

External assessment 2025

Stimulus book

Health

General instruction

- Work in this book will not be marked.

Question 1 Context

Stimulus 1: Catvale community information

- Catvale is an outer suburb of a large regional city on the east coast of Australia, 600 km from the state capital.
- The population is largely middle class. The majority (78%) of parents/carers work. Most parents/carers have a post-schooling qualification.
- The rising cost of living has increased pressure on household budgets.
- Most residents attended school in Australia. Catvale is a multicultural town with small population groups from the Pasifika and East Asia regions.
- Community wellbeing activities are held at the Cultural Wellbeing Hub.

The table shows usage data for the Cultural Wellbeing Hub for the past three years.

Activity	Catvale College student use (%)			Catvale community use (%)		
	2022	2023	2024	2022	2023	2024
Volunteer at outside school hours care	9	8	7	28	18	8
Study skills program	43	45	47	14	14	14
Cultural cooking program	13	16	19	17	20	23

Stimulus 2: Catvale College information

- Catvale College is a secondary school for Years 7 to 12.
- It has a consistent population of 840 total students (140 students per year level).
- The compulsory pastoral care programs include a grandparent mentoring program, a cultural wellness day and a 'mates' day both with community mentors, and a Year 7 buddy mentoring program with Year 12 students.
- Through a program to support education in the Asia-Pacific region, Catvale College sponsors the enrolment of 20 new international students each year.
- Optional school wellbeing activities are offered to all students.

The table shows usage data for the wellbeing activities at Catvale College for the past three years.

Activity	Year 12 use (%)			Years 7–11 use (%)		
	2022	2023	2024	2022	2023	2024
Sleep centre (quiet napping zone)	11	10	9	21	15	9
Formal dance training with another school	12	9	6	21	18	15
Gym, yoga and mindfulness sessions	41	42	43	48	49	50

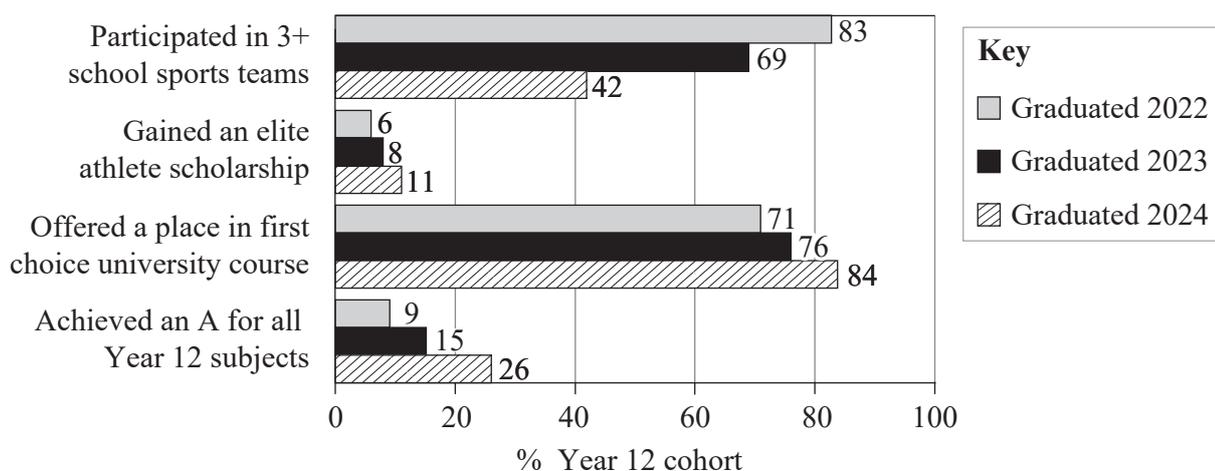
- Catvale College also has a post-schooling transition boarding program for students considering attending a university in the state capital.
 - 27% of Year 12 graduates used the program in 2022, 39% in 2023 and 53% in 2024.
- Findings from a survey of all students who had used the post-schooling transition boarding program were:
 - 85% were very satisfied that the program helped them settle into university life
 - 35% were concerned by the number of disputes between boarding college residents.

Stimulus 3: Self-perceived social connectedness of Catvale College students (2024)

The level of connectedness is based on a star rating system: 1 star (lowest rating) to 5 stars (highest rating).

	Connectedness to school	Connectedness to family	Connectedness to community
Year 12 students	★★★★ 4 stars	★★★★☆ 4.5 stars	★★★ 3 stars
Year 10 students	★★☆ 2.5 stars	★★★ 3 stars	★★ 2 stars
Year 7 students	★★★ 3 stars	★★★★ 4 stars	★★ 2 stars

Stimulus 4: Achievements of Catvale College Year 12 graduates (2022–2024)

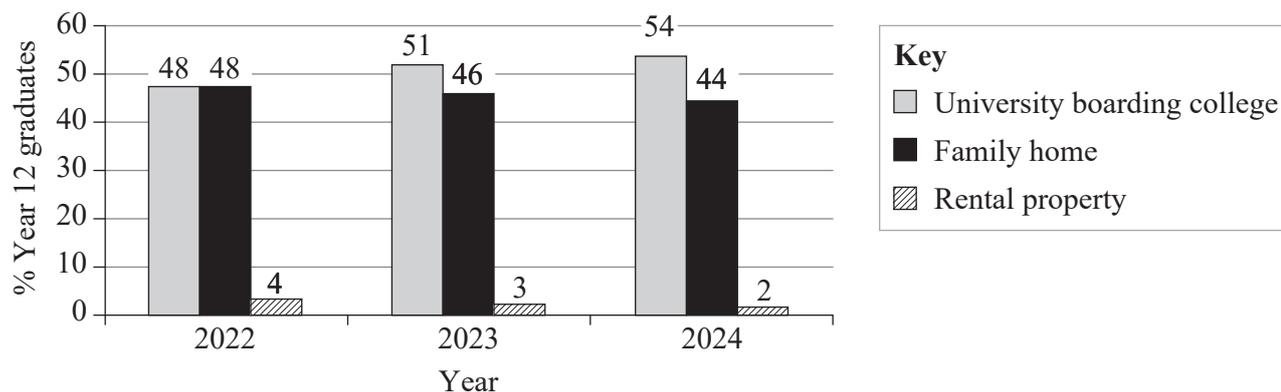


Stimulus 5: Annual National Wellness Survey

An annual National Wellness Survey is used by schools and has indicators scored out of 10. Scores above 5 indicate higher self-esteem, greater social connectedness and positive relationships.

Year 12 graduates' average wellness scores (2022–2024)	Catvale College graduates			National average for graduates of secondary schools		
	2022	2023	2024	2022	2023	2024
Resilience	5.8	5.7	5.5	6.3	6.2	6.0
Emotional self-regulation	5.1	5.2	5.3	6.1	5.9	5.8
Help-seeking	6.0	6.2	6.4	6.2	6.4	6.6

Stimulus 6: Housing of Catvale College graduates in first year post-schooling



Question 2 Innovation

Stimulus 7: Age Connect innovation development

Age Connect is a post-schooling transition program that builds the skills of Region A’s Year 12 students to enact mutually beneficial relationships with older adults in aged-care facilities or aged-care programs.

Purpose

Age Connect’s purpose is to prepare Year 12 students for entry into a paid (\$55 000 pa) gap year employment program that places high school graduates in aged-care facilities. Age Connect seeks to address gap year program drop-out rates that are due to students’ lack of prior exposure to and collaboration with older adults by strengthening intergenerational partnerships and promoting social cohesion and connectedness.

Developer

The developer is the well-respected Career Advisor Network (CAN), which has gained recognition for its trailblazing community-centred work experience projects. The CAN team is passionate about youth skill development and supporting the realisation of students’ career aspirations. The team consists of leaders who represent each of the 24 schools in Region A (6 all-girl, 8 all-boy and 10 co-educational schools).

Age Connect pilot program — December 2021

- The two-week program was held in December after graduation events.
- The program was delivered by Career Advisor Network (CAN).



Weeks 1 and 2

Component 1	Component 2	Component 3
Knowledge modules	Online quizzes	Panel presentation by older adults

Evaluation and feedback

- Evaluate Inc was hired to review Age Connect in October 2022 and modifications were recommended.
- Feedback from the pilot program alumni (students who completed the first year of the program) noted the course knowledge was useful, but the lack of interaction and use of lecture-based teaching style limited students’ ability to develop key skills.
- The program was revised by Career Advisor Network (CAN) in consultation with the alumni.

Age Connect — from December 2022

- The four-week program is held in December.
- Activities to be planned and implemented with older adults include music, physical activity, cooking, art, movies, shopping, and digital literacy skills classes.
- Interactive workshops to be conducted by the alumni from the Age Connect pilot program.



Weeks 1 to 3

Monday	Tuesday	Wednesday	Thursday	Friday
Interactive workshop	Plan an activity for an older adult	Implement the activity	Rest day	Debrief lunch with alumni mentor

Week 4

Hands-on immersion week in an aged-care activity program or facility

Stimulus 8: Use of Age Connect in Region A

- 239 out of 1920 total eligible students from Region A have participated in Age Connect.
- All schools that commenced using Age Connect have continued their use except:
 - one co-educational school that discontinued use because their CAN leader was transferred to another region
 - one all-girls school that tested the program briefly but chose not to continue.

The table shows the use of Age Connect in Region A over four years.

	2021		2022		2023		2024	
	Schools	Students	Schools	Students	Schools	Students	Schools	Students
All-girls schools	2	15	5	30	6	68	5	84
All-boys schools	0	0	0	0	0	0	2	5
Co-educational schools	0	0	4	20	3	12	3	15
Total	2	15	9	50	9	80	10	104

Stimulus 9: Region A stakeholder feedback (2024)

Student feedback	School feedback
<ul style="list-style-type: none"> • 92% said Age Connect was beneficial in promoting positive relationships with older adults • 78% said the activities were highly engaging and promoted competence and motivation • 43% said the timing of Age Connect was challenging • 22% said alumni presenters lacked professional maturity 	<ul style="list-style-type: none"> • 90% appreciated the minimal demand on school staff • 70% said other school-based aged-care volunteer programs were started during the school year but these were seen as inferior and more suited to middle school students • 40% questioned the preparation and quality of alumni to serve as Age Connect presenters
Alumni presenter feedback	Department of Aged Care feedback
<ul style="list-style-type: none"> • 93% said Age Connect provided an excellent opportunity for personal growth, communication, collaboration and leadership skills • 61% said their resilience was enhanced during the transition to university • 47% would welcome more training 	<ul style="list-style-type: none"> • 86% of participants who completed the paid gap year program were Age Connect graduates • 63% increase in positive outlook on life for older adults involved in activities run through the Age Connect program

Stimulus 10: Future expansion into Region B

- Region B has an ageing population. The sociocultural and economic factors are similar to Region A.
- Schools in Region B have been observing the implementation and career development outcomes of Region A and have now registered an interest in conducting Age Connect.
- Region B has 1 all-girls school, 9 all-boys schools and 11 co-educational schools.
- Career planning conducted in Region B schools indicates health-related job pathways are the number one choice, and confidence in communicating with adults post-schooling is students' biggest concern.

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References

Stimulus 7 images adapted from designs by Freepik.

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