higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE ORIENTATION
(First Paper)
NQF LEVEL 2

(7601012)

15 November 2019 (Y-Paper)
13:00–15:00

This question paper consists of 8 pages.

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TIME: 2 HOURS
MARKS: 100

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 BLUE or BLACK ink.
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 (1.1–1.5) in the ANSWER BOOK.

1.1 Sexually transmitted diseases are …

A contagious
B condoned
C compound
D consulted

1.2 ONE of the effects of procrastination is feeling …

A joyful
B stressed
C good
D normal

1.3 Biological … between males and females should be respected.

A similarities
B definitions
C deviations
D differences

1.4 A … plan gives one enough time to learn.

A draft
B study
C steady
D strict

1.5 A good South African citizen has positive …

A attractions, affiliations and detentions
B intentions and a bad attitude
C attributes, values and morals
D dreams and bad intentions

(5 × 1) **[5]**

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 a reason for each answer.

2.1 The sustainable (viable) use of resources damages the environment.

2.2 Overusing over-the-counter medicine can damage your health.

2.3 Helping fire victims is one of the characteristics of a responsible citizen.

2.4 When there is a fire emergency in a building, you should take the elevator to get outside as soon as possible.

2.5 In our society, the expectation is that men stay at home and take care of the children, while wives are the breadwinners.

(5 × 2) **[10]**

QUESTION 3

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

COLUMN A		COLUMN B	
3.1	Number of hours needed to sleep for your brain to work properly	A	family
3.2	Comparing various assessment marks	B	bodily kinaesthetic
3.3	Having a portion of something with someone	C	eight
3.4	Where breaking promises is an effect of drug addiction	D	academic progress
3.5	Being good at sport	E	anger
3.6	Strong feeling when you think someone is behaving unacceptably	F	coffee
3.7	Making an effort to hear someone	G	fish
3.8	Does not help you concentrate	H	assertive
3.9	Food beneficial for functioning of the brain	I	sharing
3.10	Ability to express feelings clearly and teach others how to treat you	J	listening
		K	nine
		L	bodily spatial
		M	community

(10 × 1) **[10]**

QUESTION 4

Choose ONE word/term for each of the following descriptions from the list below. Write the word/term next to the question number (4.1–4.5) in the ANSWER BOOK.

SMART principle; safety measurement; time principles; feeling good; phone book; risk; SWOT analysis; newspaper; feeling miserable; time-wasters

4.1 When you are finished with your L4 NC(V) course, you can look for possible job opportunities in a …

4.2 To be the best person you can be in life, you have to regularly do/apply a … of yourself.

4.3 Regular physical activity, such as running or swimming, will lead to a person ...

4.4 As a student, you have to plan and use your time very well, therefore, social media and friends are considered to be …

4.5 When a carpet covers an electrical cable, it is seen as a fire …

(5 × 1) **[5]**

QUESTION 5

5.1 Define the term *peer pressure.* (2)

5.2 State TWO ways in which students are subjected (exposed) to peer pressure. (2)

5.3 Give TWO strategies that students can use to deal with peer pressure. (2)

5.4 Briefly explain TWO strategies that students can use to pass all their subjects. (2)

5.5 If you have to design a fitness programme for yourself, what TWO examples of cardiovascular exercises will you include? (2)

[10]

TOTAL SECTION A: 40

SECTION B

QUESTION 6

Study the cartoon below and answer the questions.

[*Source: www.google.co.za*]

6.1 Self-esteem can influence your life as a student in many ways. It can determine how successful you are in your studies and relationships with other people.

6.1.1 Define the term *self-esteem*. (1 × 2) (2)

6.1.2 In your opinion, why is 'positive thinking' so important for having a good self-esteem? (1 × 2) (2)

6.2 Lolly is a recovering drug addict at your college. The student support officer at your college told her to think positively to start her recovering process.

6.2.1 Give THREE reasons why people with a low self-esteem are easy victims of drug use. (3)

6.2.2 State THREE physical symptoms of drug abuse Lolly may experience. (3)

6.2.3 Name TWO support services that can also help Lolly with her recovering process. (2)

6.3 Based on their behaviour, drug dealers can definitely not be considered as role models for our youth.

6.3.1 Based on what you have learned about role models, would you agree or disagree with the above statement? (1)

What information can you provide to support your answer? (1 × 2) (2)

6.3.2 What can the role models in our society/communities do to help prevent the spread of HIV? (2 × 1) (2)

6.3.3 Explain THREE ways in which you could be a good role model to your friends. (3)

[20]

QUESTION 7

Billy is a 17-year-old student who is struggling with his weight. He is regularly teased by his fellow students when they call him names, let him fall on purpose, hide his bag and take his phone.

7.1 What would you call this behaviour portrayed (shown) by Billy's fellow students? (1)

7.2 Give TWO reasons why you think the students behaved in such a manner? (2)

7.3 Select THREE examples of food that Billy can start eating to help him become healthier. (3)

7.4 Give TWO names that are used to tease students like Billy. (2)

7.5 State TWO reasons why teasing people about being overweight is not an attribute of a good South African citizen. (2)

7.6 A number of students on your campus are worried about being victims of risky sexual encounters. Design a poster for your awareness campaign about risky sexual behaviour, which will educate the other students.

7.6.1 Create a powerful heading of NO more than FOUR words for your poster. (2)

7.6.2 Give THREE examples of risky sexual behaviour. (3)

7.6.3 List THREE negative effects of risky sexual behaviour. (3)

7.6.4 Give TWO practical ways of avoiding risky sexual behaviour. (2)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

8.1 Sally is excited, because she has been accepted at the local TVET college in her town. She is, however, very nervous as she does not know what to expect or how she will cope with studying for all the different subjects.

8.1.1 Explain THREE responsibilities Sally needs to demonstrate as a student. (3)

8.1.2 State THREE consequences if Sally acts irresponsibly at the college. (3)

8.2 Due to the different subjects Sally needs to study for the examinations, she decides to study with a group of friends.

8.2.1 What multiple intelligence will Sally portray if she studies in a group of friends? (1)

8.2.2 To help Sally decide whether the study group will really work for her, point out to her TWO advantages and TWO disadvantages of studying in a group. (4)

8.3 Students at all colleges across South Africa face challenges daily.

8.3.1 List TWO challenges that a college student faces. (2)

8.3.2 Recommend a way in which you can deal with each of the challenges mentioned in QUESTION 8.3.1. (2)

8.4 Write a paragraph containing FOUR ideas to show Sally the benefits of having a positive self-image to succeed at college. (5)

TOTAL SECTION C: 20
GRAND TOTAL: 100

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