higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE ORIENTATION
(First Paper)
NQF LEVEL 2

(7601012)

28 February 2018 (X-Paper)
09:00–11:00

This question paper consists of 9 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. Cross out any work that you do not want to be marked.
5. Start each section on a NEW page.
6. Write with blue or black ink only.
7. Write neatly and legibly.

NCV

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 You use the left half of your brain when …

A calculating your budget.
B reading a map.
C your busy daydreaming.
D you are drawing pictures.

1.2 When faced with challenges/problems at college you should …

A just ignore it and pretend it does not exist.
B do everything you can to solve it.
C be positive and blame it on others.
D became extremely passive in your behavior.

1.3 How would you classify the term "gender?" It is …

A sexual orientation.
B being male or female.
C genetics.
D reproduction.

1.4 During puberty the primary male sex hormone is known as …

A estrogen.
B progesterone.
C adrenaline.
D testosterone.

1.5 What is your understanding of the function of the cerebrum?

A It controls balance, movement and co-ordination.
B It sorts through the messages that the brain send back and forth.
C It helps you to breathe and keeps the heart pumping.
D It controls your voluntary muscles and helps you to reason.

1.6 If you are able to understand your own thoughts and feelings clearly, you have a strong … intelligence.

A interpersonal
B naturalist
C intrapersonal
D logical

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1.7 A factor that can help you to achieve your goals is …

A always being busy with your friends.
B having an attitude that you can do nothing.
C to persevere no matter the obstacles.
D to focus first on your long term goals.

1.8 Flexibility means …

A bending easily without breaking.
B the quality of sleep one gets.
C exercising without taking a break.
D being tired all the time.

1.9 One of the ways NOT to protect the environment at the college is ...

A planting trees.
B organising recycle bins.
C ensuring that taps leak.
D having an organic vegetable.

1.10 The responsibility that goes with the right to education means …

A doing your assignments.
B being absent for no valid reason.
C not paying your fees.
D disrespecting your teachers.

(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 a REASON for your answer.

2.1 One of the key habits to a healthy lifestyle is to practice good hygiene.

2.2 Self-motivation is the characteristic that helps you to believe in your own abilities and skills.

2.3 The thalamus in the brain controls balance, movement and co-ordination.

2.4 A to-do list is a time management tool that is used to plan for the long term.

2.5 Your partner does not need to know that you have a STI.

(5 × 2) **[10]**

QUESTION 3

Complete the following sentences by using the words provided in the textbox below. Write only the word(s) next to the question number (3.1–3.5) in the ANSWER BOOK.

religion; procrastination; right to safety; chicken; recycling; friends; fish; right to privacy; prioritizing; re-use

3.1 When the government accesses your email, or listens to your telephone conversations without your permission, your … has been violated.

3.2 The brain needs a lot of Omega 3 to function at its best when you study; it can be found in …

3.3 The right to freedom of association means that you can choose your desired …

3.4 Delaying a task that should be started immediately is called …

3.5 When waste products are used to make new useful products, it is referred to as …

(5 × 1) **[5]**

QUESTION 4

Choose a word(s) from COLUMN B that matches a description in COLUMN A. Write only the letter (A–I) next to the question number (4.1–4.5) in the ANSWER BOOK.

COLUMN A	COLUMN B
4.1 The way a person thinks or acts towards people or things that happen	A volunteer
4.2 A due date for a task	B lack of sleep
4.3 You tell your friends to start smoking with you	C peer pressure
4.4 Someone that does good in the community and do not expect anything in return	D healthy nutrition
4.5 Pushes up your serotonin level making you feel happy	E exercise
	F attitude
	G deadline
	H bully
	I motivational speaker

(5 × 1) **[5]**

QUESTION 5

5.1 Identify TWO common time wasters that a student should avoid while studying.

5.2 Name ONE advantage and ONE disadvantage of being part of a study group.

5.3 Draw TWO pictures to illustrate what can be done in the case of a fire emergency.

5.4 Give TWO common causes of fires which damage a natural environment.

5.5 Why is it important to follow instructions when taking medication?

(5 × 2) **[10]**

TOTAL SECTION A: 40

SECTION B

QUESTION 6

Read the scenario and answer the questions.

As a young girl, Ntombi dreamt of finishing her studies and becoming a tour guide. She is 19 years old and is a recovering drug addict. Currently she is unemployed and lives in Kliptown, Soweto.

From a young age her family was struggling financially and there were a lot of fights between her parents. At the age of 12 she started using TIK with her friends. During her years of being a drug addict she was verbally and physically abused by her ex-boyfriend. The ex-boyfriend was also a drug addict and used Nyaope (a South African street drug made with a mixture of heroin and dagga). She became sexually active by the age of 14 and fell pregnant shortly thereafter.

The choices that Ntombi made over the last few years have resulted in her having a very different life to what she wanted.

[Adapted from: *http://steelburgernews.co.za/189924/former-addicts-share-their-stories-of-drug-abuse-hell/*]

6.1 From the above scenario it is clear that Ntombi is addicted to drugs.

6.1.1 How would you describe the term 'addiction?' (2)

6.1.2 Why do you think Ntombi started to use drugs? (2)

6.2 Being a drug addict a person will experience various symptoms. Predict ONE behavioural and ONE physical symptom that Ntombi could experience because of her drug addiction. (2 × 1) (2)

6.3 Ntombi and her ex-boyfriend did not have a positive relationship.

6.3.1 Provide evidence from the scenario to reaffirm this statement. (2)

6.3.2 Name TWO characteristics that should be evident in a positive relationship. (2 × 1) (2)

6.4 Explain how Ntombi's addiction affected her future. (2 × 1) (2)

6.5 Recommend TWO support structures where Ntombi can go and get support being a drug addict. (2 × 1) (2)

6.6 The drug that Ntombi used was an illegal drug.

6.6.1 Differentiate between what is a legal and an illegal drug. (2)

6.6.2 Give ONE example of a legal drug. (1)

6.7 From the scenario, identify THREE factors which had a negative influence on Ntombi's goal to become a tour guide. (3 × 1) (3)

[20]

QUESTION 7

Read the captions below and answer the questions.

7.1 Which caption is evidence that Ntombi does not have a good self-image? Write down only the words of the caption you choose. (1)

7.2 What can you recommend Ntombi does to start feeling better about herself? (3 × 1) (3)

7.3 One of the captions insinuates (suggest) that Ntombi does not have any self-motivation. Why do you think self-motivation is such an important quality to have to reach your goals? (1 × 2) (2)

7.4 Give Ntombi TWO tips on how to deal with the disappointment in her. (2 × 1) (2)

7.5 Ntombi decided to enroll at the local TVET college in 2017 to pursue her dream/goal of becoming a tour guide. She has registered for a national certificate vocational L2 in Tourism. Her aunt has agreed to take care of her baby while she is at college.

7.5.1 Apply the SMART criteria to Ntombi's goal of becoming a tour guide. (3 × 1) (3)

7.5.2 Ntombi is unsure how to draft her study timetable. Draft your own study timetable for two days as an example for her. (5 × 1) (5)

7.5.3 Ntombi might struggle to keep her focus on her studies. Doing some exercises will definitely help her with her concentration and focus. List FOUR *other* benefits of exercise. (4 × 1) (4)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

8.1 Ntombi has never studied at a college before and has no idea what type of ethical behaviour is expected of a student.

Choose THREE examples of ethical behaviour Ntombi will need to adhere to as a student. (3 × 1) (3)

8.2 Ntombi has applied for a bursary at the college.

Explain to her THREE responsibilities she has as a student to NSFAS. (3 × 1) (3)

8.3 Ntombi feels that she wants to give back to the community. She has decided to volunteer at Mamkhulu.org who has an open door programme to support teen mums that are HIV positive. The programme assists teen mums with counselling and life skills training. For the first time she feels that she is part of a team!

Help Ntombi to design a poster that she can put up around her college to encourage other students to also start volunteering. Make sure the following is evident on the poster:

8.3.1 Title (no more than 4 words) (2)

8.3.2 Need for volunteering (2)

8.3.3 Importance of volunteering (2)

8.3.4 Poster must be informative and creative (2)

8.4 Based on what you have learned, explain to Ntombi what she can do to protect herself from being infected with HIV while she is volunteering. (1 × 2) (2)

8.5 State FOUR characteristics of an effective team. (4)

[20]

TOTAL SECTION C: 20

GRAND TOTAL: 100

NC(V)

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