The Five Categories of *Women’s Ways of Knowing*

Based on the research of Mary Belenky, Blythe Clinchy, Nancy Goldberger & Jill Tarule

**Category 1: SILENCE**

A position of not knowing in which the person feels voiceless, powerless, and mindless. Control of the person’s life resides completely with outside authority figures.

**Example:** A female student does not share her experience for fear of being judged; or a person blindly follows an abusive spouse in order to keep out of trouble and survive.

**Category 5: Constructed Knowledge**

The position at which truth is understood to be contextual. Knowledge is recognized as tentative; it can be obtained by both objective and subjective means. In addition, at this stage, the knower realizes that he/she has the capacity to create knowledge.

**Example:** After a lesson that asks for the students’ points of view and input, students reflect, connect to personal experience, and synthesize what they have learned.

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Category 2: Received Knowledge

A position at which knowledge and authority are construed as outside the self and invested in powerful and knowing others (authorities) from whom one is expected to learn.

Example: A student listens to the facts of a history lecture, writes them down and memorizes them for a test, but is unable to give an opinion on the topic that is not derived directly from the memorized facts.

Category 3: Subjective Knowledge

A perspective from which knowing is personal, private and based on intuition and/or feeling states; knowledge resides within the “self” and resists the influence of outside evidence or experts.

Example: A mother feels she knows what is right to feed her children based on her previous experience or “gut feelings” about it, regardless of what new research or nutritionists might say.

Category 4: Procedural Knowledge

The position at which techniques and procedures for acquiring, validating and evaluating knowledge claims are developed and honored.

Categorized by two stages:
- Separate Knowing— critical, skeptical and impersonal understanding gained by examining things from a matter-of-fact or tactical point of view
- Connected Knowing— empathetic understanding which is often grounded in personal experience or an understanding of others’ circumstances.

Example: Responding to a book you’re reading by distancing yourself from the text and examining the logic behind what was written or by trying to “get inside the author’s head” to understand why he/she might have written it.