

Women in History

Course Overview I-III

Beable’s Women in History mini course is designed to inspire and educate students from grades 6 through 12. Each iteration of this course includes 10 engaging lessons that explore the remarkable lives and achievements of women who have shaped history and culture. From Abigail Adams, an influential figure in America’s formation, to Amelia Earhart, the pioneering aviator, and Aretha Franklin, the Queen of Soul, each lesson highlights the resilience and contributions of these extraordinary women. Educators will find a wealth of content, including the stories of social reformers like Jane Addams, civil rights activists like Sojourner Truth, and trailblazers like Madeleine Albright. This course not only celebrates the past but also empowers students to understand the ongoing impact of women’s history on our world today. Join us in bringing these powerful narratives to your classroom and inspiring the next generation of leaders.

Women in History I

Lesson Title	Summary
Abigail Adams: An Independent Woman in an Independent Nation	Abigail Adams played a significant role in America’s formation and helped set the standard for America’s first ladies.
Trading Mops for Muskets: Women Soldiers of the Civil War	Many people assume that only men fought in the Civil War; however many women disguised themselves so that they could enlist in the military.
The Original Social Worker: Jane Addams	Jane Addams was an activist and social reformer who worked tirelessly to help those who needed it most.
Sojourner Truth: “Ain’t I a Woman?”	Sojourner Truth was an enslaved woman who escaped to freedom and became a prominent speaker for African American women’s rights.
The 19th Amendment: Women Get the Right to Vote	The 19th Amendment granted women the right to vote in political elections. This constitutional milestone was nearly a century in the making.

Lesson Title	Summary
A Step Forward: The Equal Pay Act	The fight to close the gap between men’s and women’s wages is still being fought, but the Equal Pay Act of 1963 was a major step forward.
Clara Barton: Angel of the Battlefield	Clara Barton became known for her work tending to wounded Union soldiers during the Civil War. She later founded the American Red Cross.
Amelia Earhart: Reaching New Heights	Amelia Earhart broke barriers as the first woman to fly solo across the Atlantic Ocean. Her legacy still inspires women to follow their dreams.
Aretha Franklin, Queen of Soul	Aretha Franklin’s recordings were the soundtrack for the civil rights and women’s rights movements in the 1960s and ’70s. This is her story.
Only in America	As a child, Madeleine Albright came to the United States to escape communists in Czechoslovakia. She later became the first female secretary of state.

Women in History II

Lesson Title	Summary
Edith Wilson: A First Lady Who Took Charge	Edith Wilson, wife of President Woodrow Wilson, was more than just her husband’s advisor and confidante. She helped him run the country.
Law and Stinson: Pioneers of the Sky	Ruth Law and Marjorie Stinson joined the war effort during World War I. They paved the way for women pilots in the early days of aviation.
Sybil Ludington’s Midnight Ride	During the American Revolution, 16-year-old Sybil Ludington rode through the night to alert American forces of a coming attack from the British.
Dr. Mary Edwards Walker: Civil War Surgeon and Barrier Breaker	Trailblazer and Medal of Honor recipient Dr. Mary Edwards Walker served as a surgeon during the Civil War.
Annette Kellerman: The Million Dollar Mermaid	Australian swimmer Annette Kellerman brought women’s swimming and swimwear into the 20th century.
Madam C.J. Walker: In the Business of Enriching the Black Community	Madam C. J. Walker empowered the Black community of the early 1900s with her hair care company and advocacy.
Marie Tharp: The Woman Who Mapped the Bottom of the Sea	In the 1950s and ’60s, geologist and mapmaker Marie Tharp and her research partner created the first topographical maps of the ocean floor.
Meet the Women Who Programmed the ENIAC, the First Supercomputer	The ENIAC was the first electronic computer ever built, programmed by six nearly forgotten women who paved the way for an entire industry.
Simone Biles: The Greatest Gymnast of All Time	Aside from being one of—if not—the greatest gymnast of all time, Simone Biles is also a college ambassador and mental health advocate.
Chloe Kim's Time to Shred	Since winning her first Olympic gold medal at 17, snowboarder Chloe Kim has gone on to set world records—then break them.

Women in History III

Lesson Title	Summary
A Successful Experiment	The first Woman’s Rights Convention was held in 1848 in Seneca Falls, New York. It was the beginning of the long struggle for equality.
Launching the Women's Suffrage Movement	After the passage of the 19th Amendment, American women took society by storm.
Meet the New Women of the 1920s	When men left their jobs to fight in World War II, women stepped in to fill the void and changed ideas about female roles in the home and workplace.
Womanpower!	Queen Lili’uokalani, the first woman and the last person to rule Hawai’i before it was annexed by the U.S., was a writer, musician, and humanitarian.
Queen Lili’uokalani: Hawai’i’s Last Sovereign	In the late 19th and early 20th centuries, journalist and social reformer Ida B. Wells fought for justice for African Americans.
Ida B. Wells, a Crusader against Racism and Sexism	With the help of her teacher, Anne Sullivan, Helen Keller overcame any challenge to live life to the fullest.
Helen Keller Led Life as a Daring Adventure	Born in 1887, Tye Leung Schulze was an interpreter, an activist, and an important figure in Asian American history.
Tye Leung Schulze, a Trailblazer for Women and Immigrants	Dolores Huerta has dedicated her life to helping people by organizing farm workers and fighting for civil and human rights.
Dolores Huerta: Fearless Organizer and Activist	Secretary Deb Haaland, a member of the Pueblo of Laguna, made history when she became the first Indigenous person to serve as a cabinet secretary.
Deb Haaland Is Sworn In to History	The first Woman’s Rights Convention was held in 1848 in Seneca Falls, New York. It was the beginning of the long struggle for equality.