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# Home Economics State Teachers College Farmington, Maine: Description of Courses

Farmington State Teachers College

University of Maine at Farmington

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HOME ECONOMICS  
STATE TEACHERS COLLEGE  
FARMINGTON, MAINE

DESCRIPTION OF COURSES

Supplement to Bulletin  
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## ARTS

ART 1 and 2 *4 Sem. 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 APPRECIATION - Elective *2 Sem. 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 is noted.

GLEE CLUB - Elective *Freshman and Sophomore years*

ORCHESTRA - Elective *Freshman and Sophomore years*

MUSIC APPRECIATION - Elective *1 Sem. 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 1 *2 Sem. hours credit - Freshman year*

Introductory course for Freshman students. Development of personality in the early years. Emphasis on care and guidance of children. Reading and observations in nursery school.

CHILD DEVELOPMENT 2 *3 Sem. 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 AND ADOLESCENT PSYCHOLOGY

*Three and one half Sem. hours credit - Sophomore year*

The course deals with the fundamental principles of psychology necessary to the prospective home economics teacher. Special emphasis is placed on the principles of learning and on the psychological principles governing the interests and needs of adolescent boys and girls.

EDUCATION 5 *5 Sem. hours credit - Junior year*

The course includes a brief survey of the history of public education in the United States; a study of the public school laws of Maine; a study of the use of the results of standard tests in improving instruction, acquaintance with available tests and scales; the place of audio-visual aids in the classroom; teaching as a profession, which aims towards a working philosophy of education. The History of Home Economics is included in the course.

EDUCATION 6 (HOME ECONOMICS)

*Three and one half Sem. hours credit - Junior year*

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

EDUCATION 7 and 8 (HOME ECONOMICS)

*3 Sem. 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.

GUIDANCE

*2 Sem. hours credit - Senior year*

Emphasis is placed upon functions of guidance in relation to adolescent needs, the principles and techniques of guidance, and the functions of different guidance workers, the study of the individual, counseling, tests, use of tests, records, and reports.

A basic course for Junior High and High School teachers.

STUDENT TEACHING

*6 Sem. 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*

Near the beginning of the year, 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 - WRITTEN COMPOSITION

*3 Sem. 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 2 - ORAL COMPOSITION

*3 Sem. 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.

### ENGLISH 3 - SURVEY OF ENGLISH LITERATURE

*3 Sem. 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.

### ENGLISH 6 - CHILDREN'S LITERATURE

*1 Sem. hour 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

*2 Sem. hours credit - Junior year*

Background information of the writers who have contributed to the development of modern American fiction. An acquaintance with the lives and representative works of outstanding contemporary British and American writers of prose, poetry, and drama. Recognition of the many types of writing and of the problems and techniques involved in each type. The establishing of criteria for judging effectively the literary merit of a work. Extensive reading is required.

PLAY PRODUCTION - Elective      *1 Sem. hour credit - Junior 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      *2 Sem. hours credit - Sophomore year*

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

## HOME ECONOMICS

CLOTHING 1 - GROOMING      *1 Sem. hour credit - Freshman year*

A course emphasizing the importance of good grooming and good taste in dress. It includes a study of care and arrangement of hair; care of the skin; a study of color and of other factors in relation to the selection of clothing for the individual for various occasions.

CLOTHING 2      *4 Sem. 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      *4 Sem. 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      *3 Sem. 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. A coat or a suit is made. Illustrative materials are studied and prepared for use in teaching.



## CONSUMER EDUCATION

*One and one half Sem. hours credit - Junior year*

*One and one half Sem. hours credit - Senior year*

A study of the need for consumer education, the role of the consumer in economic life and the development of the consumer movement. Studies are made of consumer goods.

Junior year - A study of the market and food problems.

Senior year - A study of household furnishings and equipment.

CRAFTS *2 Sem. hours credit - Sophomore year*

Inexpensive decorative accessories for home and personal use are made. Block printing, stenciling, crayonex, embroidery stitches, crocheting and knitting are taught with emphasis on good design and color and such articles as can be taught in high school courses.

FINANCE *2 Sem. hours credit - Senior year*

Course deals with the study of standards of living; source of family income; family and personal budgets; savings and investments; use of credit; insurance and simple accounting. Planning and management of the income for better family living are stressed.

FOODS 1 *4 Sem. hours credit - Freshman year*

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

FOODS 4 *3 Sem. hours credit - Sophomore year*

A continuation of freshman foods with deeper emphasis on all phases of marketing, planning, preparation, and serving of meals for family size groups.

FOODS 5 - NUTRITION *4 Sem. 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 nutrition in the classroom. A unit on food preservation precedes the nutrition study.

FOODS 6 *3 Sem. hours credit - Junior year*

The course is made up of units in food preparation, consisting of experience in the giving of teas, buffet suppers, out of door suppers, formal dinners, and banquets; a review of fundamental principles of cookery through demonstration method; quantity cookery, theory and practice in the dormitory and at the school lunch in the high school.

## HOME ECONOMICS 1 AND 2 - PERSONAL LIVING PROBLEMS

*2 Sem. 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.

## HOME HYGIENE AND CARE OF THE SICK AND FIRST AID

*2 Sem. 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 RESIDENCE AND INFANT CARE

*4 Sem. hours credit - Senior year*

A course offering an opportunity for small groups of seniors, a baby, and a Director to experience 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 - PLANNING AND FURNISHING

*3 Sem. hours credit - Junior year*

A study of houses in relation to family needs. Selecting and planning an efficient, attractive, 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

*3 Sem. hours credit - Sophomore 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** *One and one half Sem. hours credit - Junior 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.

**ROOM IMPROVEMENT** *1 Sem. 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.

## SCIENCE

### BIOLOGY AND HEALTH EDUCATION

*4 Sem. hours credit - Freshman year*

This course includes the general principles of biology, systematic survey of plant and animal phyla, Mendelian laws and their implications, anatomy, physiology, and hygiene.

**CHEMISTRY I** *4 Sem. hours credit - Freshman year*

Introduction to and study of inorganic chemistry. Energy - matter - elements - compounds - atomic theory - valence - equations - nomenclature - oxidation - reduction - ionization - and solutions are topics included as well as uses of inorganic salts in the body.

**CHEMISTRY II** *5 Sem. hours credit - Sophomore year*

A classroom and laboratory study of such topics as hydrocarbon - alcohols - ethers - esters - aldehydes - ketones - organic acids - cyclic compounds - carbohydrates - fats - proteins - vitamins - digestion and digestive enzymes - blood and lymph - metabolism - endocrine glands and hormones - urine and feces.

## MICROBIOLOGY AND COMMUNITY HYGIENE

*3 Sem. hours credit - Sophomore year*

An introductory course including the study of bacterial types as to general characteristics and physiology in relation to human welfare. The "Community Hygiene" aspect of the course will include such topics as water contamination, examination and purification, air contamination and examination, milk, its contamination and examination, and the contamination and examination of food.

## NATURE STUDY - Elective

*One and one half Sem. hours credit - 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 *1 Sem. 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 Sem. hours credit - Junior year*

The subject covers the fundamental economic principles and the problems of modern economic society; production; the modern exchange system; value and price, and public finance. Particular attention is paid to the application of economic principles to current problems, such as labor relations and government regulation of business. Present economic policies of leading nations are studied and compared.

### FAMILY

*3 Sem. 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

*3 Sem. 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.

## AMERICAN GOVERNMENT - Elective

*3 Sem. hours credit - Junior year*

A course aimed at familiarizing the student with the structure and function of the American system of government, as well as with the chief problems facing it today.

## RECENT HISTORY - Elective

*3 Sem. hours credit - Freshman and Sophomore year*

A study of World Wars I and II, and of the years between. Topics emphasized include the rise of Hitler, the rise of Mussolini, the Communist experiment in Russia, and the steps in the collapse of collective security.

## UNITED STATES HISTORY - Elective

*3 Sem. hours credit - Senior year*

A study of American History from the Civil War to the present, with special attention to such subjects as the connection between government and business in the late 19th century, the progressive movement, the World Wars, and the New Deal.