



**higher education  
& training**

Department:  
Higher Education and Training  
**REPUBLIC OF SOUTH AFRICA**

**NATIONAL CERTIFICATE (VOCATIONAL)**

**LIFE ORIENTATION**

(First Paper)

**NQF LEVEL 4**

(7601034)

**15 November 2019 (X-Paper)**

**09:00–12:00**

**This question paper consists of 13 pages.**

<p><b>TIME: 3 HOURS</b> <b>MARKS: 150</b></p>
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**INSTRUCTIONS AND INFORMATION**

1. Answer ALL the questions.
  2. Read ALL the questions carefully.
  3. Number the answers according to the numbering system used in this question paper.
  4. Start each section on a NEW page.
  5. Use only a blue or black pen.
  6. Write neatly and legibly.
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**SECTION A****QUESTION 1**

Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1–1.10) in the ANSWER BOOK.

- 1.1 Postnatal depression is also known as ... depression.
- A postpressure
  - B postpanic
  - C postpartum 
  - D postportal
- 1.2 Tips for coping with depression include ...
- A withdrawing from life.
  - B avoiding difficult things.
  - C doing some form of exercise.
  - D ignoring daily routine.
- 1.3 Voting is important in a democratic state like South Africa because it ...
- A helps to promote free goods.
  - B creates a welfare state.
  - C creates a stable one-party country.
  -  D promotes good governance.
- 1.4 ONE of the basic first-aid skills for traffic-accident victims is to ...
- A move a person with a neck injury to a place of safety.
  - B give them plenty of water to drink.
  - C avoid contact with another person's blood.
  - D keep the victim's car engine on.
- 1.5 Employment legislation helps to ...
- A undermine dispute resolutions. 
  - B prevent employees from joining trade unions.
  - C create a peaceful working environment.
  - D create the stage for employees to control company management.
- 1.6 To analyse means to ...
- A break down ideas into important facts.
  - B state facts and express viewpoints.
  - C state the meaning of words.
  - D compare things to show differences.

1.7 The key feature of reflective thinking is learning from the ...

- A passage.
- B partisan.
- C past.
- D pattern.



1.8 The costs of having and raising a child are always ...

- A going nowhere.
- B the same.
- C going down.
- D going up.

1.9 The law that protects children in South Africa:

- A The Children's Law, 15 of 2003
- B The Children's Statement of Rights (Section 400)
- C The Children's Act, 38 of 2005
- D The Children's Justice Decree of 2019



1.10 Which ONE of the following pictures portrays eustress?

A



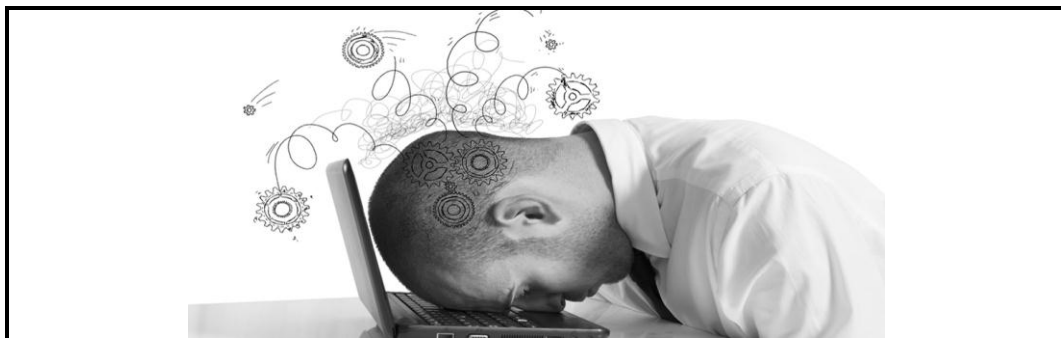
[Source: <https://www.omenkaonline.com/stress-a-slow-killer/>]

B



[Source: <https://www.freepik.com>]

C

[Source: <http://digitalhealthage.com/relax-apps-and-devices>]

D

[Source: <https://www.thoughtco.com/>]

(10 × 1) [10]

**QUESTION 2**

Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'True' or 'False' next to the question number (2.1–2.5) in the ANSWER BOOK. Give ONE reason for each answer.

2.1 Child abuse is everyone's responsibility.



2.2 ONE of the traffic safety measures is to fasten your seat belt on long trips only.

2.3 'Baby blues' last longer than postnatal depression.

2.4 The CCMA mediates on salary and wages.






2.5 Arbitrators' decisions are final.

(5 × 2) [10]

**QUESTION 3**

Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–K) next to the question number (3.1–3.10) in the ANSWER BOOK.


<b>COLUMN A</b>		<b>COLUMN B</b>
3.1	Medicine that prevents the growth of a virus	A HIV
3.2	Infectious disease that attacks especially the lungs 	B stigma
3.3	Virus that attacks the immune system	C ARVs
3.4	Strong feeling of disapproval that some people in society have about certain people or things	D discrimination
3.5	Indicator of immune system function and HIV progression	E diabetes
3.6	First step of disease occurs when bacteria or a virus enters the body and start multiplying	F CD4 count
3.7	Unjust or unfair treatment of different categories of people	G STIs 
3.8	This provides resistance to infections and toxins	H TB
3.9	The most advanced stage of HIV 	I AIDS
3.10	Do not always cause symptoms but have risks of passing it to the next person	J infection
		K immune system

(10 × 1)



**[10]**

**QUESTION 4**

Complete the following sentences by writing the missing word or words next to the question number (4.1–4.5) in the ANSWER BOOK.

- 4.1 South African ... protects citizens against HIV and AIDS discrimination.
- 4.2 When somebody wants to end their life, it is called being ... 
- 4.3 The duty of the IEC is to make sure that elections are ... and fair.
- 4.4 Using flash ... is an effective way of studying.
- 4.5 When a person feels very sad and hopeless with everyday tasks, they are ...  
(5 × 1) **[5]**


**QUESTION 5**

- 5.1 Sufficient examination preparation is the key to success.
- 5.1.1 Name THREE ways to physically prepare for exams. (3)
- 5.1.2 Which TWO things must students do to study in preparation for writing an exam?  (2)
- 5.2 Exam writing skills enhance performance.
- 5.2.1 Give TWO reasons why students must answer easy questions in exams first.  (2)
- 5.2.2 Give THREE examples of good examination-writing skills. (3)
- [10]**

**TOTAL SECTION A: 45**



**SECTION B****QUESTION 6**

Diane completed Level 4 and her trade test. She currently works for a leading motor company as a mechanic.

Her problems started two years ago. Her parents were disgusted and ashamed when Benjamin (Diane) wanted to become a girl. He told his parents that he was trapped in the wrong body and that he was a girl. 

Diane's parents never approved of her gay, bisexual and lesbian friends from college. After surgery Benjamin became Diane. Her parents relocated to another province and did not want to speak to her.

After Benjamin became Diane, other employees bullied and harassed her. One employee told her that her new sexual orientation disqualified her from being a mechanic. Her manager told her that employees and customers complained about her. Female employees did not want to share the bathroom with her.

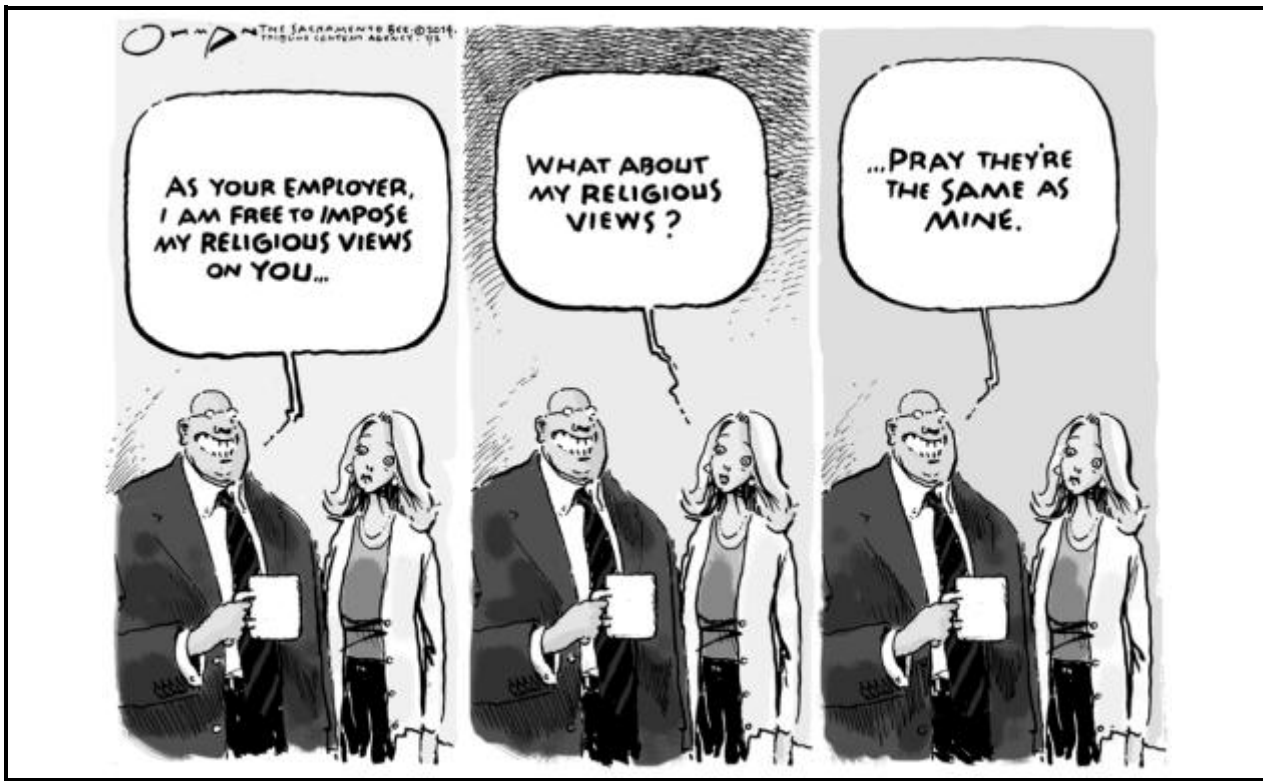
- 6.1 Lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA) people, as well as people living with HIV, are subjected to various forms of stigmatisation and discrimination.
- 6.1.1 Give TWO reasons why Diane and other LGBTQIA communities are being stigmatised. (2)
- 6.1.2 Give TWO ways in which LGBTQIA communities are being stigmatised regarding HIV.  (2)
- 6.1.3 Name TWO effects that stigmatisation has on Diane. (2)
- 6.1.4 Some people wrongly still believe this incorrect statement: 'HIV/AIDS is an LGBTQIA disease.'
- Disagree with this statement by stating TWO ways in which HIV is contracted. (2)
- 6.1.5 Describe THREE ways in which discrimination can affect Diane negatively. (3)
- 6.2 Diane's parents failed to perform their duties.
- 6.2.1 Identify TWO ways in which Diane's parents abused her. (2)
- 6.2.2 Explain THREE effects of child abuse.  (3)
- 6.2.3 Suggest TWO strategies that Diane's parents could have used to be better parents. (2)

**[18]**



## QUESTION 7

Study the cartoon and answer the questions.



[Source: [www.google.co.za](http://www.google.co.za)]

- 7.1 An employer and the government have a responsibility to protect employees. (2)
- 7.1.1 Describe TWO ways in which the employee in the cartoon can prevent the manager from forcing his religious beliefs on her. (2)
- 7.1.2 Name TWO employment legislations that protect employee rights in South Africa. (2)
- 7.1.3 What do you understand by *unfair labour practices*? (2)
- 7.1.4 Give TWO instances of unfair labour practices at the workplace. (2)
- 7.1.5 Which TWO changes would you suggest the manager in the cartoon introduces to deal with unfair labour practices in terms of religious freedom? (2)
- 7.2 Briefly explain the right stating that 'everyone has the right to choose their trade, occupation or profession freely'. (2)
- [12]

**QUESTION 8**

Read the article and answer the questions.

**REASONS WHY COLLEGE GRADUATES CANNOT GET A JOB**

**Little or no experience**

Many college graduates make the mistake of assuming that their qualifications will qualify them for a job. They spend their college years getting by, partying and essentially wasting their time. They have no experience.

**Lack of networking**

Many people get jobs through referrals. Statistics show the majority of people get jobs this way. If someone has been working for a company for some time, then that employee knows what it takes to succeed and if that employee knows somebody who can do it, it is an easy fit. The employer will trust the employee referring the new candidate and the new candidate will most likely get the job.

**No preparation in CV and cover letters**



Your CV and cover letter act as your first impression. You cannot charm them with your presence or your smile. Your writing does it all for you.




**No interview skills**

So, you have gotten past the CV stage and now you are at the interview. Think it is a breeze? Think again. They will ask hard-hitting questions.

[Adapted from: [brainkim.net/articles/top-10-reasons-why-college-graduate-can-get-job/](http://brainkim.net/articles/top-10-reasons-why-college-graduate-can-get-job/)]



- 8.1 Employers want someone who adds value to the company.
- 8.1.1 Apart from the reasons mentioned in the case study, give **THREE** reasons why college graduates do not have jobs. (3)
- 8.1.2 Graduates with creative skills add value to a company. (2)
- Write **TWO** sentences to substantiate this statement. 
- 8.1.3 Which **TWO** changes could colleges make to help students gain employment experience? (2)
- 8.2 Job market related skills open the labour market. 
- 8.2.1 What do you understand by *job market related skills*? (2)
- 8.2.2 Briefly describe **THREE** ways in which students can obtain job market related life skills. (3)




- 8.3 A well-typed CV, cover letter and online application will increase one's chances of employment.
- 8.3.1 Give TWO reasons why a CV and cover letter are important when applying for a job.  (2)
- 8.3.2 List THREE important guidelines when applying and posting online in response to a job offer. (3)
- 8.4 It is important that interviewees conduct themselves professionally and answer questions correctly.
- 8.4.1 What would you do in an interview if the following happens?
- a) You are not offered a seat.
-  b) Nobody greets you.
- c) A panel member stares at you and looks at you while frowning. (3)
- 8.4.2 Write TWO sentences to respond to this typical interview question: 'Describe the contribution you have made to community development during your years as a TVET College student.' (2)
- 8.4.3 State TWO things what would happen if interviewees do not conduct themselves professionally during an interview. (2)
- 8.4.4 Describe THREE ways to show confidence during a job interview. (3)
- 8.4.5 'Tell us about yourself?' 
- State THREE things to focus on when answering this question. (3)
- [30]**
- TOTAL SECTION B: 60**

## SECTION C

### QUESTION 9

Study the information below and answer the questions.

Lebo is not happy with her salary. Her friend, Portia, is uncomfortable at work because her supervisor touches her inappropriately. She knows that this is sexual harassment.

- 9.1 Where can Portia report her manager for ignoring her sexual harassment claim?  (1)
- 9.2 Name TWO other functions that the institution mentioned in QUESTION 9.1 deals with. (2)
- 9.3 Give Lebo TWO items of advice: What can she do about her dissatisfaction with her salary? (2)
- 9.4 List THREE methods used to solve labour disputes (3)
- 9.5 Suggest THREE stress management strategies that Lebo and Portia can use in the workplace.  (3)
- 9.6 Explain to Lebo and Portia what a *trade union* is. (2)
- 9.7 Give Lebo and Portia FOUR reasons why they should join a trade union. (4)
- 9.8 It is important that Portia deals with the issues of sexual harassment.   
State THREE things that could happen if she ignores the sexual harassment. (3)

**[20]**

**QUESTION 10**

Study the scenario below and answer the questions.

Paul was successful in his interview. He is expected to start working at the beginning of next month.



[Image source: <https://www.legalzoom.com/articles/creating-a-breach-of-contract-notice>]

10.1 It is important that Paul understands his job contract. 

10.1.1 Give THREE reasons why Paul must insist on having a job contract. (3)

10.1.2 Which FOUR important categories (types of terms) should be included in Paul's job contract? (4)

 10.1.3 Explain the first THREE stages of lodging a formal complaint. (3)

10.1.4 Describe THREE possible outcomes or actions if the CCMA finds that an employer unfairly dismissed an employee. (3)

10.2 Paul tells you that he is HIV positive.

Write FIVE sentences to explain how you would support him. (5)

10.3 Describe THREE rights Paul has as an HIV-positive employee. (3)

10.4 Explain to Paul why it is important to take ARVs.  (2)

10.5 Give TWO reasons why Paul must manage bad stress. (2)

**[25]**

**TOTAL SECTION C: 45**  
**GRAND TOTAL: 150**