extensive study of one phase of modern works.

PLAY PRODUCTION - elective *One hour credit - Senior year*

A practical course designed primarily for prospective coaches of dramatics. Units include history of the drama, elementary acting, stage craft, make-up, the organization and management of a dramatics club, and the production of a one-act play.

JOURNALISM - elective *Two hours credit - Junior year*

This course aims to instruct the student in forms of news writing, newspaper make-up, and principles of good journalism, thereby qualifying her to more adequately interpret the school to the public as director of school publicity, or to serve as adviser of student publications.

HOME ECONOMICS

CLOTHING 2 *Three hours credit - Freshman year*

A study of problems of grooming, selection and buymanship of clothing for the college girl; elementary textiles, and construction of simple garments. Emphasis is placed on design, color and suitability of clothes to individual and occasions.

CLOTHING 3 *Four hours credit - Sophomore year*

An advanced study of clothing selection, figure problems, clothing budgets, textiles and construction. A comparative study of ready-made clothing and assembling of illustrative material for use in teaching are included in this course.

CLOTHING 5 *Three hours credit - Junior year*

A study of pattern alteration and of simple drafting problems; selection and construction of children's clothing; special problems of construction meeting individual needs for advanced experiences; review of textiles and construction techniques; dyeing and make-over problems are included in the course. Illustrative materials

are studied and assembled for use in teaching.

CONSUMER EDUCATION 6 *Three hours credit - Junior year*

Study of buying problems concerned with all phases of home-making as applied to the home and to the classroom. It includes problems in textiles, foods, equipment, furnishings, and other household essentials.

CRAFTS AND HOUSE IMPROVEMENT *Two hours credit - Sophomore year*

Experience in making articles suitable for teaching in high schools. Emphasis is placed on good design, color, utility and inexpensiveness. Decorative accessories for the home and such processes as block printing, stenciling, crayonex, hemstitching, simple embroidery stitches, crocheting and knitting are taught.

FOODS 1 *Four hours credit - Freshman year*

An introduction to the study of foods from the standpoints of selection, planning, preparing, and serving of meals, with emphasis on the principles of cooking. It also includes the essentials in housekeeping duties and other activities pertinent to the course.

FOODS 4 *Four hours credit - Sophomore year*

A continuation of freshman foods with deeper emphasis on all phases of marketing, planning, preparation, and serving of meals as applied to the home or catering for small groups.

FOODS 5 - NUTRITION *Four hours credit - Junior year*

The application of the principles of chemistry and other sciences to the problems of human nutrition and good health. Special emphasis is given to child nutrition and to methods of presenting it in the classroom. Bacteriology is applied to the problems of food preservation in and unit of this course.

FOODS 6 *Three hours credit - Junior year*

An application of the principles of nutrition and of the prerequisite courses in foods to problems in functions, such as, teas, banquets, formal dinners, etc. Observation and participation in quantity cookery at the dormitory and with the noon lunch at the training school are required.

HOME ECONOMICS 1 and 2 - PERSONAL LIVING PROBLEMS
Five hours credit - Freshman year

A study is made of the problems faced by students making adjustments in a school environment. Budgeting of money and time, study aids, selection of extra-curricula activities, social practices and etiquette, friendships, religion in relation to successful living and desirable personality essentials are evaluated. Important units of the course present essentials in maintaining and improving health and in personal grooming.

HOME ECONOMICS 3 - PERSONAL DEVELOPMENT

Two hours credit - Sophomore year

An objective course which treats of the basic elements of personality. Constructive material is used to help the student realize his possibilities and potentialities. Personal conferences are held to help the student with his individual problems.

HOME HYGIENE AND CARE OF THE SICK AND FIRST AID

Three and one-half hours credit - Senior year

The home hygiene unit includes both theoretical and laboratory work in problems of care of the sick, aged, and convalescent in the home, including common emergency treatments. The first aid unit is a practical course which gives a working knowledge of what to do in any emergency before the doctor arrives. The work of both units is given under the auspices of the American Red Cross which confers certificates upon students successfully completing the courses.

HOME IMPROVEMENT

One hour credit - Senior year

Emphasis is placed on making a house attractive with a minimum expenditure of money. Renovation, refinishing, and upholstering of furniture and the making of room accessories are experiences provided.

HOME RESIDENCE AND INFANT CARE *Four hours credit - Senior year*

A course offering an opportunity for small groups of seniors, a baby and a Director to experience sharing family living in the home. Responsibilities are assumed for the meal planning, buying and preparation of food, housekeeping, laundering, care of baby, entertaining guests and family fun. A study is made of the baby from birth through the first year stressing physical and mental development. The study is supplemented with observation through watching, living with and caring for the baby in the home.

THE HOUSE

Three hours credit - Junior year

A study of houses in relation to family needs. Selecting and

planning an efficient and convenient house; study of building materials; furnishings for the house on a moderate income; selection and arrangement of furniture; floor coverings and textiles for the home are units studied.

HOUSEHOLD PHYSICS AND EQUIPMENT *Two hours credit - Junior year*

An introductory course in household physics in which mechanics, heat, electricity, and light are considered. Practical application is made of the principles of physics to the equipment found in the household. Operation and care of the various types of equipment, and standards by which each should be chosen, are emphasized.

HOUSING AND FINANCE *Two and one-half hours credit - Senior year*

A course dealing with the various aspects of housing including housing in relationship to family needs, health, safety, and citizenship; legal procedures and transactions connected with building and housing; standards of living; family and personal budgets; savings and investments; loans; insurance and simple accounting. A short study is made of installment buying and of advertising materials including mail order catalogues.

SCIENCE

BACTERIOLOGY AND COMMUNITY HYGIENE *Three and one-half hours credit - Sophomore year*

A study of the fundamentals of bacteriology in which various types of microorganisms are studied in class and in the laboratory. The relationship of bacteria to disease, and the general principles of public health and community hygiene are emphasized.

BIOLOGY *Three hours credit - Sophomore year*

A course in which the general principles of biology, the interdependence of living things, and zoological phases of the subject are particularly stressed.

CHEMISTRY 1 and 2 (General) *Seven hours credit - Freshman year*

The study of inorganic chemistry and its theories, with emphasis on the more common elements. During the latter part of the course the student is introduced to the simpler phases of organic chemistry.

CHEMISTRY 3 (Physiological) *Four hours credit - Sophomore year*
Particular attention is given to the chemistry of carbohydrates

fats, and proteins. Processes of digestion and metabolism are emphasized so that the student may apply the principles to foods and nutrition.

NATURE STUDY - Elective *Two hours credit - Freshman or Sophomore year*

A course aiming to give some familiarity with plants and animals as they are related to their environment. It emphasizes that we should study Nature at first hand, and attempts to develop a real appreciation of the beauty and wonders of the great outdoors. It stresses also the necessity for the protection of all the beautiful and useful forms of wild life.

SOCIAL STUDIES

CURRENT HISTORY *One hour credit - Sophomore and Senior years*

A course meeting once a week in which the aim is to keep up to date with the news, by means of newspapers, magazines and radio.

ECONOMICS *Two and one half hours credit - Senior year*

The subject covers the fundamental economic principles and the problems of modern economic society; production; the modern exchange system; value and price; distribution; consumption; public finance; economic policies and politics.

FAMILY *Three hours credit - Senior year*

A sociological treatment of the family, dealing with its origin, structure and functions, including reliable data which should prove of practical help to young people seeking guidance in the choice of a marriage partner and in the necessary adjustments of marriage and family life. Study is made of certain social problems affecting the family, also of the teaching of family relationships in secondary schools.

SOCIOLOGY *Three hours credit - Senior year*

A study of the institutions which man has developed and under which he lives. The development of our cultural heritage, the institution of marriage and problems connected with it, economic systems, the Church, and the School are subjects of particular study. A sociological survey is made of the particular community in which a senior student lives for six weeks while doing practice teaching. This gives practical experience in noting the strength and efficiency of the institutions studied in the course.

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