

## Episode 2: Ruth Howard 5 Minute History Lesson

### Teacher's Guide

The Cumming Center's 5 Minute History Lessons (5MHL) are a series of short films about interesting people and stories from the psychology's history. The 5MHL's use archival documents, photographs, sound recordings, and films housed in the Archives of the History of American Psychology to tell the stories of individual psychologists and psychological research.

The 5MHL Scavenger Hunt activities are meant to be used by instructors to provide a broad understanding of a variety of topics. Scavenger hunts can be done in class (face-to-face or virtual) or assigned as homework projects.

Instructors can determine the depth of the project and should allow 30-45 minutes. The scavenger hunts can simply be completed by students, or they can serve as a jumping off point for more in-depth class discussions. Suggested discussion points are included.

Instructions and answer sheets are found for *Episode 2: Ruth Howard* on the following pages.

## Episode 2: Ruth Howard 5 Minute History Lesson

Level: high school students, undergraduate college students

Time: 30-45 minutes

Objectives: By the end of this activity students will:

1. have a general understanding of psychologist Ruth Howard and her work
2. understand the historical significance of recording the oral histories of underrepresented groups
3. have a basic understanding of how archival materials can be used to tell a story

BEFORE the 5 Minute History Lesson (5MHL) [5 minutes]:

Ask your students if they are familiar with Ruth Winifred Howard. Make note of their responses for later discussion.

DURING the 5 Minute History Lesson [15-25 minutes]

Link: <https://youtu.be/k-BK0u0OBA>

Students should watch the Ruth W. Howard 5MHL without taking notes. Students should watch the 5MHL a second time and simultaneously complete the scavenger hunt

AFTER the 5 Minute History Lesson [15 minutes]

Initiate a discussion using the following questions or ask your students to answer them in short answer form:

KNOW What is something you learned from the video that you didn't know previously? Why does this stand out to you as interesting?

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**DO/APPLY a SKILL** Consider Ruth W. Howard’s career outside of traditional academic psychology. Why do you think her career followed this trajectory?

**FEEL/UNDERSTAND** Ruth Howard was one of the first Black women to receive a Ph.D. in psychology. Do you think her work and her focus on cultural diversity reflect her own experience within a predominantly white male psychology?

### The Ruth W. Howard 5MHL Scavenger Hunt

1: What inspired Ruth W. Howard to go into social work and psychology?

*Answer: Her father was a minister at Zion Baptist Church, and she was exposed to social work within the ministry and different types of people, both of which interested her.*

2. What did Ruth Howard consider a “major barrier” to understanding the feelings, attitudes, and behaviors of the children she worked with at her job at the Cleveland Child Welfare Agency?

*Answer: The lack of concern of school representatives, medical staff, staff at medical clinics for the children they served and their lack of understanding and empathy for cultural groups other than their own.*

3. Describe Ruth Howard’s doctoral research project.

*Answer: Developmental research with 229 sets of triplets aged infant-79 from various ethnic groups.*

4. What was the name of Ruth Howard and Albert Beckham’s private psychological practice and where was it located?

*A. Center for Psychological Service in Chicago, IL*

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5. Name at least two psychologists Ruth Howard studied with during her post-doctoral research at the University of Chicago.

*A. Robert Havighurst, Carl Rogers, Helen Robinson, Virginia Axline*



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