

Victoria Fyler

Question 4:
Recognise and demonstrate that individuals may have multiple roles outside the workplace.
(7 marks)

Criteria	Marks
<ul style="list-style-type: none">Effectively demonstrates a thorough knowledge and understanding of multiple roles outside the workplaceThoroughly shows by example how individual's multiple roles exist outside the workplaceConsistent, accurate and detailed wellbeing links.Communicates ideas in an organised manner using appropriate terminologyDemonstrates sound knowledge and understanding of multiple roles outside the workplace	7
<ul style="list-style-type: none">Shows by example how individual's multiple roles exist outside the workplaceConsistent and accurate wellbeing linksCommunicates ideas in a mostly organised manner using appropriate terminology	5-6
<ul style="list-style-type: none">Demonstrates some knowledge of multiple roles outside the workplaceMay provide some examples that show individual's multiple roles exist outside the workplaceWellbeing links are evidentCommunicates ideas in a somewhat organised manner	3-4
<ul style="list-style-type: none">Demonstrates limited / basic knowledge of multiple roles outside the workplaceMay / may not provide examples that ineffectively show individual's multiple roles exist outside the workplaceWellbeing links are lacking and / or inaccurateResponse lacks organisation	1-2

QUESTION 4:

Recognise and demonstrate that individuals may have multiple roles outside the workplace. (7 marks - length guide $\frac{2}{3}$ – 1 page)

Studying – Higher Education (University and TAFE)

In conjunction with work many individuals, particularly young adults and older adolescents, attend a centre of higher education such as University or TAFE to further their knowledge and skills. This is often a part of work currently being undertaken such as furthering abilities within a trade, such as carpentry, brick laying, electrician, mechanic, etc. whilst also receiving on the job training. This can also apply to a high school graduate remaining in their part-time or casual job while they attend university which will help pay for their bills while they study. This balance of work and study allows for individuals to maintain their economic wellbeing while enhancing their capabilities to go further in their careers and fulfil their sense of achievement and enjoyment of their work therefore improving their emotional wellbeing.

be explicit
in how
p/t or
casual
can allow
for uni
etc.

Parenting – Having Young Children

It is the case for many individuals in every workplace to be working to sustain a family, whether on their own or with a partner obviously varies from person to person. While it is not the case that everyone has a child at some stage, it is most common that they do and it is almost expected in the modern age that these parents will both be working to earn a living to support their children to the best of their ability, and so they will have to balance this parenting and working life by working while their children are at school or shortening the number of hours and days worked to care for their children not yet attending formal schooling. Being able to balance work and parenting is beneficial to the whole family's economic wellbeing and the parent's emotional and social wellbeing as they are able to contribute to the household and interact with others outside their young family.

eg. part-time,
job-share
etc.

show the link -
be explicit

Volunteering – Helping Local Charity Events

In most communities there are charity events running locally every few weekends or an annual weekend and it is common for the members of these communities to put aside time to participate and assist in these events. For instance, the Red Cross holds their annual door knock appeal and invites all members of the community to attend, from school aged adolescents to the aged and those who are not working on these days are able to attend the day and assist in the collection process. This is easily balanced around work as many people in full-time positions won't be working on the weekend, the most common charity event days, and so there is no need to compromise working time to contribute to the community. These types of events are a method to enhance emotional and spiritual wellbeing as a sense of accomplishment is achieved through this service, and as there is often a religious affiliation to the event, this is also a spiritual sense of achievement. Social wellbeing can also be touched on through working with other members of the community.

Vic,
I like the way in which you have constantly liked back to work as a multiple role that needs to exist in conjunction with other roles. Just a few occasions where ↑ detail was required) but otherwise a fantastic response!

Name: _____

Victoria Flyer

$\frac{10}{15}$

Question 5: Propose and analyses strategies that individuals can utilise to effectively manage multiple role expectations. (15 marks)

Criteria	Marks
<ul style="list-style-type: none">Proposes varied, relevant and realistic strategies that an individual can use to manage multiple rolesExtensive analysis of how each strategy can manage multiple role expectationsIllustrates with relevant examplesConsistently demonstrates knowledge of how each strategy impacts on an individual's wellbeingEffectively communicates ideas in an organised manner using appropriate terminology	13-15
<ul style="list-style-type: none"><input checked="" type="checkbox"/> Proposes relevant and realistic strategies that an individual can use to manage multiple roles<input type="checkbox"/> Thorough analysis of how each strategy can manage multiple role expectations<input type="checkbox"/> Provides relevant examples<input type="checkbox"/> Demonstrates knowledge of how each strategy impacts on an individual's wellbeing<input type="checkbox"/> Communicates ideas in an organised manner using appropriate terminology	10-12 10
<ul style="list-style-type: none">Proposes strategies that an individual can use to manage multiple roles<input checked="" type="checkbox"/> Explains strategies that can be used to manage multiple role expectationsProvides some relevant examplesDemonstrates some knowledge of how strategies may impact on an individual's wellbeingCommunicates ideas in a clear manner using some terminology	7-9
<ul style="list-style-type: none">Identifies strategies that an individual can use to manage multiple rolesMay identify some examples and/or infers impacts on an individual's wellbeingCommunicates ideas in a basic form using limited terminology	4-6
<ul style="list-style-type: none">Provides some information about managing multiple rolesCommunicates simple ideas	1-3

13-15	W	Your strategies were varied, relevant and realistic
	W	You provided an extensive analysis of how each strategy can manage multiple role expectations
	W	You used relevant examples in your response
	W	You consistently demonstrated knowledge of how each strategy impacts on an individual's wellbeing
	W	You effectively communicated ideas in an organised manner using appropriate terminology
10-12	W	Your strategies were relevant and realistic
	W	You provided a thorough analysis of how each strategy can manage multiple role expectations
	W	You provided relevant examples in your response
	W	You demonstrated knowledge of how each strategy impacts on an individual's wellbeing
	W	You communicated ideas in an organised manner using appropriate terminology
7-9	W	You provided strategies that an individual can use to manage multiple roles
	W	You explained strategies that can be used to manage multiple role expectations
	W	You provided some relevant examples
	W	You demonstrated some knowledge of how strategies may impact on an individual's wellbeing
	W	You communicated ideas in a clear manner using some terminology
4-6	W	You identified strategies that an individual can use to manage multiple roles
	W	You identified some examples/inferred the impact on an individual's wellbeing
	W	You communicated ideas in a basic form using limited terminology
1-3	W	You provided some information about managing multiple roles
	W	You communicated simple ideas

I	You could have included more varied, relevant and realistic strategies
I	Your analysis needed to be more specific, using analysis linking phrases
I	You could have used more relevant examples in your response
I	You could have made greater links to an individual's wellbeing throughout your response
I	Your ideas need to be communicated in a more organised manner
I	Your use of syllabus terminology needs to be enhanced
I	You have included some spelling, paragraphing and grammatical errors

N	You could brainstorm more varied strategies to manage multiple roles
N	You could refer to an analyse scaffold or use analysis linking phrases
N	You could brainstorm and develop more examples to use in your response
N	You could review the five aspects of wellbeing and try to think of examples that relate
N	You could use the PEEL, SEAL, TEAL, SEXY writing structure to enhance your communication
N	You could highlight, use flash cards, develop syllabus sheets, create mind maps about the syllabus
N	You could use spell check or have someone review your work
N	You could have your teacher or peers review your work for more regular feedback
N	You could use relevant past HSC/exam questions to improve your written work



QUESTION 5:

Propose and analyse strategies that individuals can utilise to effectively manage multiple role expectations. (15 marks — length guide 2 pages)

Negotiating and Sharing Roles – Volunteering and Working

Name the structure

In the case of an individual who is in the role of an adult volunteer coach for a children's sporting team who also has a demanding full time job, they may have training nights during the week, however, their job may get in the way due to its demand. In order to manage the situation, a coach may utilise the parents of the children who are aware of the way the game is played and perhaps even have older children who play the game to take over training some weeks to allow for the coach to get their day work up to date. This will not only allow for the coach to catch up on work *imp*, but also allows for the team to be trained by older players who have hands on experience with the game, and are able to share this experience with the younger team to benefit their practical training and improve their skills. This takes some of the workload off the coach and the group is better trained for it, improving the coach's physical wellbeing as they won't be overworking themselves, as well as the team's physical wellbeing participating in the sport, and the coach's emotional wellbeing as the team will be better trained and the coach won't be so stretched out on training night and leaving the coach's multiple roles effectively managed. *imp*

WR.

Any other implications??

Using Technology – Work and Recreation

The use of labour saving devices to free up time for recreational activities is a common practice utilised particularly by individuals with full time jobs or other work patterns that require long hours who already have little free time available. For instance, the use of a washing machine rather than hand washing freed up an *imp* enormous amount of time that can be used to relax and enjoy something recreational, such as reading or sporting activities. Recreation is an important part of an individual's lifestyle as it is this time that is used to de-stress and recharge, therefore being integral to the support of our emotional wellbeing. Through the use of such labour saving devices an individual may enjoy some pastimes not able to be enjoyed during the week due to work, and improve their emotional wellbeing, as they are not in a stressful situation while their laborious task is being completed and they are enjoying themselves and are better able to manage both roles. *imp*

Accessing Support – Studying and Parenting

As there are many parents, particularly young parents who are still attending formal education, such as university or TAFE, there are many support networks in place to assist them in raising their children without having to worry about their wellbeing where they are being cared for. Such an informal support network would be to utilise the children's grandparents, especially if they live close by. These grandparents, or any other close relative if the grandparents are unavailable, can be called upon in the case of attending night classes where there are no formal networks or a second parent to care for the children for the duration of the class. These family members may also be called upon to care for the children while the parent completes homework and assignments to assure they are not distracted by their child's wellbeing and know they are in safe hands. This means that the parent has the knowledge that their children are with someone they know, love and trust to be able to care for their wellbeing and their time can be managed better in regards to completing set tasks, therefore improving the parent's own emotional wellbeing as stress is being reduced in this way while effectively managing the multiple role expectations.

link to the question especially implications

Utilising Workplace Structures – Work and Parenting

There are a number of workplace structures to assist parents in managing their role of employee and parent. One such service is utilising the workplace crèche that may be available. Some workplaces that are, for instance, in the city and not close to their child's day care mean that, should something happen, the parent is rather far from their child and will take a while to get to them. The problem of working hours being perhaps a little too long to be able to get home to pick up their child before the centre closes is also a factor that requires a management strategy. Using the crèche allows parents with very young children to assure their safety as people the parent knows and trusts will be caring for their child. They will also not have to be concerned about getting home to pick up their child before the centre closes, as the crèche will be available all through the working day. This strategy is effective as it allows for the parent to focus wholly on their work within working hours and not have to worry or stress about their child's wellbeing, therefore improving their own emotional wellbeing.

try not to use colloquial language

imp

WB.