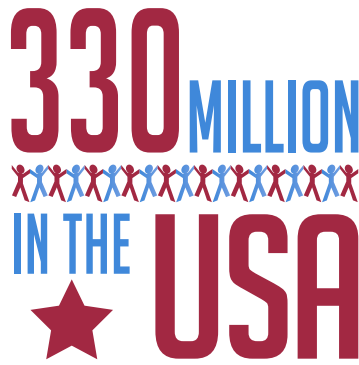


# A Teacher's Guide to



*"You can't really know where you are going until you know where you have been."  
Maya Angelou*

A census year is a great opportunity to take stock of national population trends, as well as indicators of national progress over the sweep of U.S. history. We can then use these insights to assess our present reality and plan for the future well-being of our country. Today's middle and high school students will need to examine where we've come from in order to assume their future roles as innovators and civic leaders. To this end, Population Education has created this new set of classroom lessons, **330 Million in the USA**.

These 14 lessons enable middle and high school students to examine trends (past and present) for our nation's population growth and settlement patterns, Congressional representation, family size, education, health, transportation, immigration, gender roles, and environmental impact and policies. Many of these lessons include rich data sets and primary sources from the past 230 years, including historical census data, archival footage, and some of our nation's most important documents, such as the Federalist Papers and the original Social Security Act. Several of the lessons also give students an opportunity to analyze current data (e.g. government statistics, think tank reports, Google Maps) that help us understand the present moment as it relates to all of these topics.

Many of the lessons can easily be adapted for a range of grades and ability levels. All of the lessons are appropriate for one or more social studies disciplines and adhere to the four dimensions of the C3 Framework (College, Career & Civic Life) for Social Studies State Standards.

DIMENSION 1: DEVELOPING QUESTIONS AND PLANNING INQUIRIES	DIMENSION 2: APPLYING DISCIPLINARY TOOLS AND CONCEPTS	DIMENSION 3: EVALUATING SOURCES AND USING EVIDENCE	DIMENSION 4: COMMUNICATING CONCLUSIONS AND TAKING INFORMED ACTION
Developing Questions and Planning Inquiries	Civics	Gathering and Evaluating Sources	Communicating and Critiquing Conclusions
	Economics		
	Geography	Developing Claims and Using Evidence	Taking Informed Action
	History		

To enhance the lesson plans, **330 Million in the USA** includes readings on historical trends in the U.S. related to education, work, family, transportation, diet, and the environment (and how Gen Z – today's middle and high school students – affect these trends). A set of infographics also marks changes over time in population, housing, immigration, and wealth.

The table below provides guidance on recommended grade levels, subjects, and specific courses for each of the lessons.

Activity	Subjects/ Courses	Recommended Grades	Topics	Methods	Distance learning friendly
Almighty Aquifers	Science, Earth & Environmental Science, Social Studies, Geography, U.S. History	6-8	Aquifer use and depletion in the U.S. over time	Play a small group game that mimics the relationship between population growth and aquifer depletion.	
American <i>HerStory</i>	Social Studies, U.S. History, ELA	9-12	Gender roles through U.S. history	Research and create an oral presentation on the role of women in the home and workplace throughout U.S. history.	Yes
Connecting the Dots	Social Studies, Geography, U.S. History	6-8, 9-12	Population growth and settlement patterns, 1800-2050	Build population density maps for different dates in U.S. history.	Yes
Family Counts	Social Studies, U.S. History (General & AP), Statistics, Economics	9-12	Family size trends through U.S. history	Analyze historic census datasets and make correlations between family size trends and a range of social and economic indicators.	Yes
The Good Old Days	Social Studies, U.S. History, Economics, Civics, Geography, Science	6-8, 9-12	Population, immigration, political representation, education, employment, health, energy use, wealth, urbanization	Act as people living in the U.S. from different points in history to compare data on health and well-being from 1800-2020.	
Let's Go!	Social Studies, Geography (General & AP), Mathematics, Science, Environmental Science (General & AP)	9-12	Transportation infrastructure and environmental impacts in U.S. cities	Use interactive mapping to determine the most convenient ways for people to get around a city; interpret emissions data to extrapolate the impact of thousands of individual travel choices.	Yes
Looking to the Future	Social Studies, U.S. History, ELA	6-8	Education, health and diet, technology, environment, families and housing, economy, demography	Research a U.S. environmental, social, or demographic topic and write an essay about predictions for the topic in the year 2070, supporting claims with logical evidence.	Yes

Activity	Subjects/ Courses	Recommended Grades	Topics	Methods	Distance learning friendly
Making It In America	Social Studies, Economics, U.S. History (General & AP), Government, ELA	9-12	Growing wealth inequality, the American Dream	Use modeling to compare actual and perceived wealth distribution; analyze historic documents related to the American Dream.	Yes
Mysteries of the U.S. Pyramids	Social Studies, U.S. History, Mathematics	6-8, 9-12	Fertility and mortality trends in the U.S., age-structure diagrams	Construct and analyze population pyramid graphs for the U.S. at four points in history, today and a future projection.	Yes
Nation of Immigrants	Social Studies, Civics, Geography, U.S. History (General & AP), Government, ELA	9-12	History of immigration to the U.S.	Read and interpret text on U.S. immigration history; listen and reflect on recordings of contemporary immigration stories.	Yes
Our Shared Environmental History	Social Studies, U.S. History, Science, Environmental Science (General & AP)	9-12	Environmental events and policies in U.S. history	Research events in U.S. environmental history to write a class timeline; write an op-ed on the long-term success of Earth Day as an agent for change.	Yes
The People's House	Social Studies, Government (General & AP), U.S. History (General & AP), ELA	9-12	Apportionment, political representation, gerrymandering	Examine primary and secondary sources related to congressional apportionment; debate the size of the House of Representatives; gerrymander simulated congressional districts.	Yes
State of Our Union	Social Studies, U.S. History, Mathematics	9-12	Environment, health, economics, demographics	Collect, analyze and summarize observed trends using multiple data sources on a given topic.	Yes
USA Population Circle	Social Studies, U.S. History, Geography, Science, Mathematics	6-8, 9-12	Increasing size of U.S. population over time	Simulate population growth from 1790 to present and projected to 2050 as a large group.	

The lesson plans are PDFs for easy viewing and printing as well as easy electronic sharing with students.

Each lesson plan includes the following components:

- **Introduction:** Provides background information for both teachers and students on the topics covered in the activity.
- **Materials:** Outlines materials required to complete the lesson. Most items that aren't included are common household or classroom supplies.
- **Objectives:** Lists the desired, measurable outcomes for student learning.
- **Skills:** Includes both subject specific skills (e.g. interpreting line graphs) and higher order processing skills (e.g. comparing and evaluating).
- **Discussion Questions:** Range from basic recall to high level evaluation and analysis. Questions stimulate critical thinking and assess student understanding.
- **Assessment:** Ideas for formative assessments that provide feedback on student learning.
- **Follow-up Activities:** Suggested for ways to extend student learning; a great resource for working with GT students.

Reading	Recommended Grades	Summary
America Learns	6-8, 9-12	Provides a journey through the history of schooling in the United States (K-12 and higher education) from the early 1800s to today.
America Eats	6-8, 9-12	Survey of past and present food and diet trends in the United States – where our food comes from, how it's prepared, and who has access to it.
America Works	6-8, 9-12	Looks at the history of work in the United States for different segments of society from our country's agrarian roots through the Industrial Revolution and all the way to the gig economy.
America Pairs Up	9-12	Provides an overview of the history of love and marriage in the United States, including contraception, sex education, and family size.
America Moves	6-8, 9-12	Traces the history of transportation in the United States from horse-drawn carriages to our present car culture.
American Environmentalism	6-8, 9-12	Explores the relationship between U.S. people and the natural environment from early settlements to climate activism.

The following graphs and infographics are included to enhance the readings and activities:

- Average House and Household Size in the U.S. (1790-2019)
- Average Number of Children Per U.S. Family (1800-2018)
- Distribution of Household Net Worth in the U.S. (2019)
- Immigration to the U.S. by Geographic Region (1820-2018)
- U.S. Population and Projection (1790-2050)
- U.S. Population Pyramid (2020)

As with all of Population Education curricula, your feedback is most welcome. Also, please [share with us](#) how you are using these items with your students.

