

Digital Media Checklist

Evaluator name:	Maria Jacobs
Date:	Mar 16, 2025
Resource Title:	<i>Work-life balance: tips for you and your family</i>
Resource URL:	https://raisingchildren.net.au/grown-ups/work-child-care/worklife-balance/work-life-balance
Target Audience:	Working Parents

License	Copyrighted ▾
Is the license still valid? Yes ▾	Notes: It was last updated 06/06/24.

Accessibility

Is the resource accessible?	Yes ▾
What accessibility features are there?	<ul style="list-style-type: none">• Alternative text• Linked image• Structured Elements
Additional Notes:	The contrast could be adjusted and adding the ability to change the language would be beneficial to non-English speakers.

Course Content Connection

Does the OER connect to a course learning outcome? Yes ▾	Which course learning outcome does it tie to? CLO1: Create a sustainable work..
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Summary/Notes: This is a wonderful resource that offers valuable information and it is displayed in a way that is easy to navigate. I like that it has links where you can easily click on them and it takes you directly to that specific area. There were some things that I noticed regarding its accessibility that I feel would be beneficial such as adjusting the contrast and adding language options for non-English speakers. I think also adding a video showing a real working parent, how they have implemented what was recommended, and what has helped them.