



**HSC STUDY
SESSIONS**

Community and Family Studies

2-HOUR CONTENT ANALYSIS & SYLLABUS REVIEW

CAFS HSC Exam

Tuesday 3rd November 2026

9:25am-12:30pm



Overview

Session One	
Introduction	Groups in Context
Multiple Choice	Glossary of Key Words
Research Methodology	Parenting and Caring

Key points

1. How many minutes is reading time?

5 minutes

2. What should I do during reading time?

During reading time, you should:

- i. Carefully read through all sections of the paper.
- ii. Identify the multiple-choice questions that seem straightforward.
- iii. Review the short answer and extended response questions and start thinking about how you'll answer them.
- iv. Begin planning your time for each section.

3. What is the working time of the paper?

- b. 3 hours (180 minutes).

Key points

4. What sections is the paper broken up into?

The paper is divided into:

- i. Section I, Part A: Multiple Choice (20 marks)
- ii. Section I, Part B: Short Answer (55 marks)
- iii. Section II: Extended Response (25 marks) focusing on the Option section.

5. How many multiple-choice questions are there?

There are 20 multiple-choice questions.

6. How long should I spend on each multiple-choice question?

You should spend approximately 1.5 minutes per multiple-choice question.

Key points

7. Where do I write plans for my responses?

- a. You can write your plans:
 - i. In the margin of the exam paper, or
 - ii. At the top of the page

8. Where do I write my responses to the short answer questions?

- b. You should write your responses in the allocated space provided for each short answer question in the booklet.

9. What do I do if I run out of room in the short answer section?

- a. If you run out of room, you can request extra paper from the exam supervisor and clearly label your response to match the question number.

Key points

10. What marks are allocated to the Option section?

- a. The Option section is worth 25 marks.

11. What option do I answer?

- b. You should answer the Option you studied in class. This could be:
 - i. Family and Societal Interactions
 - ii. Social Impact of Technology
 - iii. Individuals and Work

12. How long should I spend responding to the Option questions?

- c. You should spend about 45 minutes on the Option section.

Key points

13. Where do I write my responses to the Option section?

You write your responses to the Option section in the writing booklets supplied

14. What colour pen should I write in?

You should write in black pen.

15. What should I do when I finish the paper?

When you finish the paper, you should:

- i. Review all your answers to check for errors.
- ii. Make sure you haven't left any questions blank.
- iii. Ensure your student number and details are on all booklets and papers.
- iv. Cross-check your multiple-choice answers to ensure they match what you intended to select.

Multiple Choice



- Practice, practice, practice
- Spend extra time on graph and statistical related questions
- Beware the distracters
- Cross out any incorrect choices

Multiple Choice



- Questions range in difficulty, generally the questions start easy and get progressively harder
- Transcribe your correct response
- If you get stuck, come back
- Do not leave any blank
- Read all parts of the question

Multiple Choice Practice

1. D	5. B	9. B	13. D
2. A	6. B	10. D	14. B
3. C	7. C	11. B	15. D
4. B	8. A	12. A	

Research Methodology



- Questions may be based around the IRP process
- May ask questions on how data is gathered
- May need to apply understanding
- May be given graphs/tables to interpret
- Plan your answer

Research Methodology



- Describe a case study and an observation as methods used to conduct research. (4 marks)

Research Methodology



Exemplar response

A **case study** is an in-depth examination of a specific individual, group, or situation over a period of time. It involves the detailed collection and analysis of qualitative and sometimes quantitative data to gain a comprehensive understanding of the subject being studied. This method allows researchers to explore complex phenomena in real-life contexts. For example, in a CAFS project, a case study could examine how a single-parent family manages resources and access to services. Case studies are beneficial in providing detailed insights, but their findings may not always be generalisable to larger populations due to the focus on a specific case.

Research Methodology



Exemplar response

In contrast, **observation** involves systematically watching and recording behaviors or events as they occur naturally without interference from the researcher.

Observations can be participant (where the researcher is involved) or non-participant (where the researcher observes from a distance). This method is useful for gathering firsthand data on behavior in real-world settings, such as observing how young children interact in a childcare setting. Observations are beneficial because they capture actual behavior, but they may be limited by the researcher's subjectivity and the inability to understand the motivations behind the observed actions. Additionally, the presence of a researcher could alter participants'

Research Methodology



- Outline the advantages and limitations of gathering data for research from both print and digital sources and from individuals and groups (8 marks)

Research Methodology



Exemplar response

When conducting research, data can be gathered from a range of sources, including **print and digital materials** as well as **individuals and groups**, each offering distinct advantages and limitations.

Print sources, such as books, journals, and reports, are often well-researched and credible. They provide in-depth information that has typically been peer-reviewed or edited, ensuring a high level of accuracy. However, print sources can be **outdated** due to the time required for publishing. Additionally, they may not always be easily accessible, particularly for students who may not have access to academic libraries.

Research Methodology



Exemplar response

On the other hand, **digital sources** such as websites, e-journals, and online databases offer **up-to-date** information and are easily accessible. They provide a vast amount of data, allowing researchers to quickly gather a wide range of perspectives. However, digital sources may lack credibility, as not all online information is peer-reviewed or reliable. Researchers must be cautious in evaluating the accuracy of online data, particularly from unverified sources like blogs or social media platforms.

Data from **individuals** can be collected through methods such as interviews or surveys. This allows for the gathering of **primary data**, which can offer personal

Research Methodology



Exemplar response

The advantage of individual data is that it can provide rich, detailed information directly relevant to the research question. However, it can be **time-consuming** to collect and may be subject to **bias** depending on the interviewee's perspectives or the researcher's influence during the data collection process.

Gathering data from **groups** allows researchers to observe interactions and patterns that emerge within social or work settings. Focus groups, for instance, can provide a broad range of opinions in a relatively short time. The limitation, however, is that group dynamics, such as **peer pressure**, can influence participants' responses, leading to

Research Methodology



Exemplar response

In conclusion, while each method of gathering data has its benefits, researchers must carefully consider these **advantages and limitations** to ensure the reliability and validity of their research

Research Methodology



- Outline the ethical behaviours a researcher may adopt:
 - (a) to protect the privacy of the participants in a study (3 marks)

Research Methodology



Exemplar response

To protect the **privacy** of participants in a study, researchers should ensure **confidentiality** by keeping personal details and responses anonymous. This can be done by using **code names or numbers** instead of real names in reports or publications. Participants should also be informed about how their data will be used, and they must provide **informed consent** before the study begins. Furthermore, all collected data should be securely stored, such as in password-protected files, to prevent unauthorised access. This ensures participants' identities and sensitive information remain private

Research Methodology



- Outline the ethical behaviours a researcher may adopt:
(b) to show respect for subjects of research. (3 marks)

Research Methodology



Exemplar response

To show respect for research participants, researchers should seek informed consent, ensuring that participants fully understand the study's purpose and potential risks before agreeing to take part. Researchers should also respect participants' right to withdraw from the study at any time without penalty. Additionally, researchers should avoid coercion and provide clear, accurate information to participants so they can make voluntary and informed decisions. Finally, respect can be shown by presenting the findings truthfully and acknowledging the contributions of participants without distorting their responses

Research Methodology



- Explain how sampling contributes to reliable and valid research. (6 marks)

Research Methodology



Exemplar response

Sampling plays a crucial role in ensuring reliable and valid research by influencing the accuracy and generalisability of the findings. A well-designed sampling process can enhance the reliability of research, as it ensures that the data collected can be replicated under similar conditions, producing consistent results. For example, if a researcher uses a random sampling method, each individual has an equal chance of being selected, which reduces bias and increases the likelihood that the sample accurately represents the population.

Research Methodology



Exemplar response

Validity, on the other hand, refers to the extent to which the research measures what it intends to measure. A carefully chosen sample size and selection method contribute to validity by ensuring that the sample accurately reflects the characteristics of the target population. For instance, in a study on parenting in different socioeconomic groups, using a stratified sampling method ensures that all relevant subgroups (e.g., low, middle, and high-income families) are represented.

However, poor sampling techniques, such as using a convenience sample, may lead to unreliable and invalid results as it can introduce bias and limit the applicability of the findings to the broader population. In conclusion, proper sampling is essential for producing research that is both reliable and valid, supporting the credibility of the study's conclusions.

Groups in Context

- Lower order questions on all four groups (the 2 mandatory and the 2 option groups)
- Higher order questions group/s you studied



Groups in Context Practice



<https://www.nsw.gov.au/education-and-training/nesa/curriculum/pdhpe/cafs-stage-6-2022>

Groups in Context



- Describe TWO factors that affect access to services for rural and remote families. (4 marks)

Groups in Context



Band 6 Response

Two factors that affect access to services for rural and remote families are **location and socioeconomic status**.

Location can significantly affect access because rural and remote families often live considerable distances from essential services such as healthcare, education, childcare and counselling. Families may need to travel long distances to reach these services and may experience limited public transport, poor road conditions or fewer local service providers. This can make accessing services more time-consuming and difficult, particularly when specialist services are only available in larger regional centres.

Socioeconomic status can also affect access because families with lower incomes may have difficulty meeting the costs associated with using services. For example, rural and remote families may need to pay for fuel, accommodation or transport when travelling to a regional centre for specialist healthcare. Limited financial resources may therefore reduce how frequently or easily a family can access the services required to meet their needs.

Groups in Context



- Justify the TWO most specific needs for youth and discuss the implications if these are not met. (6 marks)

Groups in Context



Exemplar response

Two of the most specific needs for youth are **education** and a **sense of identity**.

Education is critical for youth as it provides the knowledge and skills required for future employment and personal development. Without access to quality education, young people are likely to face challenges in securing stable employment and achieving economic independence, which can lead to long-term social and financial disadvantage. Moreover, a lack of education can limit a young person's ability to make informed decisions, impacting their overall wellbeing.

Groups in Context



Exemplar response

A **sense of identity** is equally important for youth as it contributes to their emotional and social development. During adolescence, young people are forming their self-concept, which affects their confidence and ability to relate to others. Without opportunities to explore their identity, such as through supportive family environments, peer groups, or cultural connections, youth may experience feelings of isolation, confusion, and low self-esteem. This can lead to issues like anxiety, depression, and risky behaviours such as substance abuse.

In summary, if the needs for education and a sense of identity are not met, the long-term implications for youth include reduced opportunities for employment, personal fulfilment, and emotional stability, which can severely affect their future wellbeing.

Groups in Context



- Examine how government policy and legislation have contributed to the equity for TWO category B Groups you have studied.
(8)

Groups in Context



Exemplar response

Government policy and legislation have significantly contributed to promoting **equity** for **Aboriginal and Torres Strait Islander peoples** and **people with disabilities**, both of which are Category B groups in CAFS.

For **Aboriginal and Torres Strait Islander peoples**, policies such as the **Aboriginal Land Rights Act 1983 (NSW)** aim to address historical injustices by granting Indigenous communities ownership and control over their ancestral lands. This act is critical for restoring cultural identity and providing opportunities for economic development through land ownership.

Groups in Context



Exemplar response

Additionally, the **Closing the Gap initiative** aims to reduce inequalities in areas such as health, education, and employment. By focusing on improving life expectancy, reducing infant mortality, and increasing educational outcomes, these policies aim to ensure equity for Indigenous Australians, helping them achieve a standard of living comparable to non-Indigenous Australians. However, challenges remain, such as gaps in achieving the initiative's targets, which can still limit equity in practice.

For **people with disabilities**, the **Disability Discrimination Act 1992 (Cth)** ensures that individuals are not discriminated against in areas such as employment, education, and access to services.

Groups in Context



Exemplar response

The Act promotes equal opportunities by requiring organisations to provide reasonable adjustments to accommodate individuals with disabilities. Furthermore, the introduction of the **National Disability Insurance Scheme (NDIS)** has contributed to greater equity by providing individuals with disabilities access to funding for support services tailored to their specific needs, empowering them to live independently and participate more fully in society.

This program significantly enhances the quality of life for people with disabilities by providing the financial resources necessary for accessing essential services, such as

Groups in Context



Exemplar response

In conclusion, while government policies and legislation have contributed to greater equity for both Aboriginal and Torres Strait Islander peoples and people with disabilities, ongoing efforts are needed to address the existing barriers and ensure full and equal participation in society.

Glossary of Key Words

*Perfect
Match!
p.23-24*



Parenting and Caring



- May be given case studies, graphs and tables to interpret
- Include examples about parents and carers
- Parents can be carers and carers can be parents

Parenting & Caring



- Outline how the roles of a carer can be affected by the age of the dependant. (4 marks)

Parenting & Caring



Exemplar response

The **age of the dependant** significantly impacts the roles of a carer. For infants, carers are required to provide constant physical care, such as feeding, changing, and ensuring safety, as they are entirely dependent. In contrast, carers for adolescents focus more on emotional support, guidance, and fostering independence, while ensuring the adolescent develops life skills. Carers of the **elderly** may assist with physical tasks like mobility and health management, depending on the dependant's health condition. Thus, the roles of carers evolve as dependants grow older, requiring different levels of support and attention.

Parenting & Caring



- Explain the impact of legal, social and technological change on surrogacy. (8)

Parenting & Caring



Exemplar response

Legal changes have significantly impacted surrogacy, particularly with increasing regulations to protect both the surrogate and the intended parents. In Australia, commercial surrogacy is illegal in most states, but **altruistic surrogacy** is allowed.

Laws have also evolved to clarify parental rights, ensuring intended parents can gain legal recognition without disputes post-birth. For example, the **Surrogacy Act 2010 (NSW)** provides legal frameworks to safeguard the interests of all parties involved, ensuring clarity around the responsibilities and rights of intended parents and surrogates.

Parenting & Caring



Exemplar response

Social changes have led to increasing acceptance of surrogacy as a valid path to parenthood, particularly for same-sex couples, single individuals, and couples experiencing infertility. As family structures have become more diverse, societal norms around parenting have broadened, contributing to greater understanding and support for surrogacy arrangements. However, ethical concerns about exploitation, particularly in international surrogacy, still persist, reflecting ongoing social debates.

Parenting & Caring



Exemplar response

Technological advancements have also played a crucial role in the success of surrogacy, particularly through **in-vitro fertilisation (IVF)**. Improved IVF success rates allow for the use of surrogacy in cases where natural conception is not possible. Additionally, advancements in **prenatal screening** help identify potential genetic issues early on, contributing to better outcomes for both surrogates and intended parents. However, technological advancements have raised ethical concerns about the potential for selecting desirable traits in the child, leading to debates about “designer babies.”

Parenting & Caring



Exemplar response

In conclusion, legal protections, societal acceptance, and technological advancements have collectively contributed to making surrogacy a more accessible and reliable option for families, though ongoing ethical and regulatory challenges remain

Parenting & Caring



- (a) Outline how individuals may modify the physical environment in preparation for becoming a parent or carer. (2 marks)

Parenting & Caring



Exemplar response

Individuals may modify the physical environment by creating a safe and suitable space for the dependant. This may include setting up a nursery for an infant, child-proofing the home by installing gates and outlet covers, or modifying the home with mobility aids for elderly dependants

Parenting & Caring



(b) Discuss the impact these modifications would have on the wellbeing of the dependant. (6 marks)

Parenting & Caring



Exemplar response

Modifying the physical environment has a significant impact on the dependant's wellbeing, ensuring their physical safety and providing comfort. For infants, a nursery equipped with a safe sleeping area and child-proofed surroundings helps protect them from accidents, enhancing their physical wellbeing. For an elderly dependant, installing mobility aids such as handrails and ramps promotes their independence, improving both their physical and emotional wellbeing. These modifications also reduce stress for carers, knowing the dependant is in a safe environment, which indirectly supports the dependant's wellbeing by fostering a calmer and more supportive atmosphere. Additionally, having an organised space for a child or dependant can promote cognitive development by providing access to age-appropriate toys or learning materials. Overall, such modifications ensure that the environment caters to the dependant's needs, promoting their holistic wellbeing across various life stages.

Parenting & Caring



- Compare how formal and informal support can assist parents and carers to maintain their own wellbeing (8 marks)

Parenting & Caring



Exemplar response

Formal support refers to professional services and organisations that provide structured assistance to parents and carers. Examples include **childcare centres, health services,** and government programs like the **National Disability Insurance Scheme (NDIS)**. These services offer respite, allowing parents and carers to take breaks, maintain employment, or focus on their health, which supports their **emotional and physical wellbeing**. Access to professional counselling or therapy can also provide parents and carers with coping strategies, enhancing their emotional wellbeing.

Parenting & Caring



Exemplar response

Formal support can assist parents and carers by providing access to financial assistance, professional advice and practical services. For example, the **Australian Government's Services Australia** provides eligible carers with payments such as **Carer Payment and Carer Allowance**, while eligible parents may access **Parenting Payment**. These forms of financial assistance can reduce financial pressure associated with caring responsibilities and contribute to the carer's economic wellbeing. Reducing financial stress may also positively affect emotional wellbeing because carers may feel more secure and better able to meet both their own needs and those of their dependants.

In contrast, **informal support** includes assistance from **family, friends, and community networks**. This type of support is often more flexible and accessible, offering emotional comfort and practical help, such as babysitting or helping with household tasks.

Parenting & Caring



Exemplar response

Informal support is valuable because it fosters a sense of **belonging and connection**, which enhances **social wellbeing**. For example, parents who receive help from family members may feel less isolated and more supported in their parenting roles.

Informal support may also be more readily available and flexible than formal services because assistance can sometimes be provided immediately without eligibility requirements or formal appointments.

Both formal and informal support play crucial roles in maintaining a carer's wellbeing, but they offer different advantages. **Formal support** provides structured and often specialised care that parents or carers may not be able to provide themselves, while **informal support** offers emotional connection and flexibility that can be immediately available. Combining both types of support ensures that parents and carers have the resources they need to manage the demands of caregiving while

Options

- Three option topics
- Choose the one you studied in class
- Clearly label your response
- Ensure you write your student number



Options

- Rubric guides you to demonstrate wellbeing
- Wellbeing: Be specific and link it directly to the question

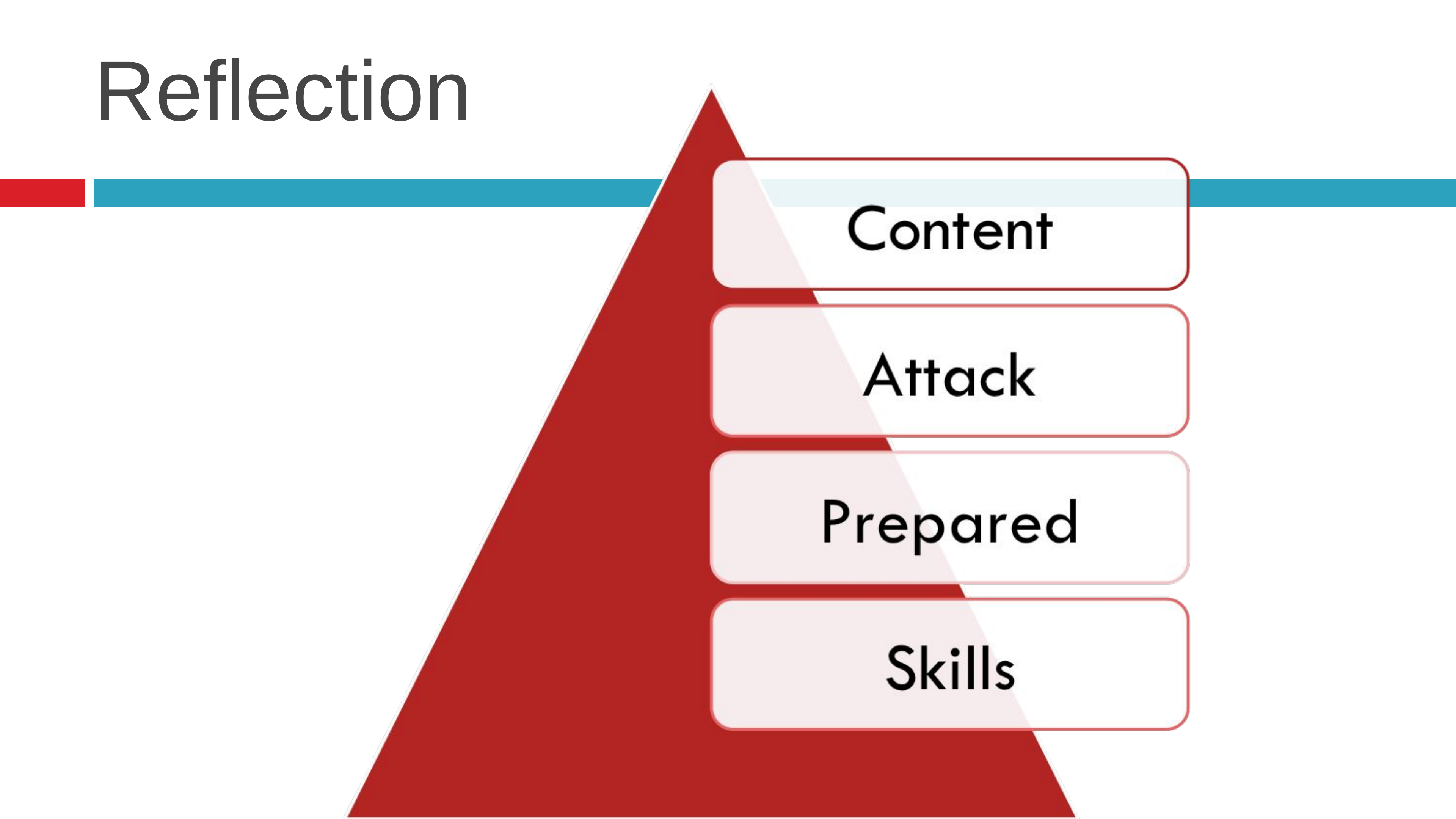


Options Practice

In your
answer
you will be
assessed
on how
well you:

- Demonstrate knowledge and understanding of societal influences on wellbeing relevant to the question
- Apply the skills of critical thinking and analysis
- Communicate ideas and information using relevant examples
- Present a logical and cohesive response

Reflection



Content

Attack

Prepared

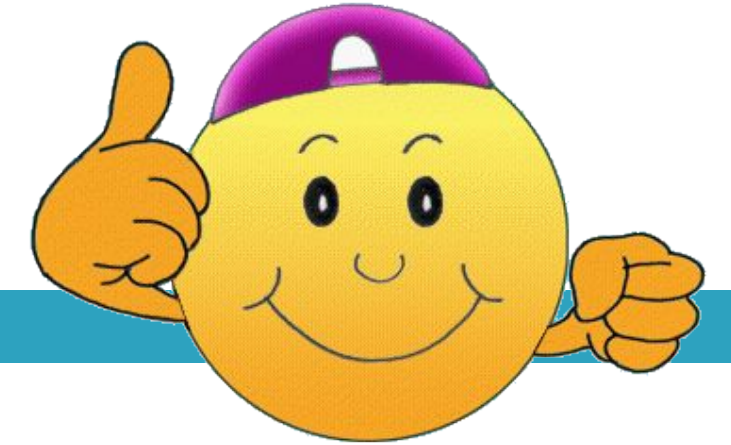
Skills

Any Questions?



Good luck!

GO FOR IT !



GOOD LUCK !

Study hard



Be prepared



Try your best



Practice, practice, practice



**Good luck for your CAFS Exam
and HSC**

STAY CONNECTED



1300 897 669

Call, email, tag.
We're here to help



study@
westernsydney.edu.au



@WesternSydneyU



/WesternSydneyU



WesternSydneyU