



ANDERSON SERANGOON JUNIOR COLLEGE

JC2 Preliminary Examination 2026

GENERAL PAPER

8881/02

PAPER 2

20 August 2026

INSERT

1 hour 30 minutes

READ THESE INSTRUCTIONS FIRST

This Insert contains the passages for comprehension.

Passage 1. *An author discusses society's obsession with wellness.*

- 1 From kilometre-long lines of runners strutting the Bondi promenade at 6am to a surge in sauna and ice bath studios – looking well is so hot right now. Being seen to be well has become the social currency of our times. If you have spent even a little time on social media in recent years, you have no doubt come across a swathe of wellness content. Wellness culture is indeed an intoxicating cocktail, blending evolved social preferences for health, fertility and social status with millions of likes on social media. 5
- 2 Historically, health cues like glowing skin, healthy body composition and facial symmetry served as natural indicators of reproductive potential. However, modern technology has decoupled these appearances from biological reality. While these traits once signalled reproductive viability, they have shifted in the modern era to function as markers of social status and wealth. With collagen powders, LED light treatments and skin serums, individuals can now strategically manufacture an appearance that they may not inherently possess. People who have access to tools such as makeup, cosmetic procedures and wellness culture have arrived. 10
- 3 Spend a little time on Strava, the social media platform where endurance athletes post their activities, and you can see status games being played in real-time. People are avid copiers of status signals, and this is especially true in teens and young adults. What is a run club, or a gym culture, or a diet fad, if not an in-group? 15
- 4 Wellness is a smart rebrand of a lot of things rich people already do. A weekend trip to a spa might be seen as self-indulgent. But a weekend trip to a wellness retreat has the whiff of virtue about it — something to improve one's mental health. It might even be a narrative conveniently wielded to distinguish what the elite and the plebeian both do. Walking to work was recently lauded as part of billionaire Jack Dorsey's "wellness" routine. But if a poor person walks to work, it is rarely seen as a lifestyle choice. 20
- 5 While the core idea of seeking improved health and happiness is commendable, the "wellness cult" distorts this pursuit, turning it into a commercialized, often elitist, and sometimes dangerous ideology. This appeal is amplified by the pervasive influence of social media, where influencers, often with little to no medical or scientific training, disseminate highly curated and aspirational lifestyles. These digital gurus become the new high priests and priestesses, their carefully constructed images of glowing skin, lean bodies, and serene dispositions serving as powerful ideals to be emulated without scrutiny. 25 30
- 6 The wellness cult often fosters an environment of moral superiority and exclusion. Adherents may develop a sense of righteousness based on dietary choices and exercise routines. However, this emphasis on individual responsibility for health ignores systemic factors like socioeconomic status, access to healthy food, and environmental conditions, placing undue blame on individuals for their health struggles. This creates a privileged echo chamber where wellness is perceived as a commodity accessible primarily to those with the financial means and leisure time to pursue it, alienating those who cannot maintain the purity of their bodies. 35
- 7 This obsession with individual "purity" eventually moves beyond social signalling and into the realm of medical defiance, where the most insidious part of the business model emerges: the monetary incentive to promote anti-vaccine rhetoric. Why get one vaccine, comped by insurance, when you can buy all of these things instead? This is all standard marketing and business practice. The more people buy into wellness, the less likely they seem to be to take traditional medicine seriously. 40
- 8 But all the downsides of social media signalling still apply, even when the topic is ostensibly about health. Ice baths can result in cold shock or hypothermia, overtraining causes injuries, and much of the advice and recommendations from wellness influencers are not just nonsense – they can be actively harmful. Wellness culture doesn't just reflect evolved preferences for health and status; it can exploit and distort them. The obsession with wellness can pose long-term health risks. Beware the urge to signal wellness, as it could be leading you astray. 45

Passage 2. *An author writes about the wellness revolution in the modern day.*

- 1 For decades, our collective approach to health was defined by a hollow, reactive model: we waited for the gears of the human body to grind to a halt before seeking a mechanic. However, we are currently witnessing a global wellness revolution.
- 2 The catalyst for this change was, undeniably, the shock of the COVID-19 pandemic. It served as a global wake-up call, stripping away the comfort of the illusion that our medical systems were invincible. We realized, quite abruptly, that we could no longer outsource our survival to overstretched hospitals. This sparked a burgeoning desire to fortify our own biological defences, a trend fuelled further by a digital age that has democratised health literacy. 5
- 3 Today, with the sum of human medical knowledge available at a thumb-swipe, the average citizen is more empowered to reclaim agency over their physical well-being. Consumers are driven by a deep-seated need for safety in an era of ultra-processed foods. The global organic food market is experiencing sustained high-growth popularity. The UK organic food and drink market grew nearly 8% in 2025, with sales of organic chicken up by 13% year on year. Our eagerness to extend our lifespan has turned health into a communal pursuit. This collective awareness has turned the tables on big industry. Consumers are forcing corporations to prioritise public well-being over raw profit. This scrutiny has led to more companies adopting transparent food labelling. By prioritising proactive prevention, we are effectively reducing the future burden on our medical infrastructure. 10 15 20
- 4 In high-pressure hubs like Seoul and New York where burnout is a norm, wellness has become a vital pressure-release valve for stresses that previously sent rates of anxiety and depression skyrocketing. The outcomes of this shift are profoundly encouraging. We are actively addressing mental health and chronic symptoms to gradually dismantle the deep-rooted stigmas which once kept people — particularly men — suffering in silence. 25
- 5 We are finally moving toward a state of complete physical and mental well-being, proving that a healthy citizenry is no longer a secondary consideration, but the very foundation of a society.

Passage 3. *A health expert talks about the impact of the wellness industry on public wellbeing.*

- 1 The surge of the global wellness industry is likely to spell the end of the traditional, reactive medical model, several leading health sociologists have predicted.
- 2 Professor Sir Michael Marmot, a leading expert on health equity, suggests that the shift toward preventive health has the potential to hugely enrich society. A nation's economy and stability depend entirely on the physical health of its people, Marmot suggested before a talk at a global health summit. 5
- 3 However, he cautioned that the commercialisation of fitness also carries risks, including the potential for widening health inequalities. On the contrary, some advocates argue that many wellness groups now use low-cost, shared activities to ensure everyone is included and nobody feels judged. The technology used to track health could feasibly deliver most material to the public, potentially narrowing the gap between the socially advantaged and disadvantaged. 10
- 4 Improving community vitality is the most significant objective we can pursue in the coming years, Marmot's research indicates. After all, the physical resilience of its individual members determines the capacity of a nation to progress. Supporters of the wellness movement contend that modern wellness focuses on common human struggles, which helps remove elitism and condescension. While personal health remains vital, he suggested that the future role of a physician could shift toward a mentorship model, potentially focusing more on the 'conditions in which people are born, grow, live, work and age.' 15
20
- 5 As commercial interests continue to shape the narrative of health, there is a risk that well-being becomes commodified, accessible primarily to those with means. The industry's future will depend on how well it can reconcile its commercial ambitions with its social responsibilities.

Candidate's Name	Class 26/	GP Tutor's Name
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ANDERSON SERANGOON JUNIOR COLLEGE
JC2 Preliminary Examination 2026

GENERAL PAPER

8881/02

Paper 2

20 August 2026

1 hour 30 minutes

Candidates answer on the Question Paper.
Additional Materials: Insert

READ THESE INSTRUCTIONS FIRST

Write your name, class and GP tutor's name on all the work you hand in.
Write in dark blue or black pen.
Do not use staples, paper clips, glue or correction fluid.
Do not write in the margins.

Answer **all** questions.
The Insert contains the passages for comprehension.
Note that up to **15** marks out of **50** will be awarded for your use of language.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Short-Answer Questions	/11
Summary Question	/8
Cross-Passage Analysis Questions	/4
Application Question	/12
Content	/35
Language	/15
Total	/50

Answer **all** questions.

Your answers should be:

- written **in your own words as far as possible**. Where you select the appropriate material from the passage for your answer, you must still use your own words to express it.
- written in **continuous prose**.

From Passage 1

- 1 What is the author implying by the phrase ‘the social currency of our times’ in lines 2-3?

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.....

.....

.....[2]

- 2 From lines 3-6, how does the author’s use of language convey the idea that wellness culture is highly popular today?

.....

.....

.....

.....[2]

- 3 In paragraph 2, what differences does the author see between cues of health in the past and those of today?

.....

.....

.....

.....[2]

- 4 How does the author illustrate the elitism of the wellness industry in paragraph 4?

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.....

.....

.....[2]

- 5 Explain what the author means by a 'privileged echo chamber' (line 35) and suggest why this results in 'alienating' (line 37) others.

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.....[3]

From Passage 2

- 6** Summarise the reasons for the growth of the modern wellness movement and the positive outcomes resulting from this shift in lifestyle and mindset.

Write your summary in **no more than 120 words**.

.....[8]

From all the passages

- 7** Passage 1 states that ‘the wellness cult often fosters an environment of moral superiority and exclusion’ (line 31).

Identify **one** specific idea from Passage 3 which can be used to undermine this statement. Justify your answer.

.....

.....

.....

.....[2]

- 8** Passage 2 states that ‘Aa healthy citizenry is ... the very foundation of a society’ (lines 27-28).

Identify **one** specific idea from Passage 3 which can be used to support this statement. Justify your answer.

.....

.....

.....

.....[2]

9 The reading passages cover a range of views about the wellness movement.

How far do you agree that we should be concerned about the wellness movement?

Support your answer with reference to:

- the ideas and opinions from **at least** one of the reading passages
- examples drawn from your own experience and that of your society.

[illegible]

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Anderson Serangoon Junior College
General Paper
2026 JC2 Prelim Paper 2
Suggested Answer Scheme

Questions from Passage 1:

1. What is the author implying by the phrase “the social currency of our times” (line X)? [2m]

Question type: What does X suggest about Y		
From the text	Answer	Notes
From kilometre-long lines of runners strutting the Bondi promenade at 6am, to a surge in sauna and ice bath studios—looking well is so hot right now. <u>Being seen to be well</u> has become the social currency of our times .	The author implies that <u>being seen to be well</u> (necessary context) is Note: For context, lift is allowed but the idea of <u>perception</u> is required. a) currency – a way to demonstrate / determine one’s status / value / worth / reputation / influence / popularity b) social – among others / people Note: Society is a lift. c) of our times – in the modern world / in today’s world No context = 0m 1-2 pts = 1m 3 pts = 2m	<u>Accepted:</u> Context: Looking good (<i>BOD – good is not necessarily about wellness or health</i>) (a) well-liked (c) today / now / currently / presently <u>Not accepted:</u> Context: Being healthy and posting online (a) gain (positive) attention / trendy / capital / wealth (b) gain (positive) attention / gauge someone (c) online / social media / today’s digital age
Examiners’ Comments:		

2. From lines 3-6, how does the author's use of language convey the idea that wellness culture is highly popular today? [2]

Question type: How the author uses language		
From the text	Answer	Notes
If you have spent even a little time on social media in recent years, you have no doubt come across a swathe of wellness content. Wellness culture is indeed an intoxicating cocktail, blending evolved social preferences for health, fertility and social status with millions of likes on social media.	A1) The author uses <u>the phrase</u> A2) "even a little" A3) as it highlights that just spending a short period of time on social media would expose one to a significant amount of wellness-related content. Note: Accept 'even' alone for A2 if the context of short period of time is evident in A3. B1) The author uses <u>the word / diction</u> B2) "swathe" B3) to demonstrate the sheer/huge volume of wellness content online Note: The large extent of volume of content needs to be captured. C1) The author uses <u>the hyperbole/phrase/word</u> C2) "millions of likes" / "millions" C3) to highlight how wellness culture is endorsed / supported / enjoyed by a vast number of people Note: just 'likes' as a word is insufficient. D1) the author uses the phrase D2) "no doubt" D3) to highlight how one would certainly encounter wellness content (because many people are sharing / it is so widespread). OR E1) The author uses <u>the word / diction / pronoun</u> E2) "you" E3) to highlight how wellness culture is so ubiquitous that everyone including the reader would have encountered wellness content. 1pt = 1m	(a1) <u>Not accepted:</u> - Hyperbole (b1) <u>Accepted:</u> - Hyperbole (BOD) - Exaggeration (BOD) - Intensive Term (BOD for term) (b1) <u>Not Accepted:</u> Metaphor (b3) <u>Accepted:</u> - a very large group of wellness content - excessive amount of wellness content - wellness culture is all over social media (c3) <u>Accepted:</u> - Garner a lot of traction online – (<i>acceptance and popularity</i>) (c3) <u>Not Accepted:</u> - Seen by a lot of people (<i>Not just consumption of content</i>) - Garnered a lot of attention/interest/interaction (<i>neutral</i>) (d3) <u>Accepted:</u> - People making posts on wellness is extremely common and <u>difficult to avoid</u>.
Examiners' Comments:		

3. In paragraph 2, what differences does the author see between cues of health in the past and those of today? [2]

Question type: Literal Direct Question (Compare/Contrast)			
From the text	Banned	Answer	Notes

Historically, health cues like glowing skin, healthy body composition and facial symmetry served as natural indicators of reproductive potential. However, modern technology has decoupled these appearances from biological reality. While these traits once signalled reproductive viability, they have shifted in the modern era to function as markers of social status and wealth. With collagen powders, LED light treatments and skin serums, individuals can now strategically manufacture an appearance that they may not inherently possess. People who have access to tools such as makeup, cosmetic procedures and wellness culture have arrived.	Natural 'biological reality' inherently 'reproductive potential' 'reproductive viability' 'social status' 'wealth'	A. <u>Authenticity of cues</u> A1) In the past, cues of health were genuine / authentic / innate / inborn. A2) However, in the present, these cues can be fake / are not genuine / artificial / engineered / constructed. B. <u>What the cues signal</u> B1) In the past, cues of health signalled fertility / one's ability to bear children. B2) However, today, these cues signal our position in the social hierarchy and how rich we are. Note: Points must be structured with a clear match to qualify for the mark. Both sides must be explicitly stated; DNA mere negation <i>e.g. In the past, these cues were genuine, but now they are not. (Only A1)</i>	(A) <u>Accepted</u>: In the past, it is impossible to make one look healthy, (a1 – bod) but now it's possible to make one look healthy. (a2) In the past, they were unable to modify their appearances, (a1 – bod) but now they can change their looks. (a2) (a1) <u>Accepted</u>: • organic • Original (bod) • genes (a2) <u>Accepted</u>: • change the way they look (b1) <u>Accepted</u>: • continue the generations (bod) • Ideal partner to mate with • possible mating • suitability for bearing children (b2) <u>Not Accepted</u>: • sexual suitability signs (b2) <u>Accepted</u>: • socioeconomic levels (b2) <u>Not accepted</u>: • Stature is a lift of status • Socioeconomic status (<i>lifting social status</i>) • popularity
Examiners' Comments:			

4. How does the author illustrate the elitism of the wellness industry in Paragraph 4? [2]

Question type: How does author/X support/illustrate Y?			
From the text	Banned	Answer	Notes
It might even be a narrative conveniently wielded to distinguish what the elite and the plebeian both do. Walking to work was recently lauded as part of billionaire Jack Dorsey's "wellness" routine. But if a poor person walks to work, it is rarely seen as a lifestyle choice.	Lauded 'wellness routine' rarely choice	Technique: a) The author provides the example of / comparison / juxtaposition / contrast between a <u>billionaire/rich person</u> and a <u>poor/proletariat/working-class person/a person who is not rich walking to work</u>. For (a), 'normal' or 'middle class' is not accepted as poor. Explanation: This is because for the rich, <u>walking to work</u> is a (b1) healthy act / fitness activity (b2) deserving of praise / praiseworthy Note: For (b), need to capture this idea that it is healthy AND hence praiseworthy. But for the poor, it is (c1) simply / merely / only / just (c2) [inferred] an essential / a necessary part of their <u>commute to work</u>. OR (c1+c2) seldom can decide not to. (c1+c2) unable to afford other alternatives / no other forms of commuting Note: Must capture the idea that it's 'not a choice' Note: Context of 'walking to work' has to be present. (a) = 1m (b) + (c) = 1m	(a) <u>Not accepted</u>: Parallel (c) <u>Accepted</u>: - Do not have many options (bod) - Has no option but to walk to work Forced to walk to work
Examiners' Comments:			

5. Explain what the author means by a "privileged echo chamber" (line 35) and suggest why this results in "alienating" (line 37) others. [3]

Question type: Phrase Qn + Suggest 5W+1H		
From the text	Answer	Notes
However, this emphasis on individual responsibility for health ignores systemic factors like socioeconomic status, access to healthy food, and environmental conditions, placing undue blame on individuals for their health struggles. This creates a privileged echo chamber where wellness is perceived as a <u>commodity accessible primarily to those with the financial means and leisure time to pursue it</u>, alienating those who cannot maintain the purity of their bodies.	The author means (a) Privileged – wealthy / rich / advantaged individuals [Context] <u>who can pursue wellness/can pursue healthy living/have access to wellness commodities</u> (b) Echo Chamber – form a social circle where they think similarly / reinforce each other's perspectives / views / ideas No Context: 0m for (a) & (b) This results in alienation/exclusion of others because (c1) it creates an inability to empathise with the predicament of the less affluent (who cannot afford wellness) OR (c2) they look down on/scorn the less affluent (who cannot afford wellness) OR (c3) it reinforces their own sense of superiority. OR (c4) they cannot afford / they are less affluent / they lack the means to be part of the community. To award (c), a or b must be attempted. (a) = 1m (b) = 1m (c) = 1m	Context <u>Accepted</u>: - Wellness being a virtuous lifestyle - Wellness is seen as a lifestyle - Trend of wellness <u>Accepted</u>: The rich (a) pursue wellness (context). This results in alienation because others are too poor to do so. (c4) Those who have money & time (a) pursue wellness (context). This results in alienation because others cannot afford to do so. (c4) The author means that people in society pursuing wellness can only do so if they have the resources and time. This causes those who cannot achieve wellness to be left out of society as they are unable to achieve what others can because they lack the money and time to do so. (c4) <u>Unaccepted</u>: The rich (a) pursue wellness (context). This results in alienation because others are unable to / cannot do so. (No reason) The author means that people in society pursuing wellness can only do so if they have the resources and time. This causes those who cannot achieve wellness to be left out of society (No reason given. Just a paraphrase of alienation)
Examiners' Comments:		

6. Summarise the reasons for **the growth of the modern wellness movement**, and the **positive outcomes** resulting from this shift in lifestyle and mindset.

Write your summary in **no more than 120 words**, not counting the opening words which are not printed below. **Use your own words as far as possible.**

No.	From the text	Banned Words	Answer	Notes
1	The catalyst for this change was, undeniably, the shock of the <u>COVID-19 pandemic</u> . (line 4)	shock	The modern wellness movement grew after the devastation/trauma/horror/ alarm of the <u>COVID-19 /pandemic/viral outbreak/disease outbreak</u>	Accepted: scare (bod) shook rude surprise struck fear Not Accepted: Surprise (too positive) Unexpected / caught off guard Sudden alert
2	It served as a global wake-up call , stripping away the comfort of the illusion that our <u>medical systems</u> were invincible (lines 5-6) OR We realized , quite abruptly, that we could no longer outsource our survival to overstretched hospitals. (lines 6-7)	'wake-up call' invincible Realized 'no longer outsource' overstretched	which roused/warned the world <u>or</u> which is a reality check / red flag / turning point / catalyst , exposing that our <u>medical systems/hospitals/healthcare facilities</u> were not infallible/undefeatable/unbeatable . OR We understood that we cannot depend on the overwhelmed/overburdened medical systems.	Accepted: functions as a reminder removed the sense of safety realized that removed the false assumptions perfect / flawless always work (BOD) [overstretched] pushed beyond its limits Not Accepted: not godlike isn't always reliable [overstretched] extremely busy
3	sparked a burgeoning desire to fortify our own <u>biological defences</u> . (lines 7-8)	desire fortify	This ignited a growing yearning/need to strengthen our <u>immunity/resistance to diseases</u> .	Accepted: <u>Bodies' protection</u> <u>Body mechanism</u> <u>Natural defences</u> build Not accepted: <u>Bodies</u> <u>Health</u> Secure (no improvement)
4	a trend fuelled further by a digital age that has democratised health literacy . (lines 8-9)	'digital age' democratised 'health literacy'	which was powered even more by the information age which has made knowledge about well-being accessible by anyone / easily understood by everyone .	Accepted: Online Internet Social media Technology advancements Current technological era Technological age <u>Medical information</u> <u>Health information</u> <u>Understand their bodies (bod)</u> Freedom of wellness information More accessible / easily accessible More people can access Not accepted: Smartphones Media (can be traditional)

				Technology (no currency) Popularised
5	Today, with the sum of human medical knowledge available at a thumb-swipe, the average citizen is more empowered to reclaim agency over their <u>physical well-being</u> . (lines 10-11)	reclaim agency	With the huge amount of <u>information available / convenience of obtaining information</u>, the everyman is more equipped / qualified to regain autonomy/control over <u>their health</u>. Note: For context, student needs to capture either <u>huge amount of information</u> OR <u>convenience to obtain information</u>. Do not accept 'use of smartphone'. If context is captured in point 4, student is not expected to repeat.	Accepted: take back control Not Accepted: take control
6	Consumers are driven by a deep-seated need for safety in an era of <u>ultra-processed foods</u> . (lines 12-13)	deep-seated need safety	Consumers are motivated by an entrenched/profound/rooted/ingrained requirement/desire for protection/security in the age of <u>junk foods/food with additives/food with preservatives/unhealthy food</u> .	Accepted: Deep-rooted want Health Not accepted: Deep (lift) Inherent innate Strong Passionate Fervent
7	Our eagerness to extend our lifespan (line 15)	eagerness extend lifespan	We desire/want to live longer ,	Accepted: Determined Excited (bod) Passion (bod) Hope Not accepted: Willingness
8	Consumers are forcing corporations to prioritise public well-being over raw profit (line 17)	forcing prioritise 'public well-being'	and are coercing companies to emphasise public safety/everyone's health over their bottom line.	Accepted: Pressuring Making Pushing Compel Demand Public care Not accepted: Causing Require (too gentle) Well-being / wellness (lift + lacks public)
9	This scrutiny has led to more companies adopting transparent food labelling (line 18)	transparent labelling	This has led to more honesty/clarity in <u>food information/categorisation/classification/identification of ingredients</u> in <u>food</u> .	Accepted: More open about the ingredients Not accepted: Less opaque
10	By prioritising proactive prevention, we are effectively reducing the future burden on our <u>medical</u>	reducing future burden	By prioritising (proactive) prevention, we are essentially lowering the imminent/impending strain on our <u>medical systems</u>. Future: in the coming days/in the years ahead	Accepted: Next Time

	infrastructure. (lines 19-20)		Note: the idea of prioritisation and prevention has to be captured in the context.	
11	In high-pressure hubs like Seoul and New York where burnout is a norm, wellness has become a vital pressure-release valve (lines 21-22)	vital pressure-‘release valve’	In high-pressure hubs OR In places where burnout is a norm, health has become a crucial regulator/outlet for worries/tensions/stresses/burdens .	
12	We are actively addressing mental health and chronic symptoms (line 24)	addressing ‘mental health’ ‘chronic symptoms’	We earnestly seek to resolve emotional/psychological challenges OR long-term health problems	Not accepted: Raising awareness on mental illness
13	to gradually dismantle the entrenched stigmas which once kept people—particularly men—suffering in silence. (line 24-25)	‘gradually dismantle’ entrenched stigmas	and to progressively/slowly undo/break down/reduce the deep-rooted/deep-seated shame/disgrace/ stereotype/judgements associated with mental health issues.	

No of points	1 – 2 points	3 – 4 points	5 points	6 points	7 points	8 points	9 points	10 and above
Marks awarded	1	2	3	4	5	6	7	8

7. Passage 1 states that 'The wellness cult often **fosters** an environment of moral **superiority** and **exclusion**' (line 31). Identify **one** specific idea from Passage 3 which can be used to undermine this statement. Justify your answer.

Question type: Cross Passage Analysis			
From the text	Lifted	Answer	Notes
many wellness groups now use (a1) low-cost, shared activities to ensure (a2) everyone is included and nobody (a3) feels judged (Passage 3, lines 9-10) Pt A = 1m Pt B + Pt C = 1m	Given Statement Fosters superiority exclusion Chosen Idea Low-cost 'Everyone is included' / shared judged	(a) <u>Paraphrase chosen idea</u> Passage 3 states that numerous health-focused communities currently create (a1) affordable, (a2) collective practices / (universal) participation and an atmosphere where (a3) no one is scrutinized or condemned. Note: Either 'collective' or 'universal' has been captured. (b) <u>Paraphrase given statement</u> This undermines the idea from Passage 1 that the obsession with health trends frequently (b1) nurtures a climate defined by ethical (b2) arrogance and the (b3) marginalization of outsiders (c) <u>Link between chosen idea and given statement</u> Because it suggests that financial or social barriers are being dismantled and the focus is shifting from elitist gatekeeping to supportive, communal well-being. OR because nobody will be left out/looked down on from the wellness culture / all will be included in the wellness culture.	(a2) <u>Accepted</u>: - everyone plays a part (BOD) - Communal (a2) <u>Not accepted</u>: - social (a3) <u>Not accepted</u>: - maintaining their dignity - no one is viewed negatively / differently - people can do what they want
modern wellness focuses on (a1) common human (a2) struggles, which helps remove (a3) elitism and condescension (Passage 3, lines 16-17) Pt A = 1m Pt B + Pt C = 1m	Given Statement Fosters superiority exclusion Chosen Idea Common Struggles Elitism <u>OR</u> condescension	(a) <u>Paraphrase chosen idea</u> Contemporary self-care emphasizes (a1) universal life (a2) challenges, which aids in eliminating (a3) privilege / snobbery / patronizing attitudes. (b) <u>Paraphrase given statement</u> This undermines the idea from Passage 1 that the obsession with health trends frequently (b1) nurtures a climate defined by ethical (b2) arrogance and the (b3) marginalization of outsiders (c) <u>Link between chosen idea and given statement</u> Because it suggests that wellness has become a unifying force (rather than a dividing force that fosters humility and mutual understanding, thereby dismantling the hierarchy of the wellness cult). Because no one will be seen as inferior / looked down upon in the pursuit of health. Because the importance of health is the same for everyone.	

8. Passage 2 argues that 'A **healthy** citizenry is ... the very **foundation** of a society' (lines 27-28). Identify **one** specific idea from Passage 3 which can be used to support this statement. Justify your answer.

Question type: Cross Passage Analysis			
From the text	Lifted	Answer	Notes
A nation's (a1) economy and (a2) stability (a3) depend entirely on the physical health of its people ... (Passage 3, lines 4-5) Pt A = 1m Pt B + Pt C = 1m	Given Statement healthy foundation Chosen Idea Economy Stability 'Depend entirely'	(a) <u>Paraphrase chosen idea</u> In Passage 3, the author argues that a country's (a1) (financial) prosperity and (a2) (social) steadiness/resilience/endurance/ security/ability to function well/cohesion are (a3) contingent solely on the biological well-being of its inhabitants. (b) <u>Paraphrase given statement</u> This supports the idea from Passage 2 that a (b1) physically fit population serves as the (b2) bedrock upon which a community is built (c) <u>Link between chosen idea and given statement</u> as both passages share the view that public health is not merely a bonus, but a necessity that would cause society to collapse if absent. as public health is underpins/key/critical/essential to a country's (societal progress).	(a1) <u>Accepted:</u> • progress (b2) <u>Accepted:</u> • Basis / basis • Premise • Building block
the physical (a1) resilience of its individual members (a2) determines the capacity of a nation to (a3) progress. (Passage 3, lines 14-15) Pt A = 1m Pt B + Pt C = 1m	Given Statement healthy foundation Chosen Idea Resilience Determines progress	(a) <u>Paraphrase chosen idea</u> In Passage 3, the author argues that the endurance/strength/toughness/sustained well-being/strong immunity/resistance to diseases of a country's residents dictates/affects/influences the ability of a state to advance and evolve. (b) <u>Paraphrase given statement</u> This supports the idea from Passage 2 that a physically fit population serves as the bedrock upon which a community is built (c) <u>Link between chosen idea and given statement</u> as both passages share the view that a society cannot move forward or remain stable if its individual building blocks are physically compromised. Public health can affect/shape the country's ability to progress.	(a2) <u>Accepted:</u> • decides (a2) <u>Not accepted:</u> • demonstrates (no causal effect) • shows (no causal effect) • illustrates (no causal effect) (b2) <u>Accepted:</u> • Basis / basis • Premise • Building block

9. The reading passages cover a range of views about the wellness movement.
How far do you agree that we should be concerned about the wellness movement?

Support your answer with reference to:

- the ideas and opinions from at least one of the reading passages
- examples drawn from your own experience and that of your society.

Passage 1

Text Reference	Largely Agree	Largely Disagree
The wellness cult often fosters an environment of moral superiority and exclusion.	The wellness boom in Singapore has driven a surge in luxury spas, where a single hour-long massage or facial easily exceeds \$200. Driven by costly memberships and prepaid packages, these sanctuaries remain the exclusive playground of the affluent. Those who indulge often framing it as essential "self-care," dismissing others as simply being too caught up in life to slow down. Yet, this narrative ignores a stark socioeconomic reality: for Singaporeans eking out a living on the margins, that same \$200 represents a week's worth of basic necessities. E.g. House+ Bubble is a newly opened \$45 million bathhouse at Jurong, created for members to take a step back from their stressful life and enjoy the soaking pool, spas and salt therapy room lined with Himalayan crystal salt. The post-pandemic shift toward wellness and fitness has also seen a rise in Singaporeans signing up for gym memberships, fitness classes, and massive sporting events. Naturally, these are far costlier than a regular jog in the park or a swim at the public pool, even though free alternatives can be just as effective at maintaining health. E.g. More Singaporeans are participating in HYROX, a premium and high-status fitness race. Signing up for a single event can easily set a participant back \$200, excluding the pricey training programs required to prepare for it. True HYROX enthusiasts don't just settle for the local races; they also sign up for overseas events, using the sport as a purpose for travel. Collecting the finishers' badges has become a badge of honor that they proudly display on their bags. They also	As Singaporeans become increasingly health-conscious, the pursuit of wellness is no longer just for the affluent; everyday citizens are prioritizing it just as much. Driven by the government's Healthier SG initiative and the Health Promotion Board's (HPB) rigorous public campaigns, most Singaporeans recognize the absolute necessity of staying healthy and independent for as long as possible, especially given the nation's increasing lifespan and aging population. It has truly become a collective movement. E.g. Public green spaces like Punggol Waterway Park and East Coast Park, alongside an extensive network of park connectors, provide free and highly accessible avenues for families to walk, jog, or cycle. Singaporeans actively use these green lungs to connect with nature and decompress, acutely aware of how vital this downtime is for their mental health amidst a stressful working culture. E.g. Contrary to the belief that fitness classes like Pilates are inherently expensive, affordable and accessible options are widely available. Through collaborations with community partners, the HPB organizes free weekly workout sessions at various venues islandwide, including shopping malls, parks, and community spaces, ensuring that cost is never a barrier to entry. Ultimately, taking charge of one's wellness in Singapore is not about chasing exclusivity; it is viewed, both by the young and old, as a basic, non-negotiable responsibility. While some possess the financial means to afford premium alternatives, the city-state ensures there are more than enough accessible options for the

	upload videos of their race on social media, giving them a distinct sense of prestige and exclusivity.	entire community to move toward a healthier lifestyle together.
The more people buy into wellness, the less likely they seem to be to take traditional medicine seriously.	Given Singaporeans' access to global information, they are increasingly exposed to alternative viewpoints from countries like the US. Consequently, some have become fixated on concepts like natural immunity, developing a deep cynicism toward establishment narratives and profit-driven pharmaceutical companies E.g. Healing the Divide, which is founded by, Iris Koh, is an anti-vaccination movement that was started during Covid times when the government mandated vaccination.	Singaporeans possess a rigorous scientific pragmatism. As Science-trained individuals, they demand empirical evidence and institutional validation, leaving virtually no room for pseudoscience or unverified medical claims. As Singaporeans become increasingly conscious of their lifestyle by regularly going to the gym or yoga classes, they will also go make sure that they visit the doctor when they have fallen sick. As they are known to be <i>kias</i> (fear of death), they will do whatever it takes to remain healthy. They see that both complement each other: wellness is preventive care and going to getting the right treatment when they are unwell is just as important. E.g. Thanks to the Health Promotion Board's campaign, Singaporeans are increasingly aware of how their highly stressful lifestyle and high salt diet are the causes of hypertension. Other than making adjustments to their lifestyle by exercising regularly and sticking to a healthier diet, those who have been diagnosed with high blood pressure are also controlling their blood pressures by taking their medication on time because they are aware that uncontrolled blood pressure will increase the risk of heart attacks and strokes. E.g. Singapore has one of the highest vaccination rates in the world, with over 92% of the total population having completed their primary COVID-19 vaccination series and more than 95% coverage for essential childhood immunizations like MMR.

Passage 2

Text Reference	Largely Agree	Largely Disagree
"Consumers are forcing corporations to prioritise public well-being over raw profit." (line 17) <i>The author is arguing that we should not be concerned about the wellness movement, as this collective movement benefits us/society by</i>	Singaporeans are largely <u>well-educated</u>, and this goes beyond just academics. In fact, when it comes to wellness, Singaporeans have demonstrated a high degree of literacy in understanding nutritional labels and marketing claims, hence arming them with the tools to assess claims made by wellness companies. Singaporeans are also	While this argument may hold true in regions where consumer rights are more protected, Singapore's government tends to be more <u>business-centric</u> due to their focus on <u>economic growth</u>. Hence, it is unlikely that consumers can truly place enough pressure on companies to turn away from predatory

<i>forcing corporations to act more responsibly.</i>	well-versed in navigating various <u>avenues to flag concerning behaviour</u>, such as social media or escalation to the authorities. These allow them to either wield collective consumer demands or institutional consequences against predatory corporations making lofty but unrealistic claims. e.g. In 2022, an individual Singaporean named Wee Gim Leong submitted a forum letter to the Straits Times to debunk false advertising on herbal ‘cures’ for diabetes. In this letter, he called for individuals to raise their own awareness regarding these ‘supplements’ and for the authorities to take action as well. In response, an acting Assistant Group Director of the Health Sciences Authority wrote in to the Straits Times as well to highlight their continued surveillance of online advertisements, saying that they would promptly address prohibited product listings.	profiteering as they would lack institutional support. e.g. In 2023, there were a spate of sudden gym closures – Fenix Fitness, Haus Athletics, and UFC Gym all shuttered abruptly, leaving their patrons in the lurch without returning the sums collected in advance payments. According to the Consumers Association of Singapore (CASE), consumers lost more than \$20,000 in advance payments to fitness packages in the first half of 2023. While consumers can attempt to pursue legal action through CASE, these may not necessarily pan out. In response to a parliamentary question, then-Minister for Trade and Industry Gan Kim Yong emphasised the importance of individual responsibility, highlighting that the government’s primary focus is in helping consumers make informed choices rather than policing corporations’ actions more severely.
“We are actively addressing mental health and chronic symptoms to gradually dismantle the deep-rooted stigmas which once kept people [...] suffering in silence.” (lines 23-25) <i>The author is arguing that we should not be concerned about the wellness movement as it challenges social norms and makes it more acceptable to get help/support.</i>	In Singapore, there have been sustained efforts made by the government to destigmatise mental health issues – these high profile institutional efforts utilise public education and personal storytelling to make the issue of mental health more personal and understandable for Singaporeans, and to erase the generational taboos that have restricted much conversation on this topic. Additionally, there has also been significant buy-in amongst the youth to be more proactive in speaking about and protecting one’s mental health, possibly due to significant exposure to this issue on social media. e.g. A 2024 release by IMH illustrated an increase in mental health literacy, with the percentage of Singaporean residents able to recognise common mental health conditions increasing from 42.3% in 2014 to 58.9% in 2022. Stigma or negative perceptions towards mental health issues was also observed to have decreased, with fewer survey respondents indicating that they found individuals with these conditions dangerous or that they	In Singapore, while there have been more options available for individuals to pursue psychological support, the overwhelming emphasis on wellness has actually been counterproductive to the addressing of mental health issues. As our society places disproportionate <u>emphasis on face or reputation</u>, wellness culture has inculcated an <u>expectation of an outward performance of wellness</u>. Instead of challenging existing stigmas against mental and emotional struggles, the wellness movement has only served to reinforce these prejudices and place even more judgment upon those who face these challenges, making it harder for them to speak out or seek help. e.g. A 2024 study on youth mental health by the Institute of Mental Health (IMH) found that nearly a third of young respondents reported symptoms of depression, anxiety, or stress. Those who chose not to seek help said that they were worried about what others might think of them, or that they were concerned about the long-term implications of having this condition permanently recorded.

	would want to distance themselves socially from them.	
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