



# STUDENT STRESS, BRITISH CYCLING, GIS, & FISH

A STUDY PROPOSAL OF THE WORK LOADS OF STUDENTS IN YEARS 7 TO 10 AT  
DARAMALAN COLLEGE AND WHY

## THE QUESTION

- Can we do something to help reduce the student stress levels at certain periods of the semester?

# Youth Survey 2016

 **21,846**   
respondents aged 15-19 years

## Top 3 personal concerns:

**stress** (44.4%)  
highly concerned



**school** (37.8%)  
highly concerned



**body image**  
(30.6%)  
highly concerned



The % of young people indicating **mental health** as a top national concern has **DOUBLED** in the last 6 years

## Young people need:

- ✓ **Skills to cope** with stress
- ✓ **Support** in times of need
- ✓ Mental health and drug and alcohol **awareness programs**
- ✓ Access to **mental health and drug and alcohol services**
- ✓ Access to **detoxification and rehabilitation** services

## Top 3 national issues:

**alcohol and drugs**



**28.7%**

**discrimination and equity**



**27.0%**

**mental health**



**20.6%**

STRESS AND SCHOOL IS 82.2% OF A YOUNG PERSONS CONCERNS

# INCREMENTALISM AND CYCLING

- Great Britain won 1 gold medal in 76 years, prior to 2000.
- At the London Olympics, 2012, 8 gold medals
- At the Rio Olympics, 2016, Team GB won 12 medals 6 gold.
- Marginal gains add up.
- What can we look at as a school?

• Source: (<http://freakonomics.com/podcast/in-praise-of-incrementalism/>)



# NETBALL AND FISH AT THE COMMONWEALTH GAMES

Australia	New Zealand
Manchester 2002 57	55
Melbourne 2006 55	60
Delhi 2010 64	66
Glasgow 2014 58	40



PHOTO: Renae Hallinan and Liana Leota compete for the ball during the gold medal match.

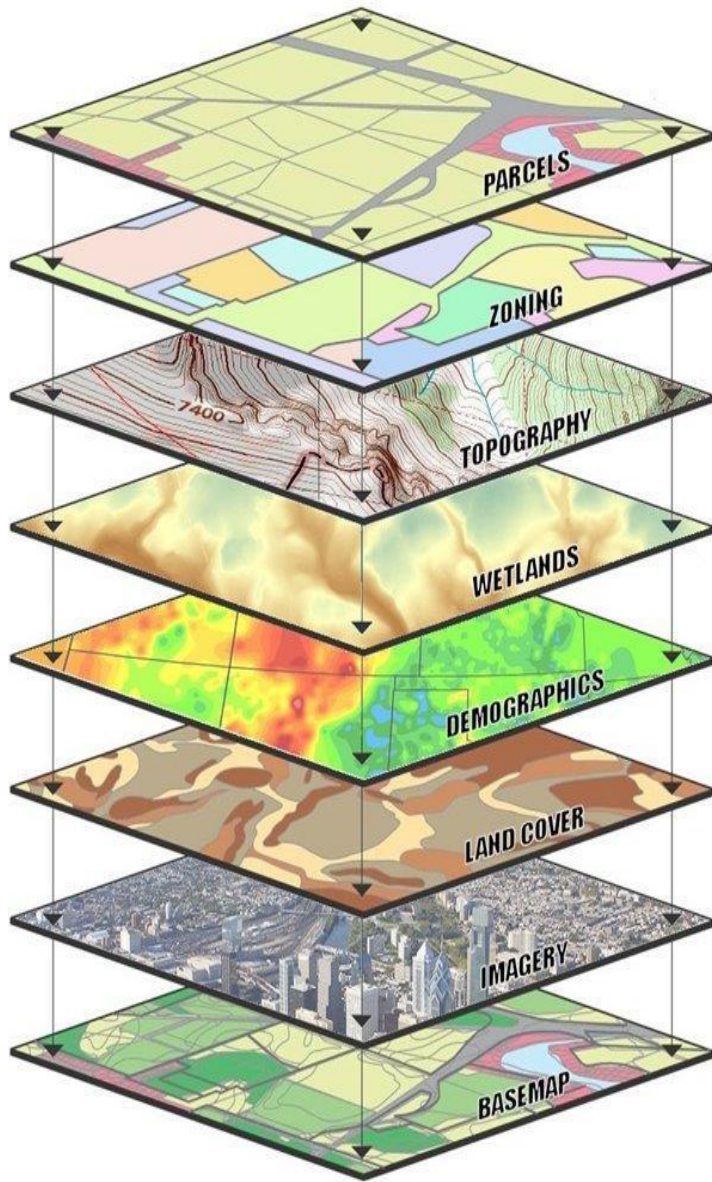
(Getty Images: Mark Kolbe)

- Fish swim relative to each other not as a school.
- How do we swim as a school?



PHOTO: A school of tiny silver X-ray tetra fish in a tank at the University of Sydney's Animal Behaviour Lab.

(ABC RN: Teresa Tan)



## GIS DATA LAYERS

Many different types of data can be integrated into a GIS and represented as a map layer.

Examples can include: streets, parcels, zoning, flood zones, client locations, competition, shopping centers, office parks, demographics, etc.

When these layers are drawn on top of one another, undetected spatial trends and relationships often emerge. This allows us to gain insight about relevant characteristics of a location.

# GEOGRAPHIC INFORMATION SYSTEMS

- What if the layers of information are based on different maps?
- Workloads
- Cocurricular commitments
- Counsellor Visits

• Source: <http://www.falmouthmass.us/198/Geographic-Information-System-GIS>

# STRESS, BIKES, FISH AND LAYERS

