higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE ORIENTATION
(First Paper)
NQF LEVEL 2

(7601012)

9 November 2018 (X-Paper)
09:00–11:00

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. Draw a line through 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.

NE(V)

SECTION A

QUESTION 1

Choose a word(s) from COLUMN B that matches a description in COLUMN A. Write only the letter (A–O) next to the question number (1.1–1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1	Three or more students meet regularly to learn for tests/exams	A	ethics
1.2	The date by which something should be done or completed	B	time management
1.3	Being in charge of your daily tasks and never late for submissions	C	addiction
1.4	A tool to manage time	D	study group
1.5	Someone who helps other people and making a difference without being paid for it	E	procrastinate
1.6	An initiative that aims to improve the lives, conditions and/or environment of members of a specific neighbourhood	F	team
1.7	Using something over and over, not being able to quit using it	G	monthly planner
1.8	Aggressive behaviour that intentionally hurts others, physically and/or mentally	H	volunteer
1.9	Stipulates acceptable behaviour and defines standards when dealing with other people	I	empathy
1.10	The ability to imagine and share in another person's feelings, hurt and bad experiences	J	bullying
		K	due date
		L	planning
		M	morals
		N	community project
		O	addict

(10 × 1) **[10]**

QUESTION 2

Give ONE word/term for each of the following descriptions by choosing a word/term from the list below. Write only the word/term next to the question number (2.1–2.5) in the ANSWER BOOK.

freedom and security of a person; right to education; freedom of expression; political rights; freedom of movement and residence; access to information; right to privacy; right to healthcare

2.1 Anybody can give their opinion and say how they feel about HIV/AIDS since they have the right to ...

2.2 The … enables a HIV-positive person to be the only one to disclose their status to other people.

2.3 During any election that takes place, a citizen must vote in secret to ensure that his … are adhered too.

2.4 When a citizen gets a passport and wants to immigrate to another country, he/she is practicing their right to ...

2.5 A criminal cannot be punished in a cruel, inhuman or degrading manner because he/she also has the right to ...

(5 × 1) **[5]**

QUESTION 3

Indicate whether the following statements are TRUE or FALSE. Choose the answer and write 'True' or 'False' next to the question number (3.1–3.5) in the ANSWER BOOK. Give a reason for each answer.

3.1 When a student is studying, he/she can have a variety of sodas and fast foods.

3.2 Leaving electrical appliances off will not start a fire.

3.3 The frontal lobe of your brain controls what you see.

3.4 Smoking and drinking lots of energy drinks is good for your health.

3.5 OTC drugs that people use for medicating, stand for Only-To-Cure drugs.

(5 × 2) **[10]**

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QUESTION 4

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 (4.1–4.5) in the ANSWER BOOK.

4.1 Flexibility refers to …

A how you should do various exercise activities.
B the range of motions around the joints and wrists.
C the ability of your muscles to exert force during activities.
D the energy with which you exercise to improve fitness.

4.2 Michael does not understand why it is so important for him to get enough sleep during the exam time. Which one of the following can be used to motivate (encourage) Michael to do so?

A If he gets enough sleep, he will make unnecessary mistakes in the exam.
B With enough sleep he will be impatient and rush to finish the questions in the exam.
C Enough sleep will help him to focus and concentrate during the exams.
D Enough sleep will allow him only to read through the work and still pass the exams.

4.3 Electrical fires are caused by …

A electrical wires being neatly placed away.
B using heaters in a well-ventilated room.
C cigarettes that have not been properly extinguished.
D an overloaded plug outlet.

4.4 If you are resilient, it means you …

A see past your problems and still find joy in life.
B let go of your relationships with friends and family.
C hold on to pain and struggle to move on with life.
D do not considerate or help anyone but yourself.

4.5 Which ONE of the following is not an STI?

A Hepatitis B
B Influenza
C Chlamydia
D HIV

(5 × 1) **[5]**

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QUESTION 5

5.1 Name TWO legal stimulants that people use on a daily basis. (2)

5.2 Give TWO reasons why it is important for you as a person to volunteer. (2)

5.3 Explain what *punctuality* means. (1 × 2) (2)

5.4 Name TWO advantages of working in a team while you volunteer. (2)

5.5 Give TWO of your own moral values that you live by. (2)
[10]

TOTAL SECTION A: 40

SECTION B

QUESTION 6

Read the following scenario and answer the questions.

JAMES'S SUCCESS

James, a 28-year-old man from a small town, thought that moving to Johannesburg will make him rich and successful. Little did he know that living in the city has many challenges as he got trapped in alcohol addiction.

Hitting rock bottom, he knew that he needed help. He admitted himself into rehab. Being in rehab, James kept believing in himself and came to the realisation that his alcohol addiction and mistakes will not determine his future. Now being sober for over 9 years James is reaping the fruits of the positive decision he took.

James is confident about the choices he made and is currently busy with his studies in drama through the University of Johannesburg with the hope to become a soap star one day!

6.1 Do you perceive James as having self-confidence? Motivate your answer by choosing a sentence from the case study. (2)

6.2 From the information given about James so far, create a SWOT – analysis about him which can assist him to reach his goals. (5)

6.3 James is a busy young man with his studies and work, and time is not always on his side.

Identify THREE basic time management principles that he may use to ensure he sticks to the deadlines for his projects and tests at the university. (3 × 1) (3)

6.4 While in rehab James learned that the activities he is involved in on a daily basis makes him angry. Based on what you know, suggest THREE points on how he can deal with his anger constructively. (3 × 1) (3)

6.5 Why do you think James is seen as a role model by the youth of his home town? (3 × 1) (3)

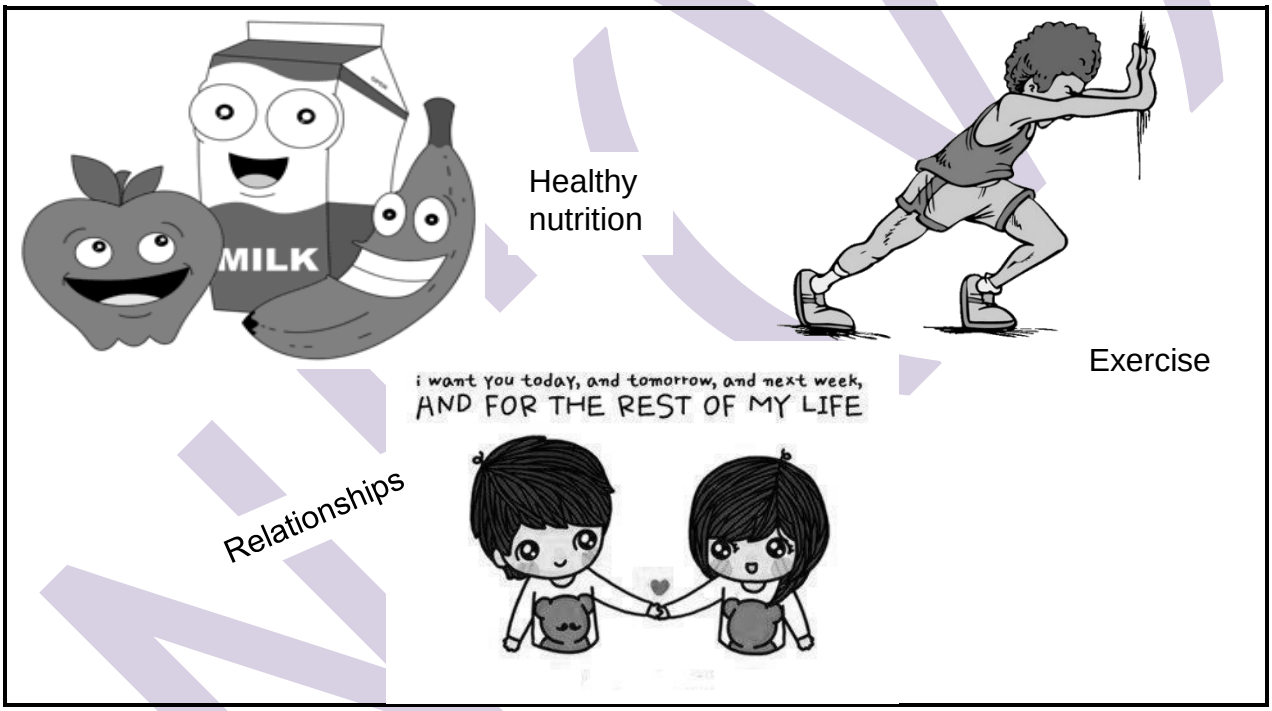
6.6 Who in your life do you consider to be a role model? Give a reason to motivate your answer. (2)

6.7 Give TWO ways in which James can protect the environment at the university. (2 × 1) (2)

[20]

QUESTION 7

Study the following pictures and answer the questions.



[www.googleimages.co.za]

7.1 Being at university and working hard, it is important that James lives a healthy and balanced lifestyle.

7.1.1 What does *healthy nutrition* mean? (1 × 2) (2)

7.1.2 Advice James on TWO things that he could do to develop an action plan to eat healthier. (2 × 1) (2)

7.1.3 Give James advice on THREE different types of food groups that he should include in his diet. (3 × 1) (3)

7.1.4 Besides the habits that are illustrated above, propose THREE other key habits that James can follow to live a balanced lifestyle. (3 × 1) (3)

7.2 One of the most important decisions James will make in his life is to decide who will be his life-partner.

What characteristics according to you should James be looking for in this relationship? (3 × 1) (3)

7.3 What can James do to maintain or improve his academic performance at the university. (3 × 1) (3)

7.4 Using your own words, explain to James TWO of the multiple intelligences that you use to remember information. (2 × 2) (4)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

8.1 James has just learned that to exercise regularly will keep him fit and also help him to concentrate when studying.

8.1.1 James wants to create a fitness programme for himself. Suggest THREE types of activities he should include in his programme to ensure that there is a balance between all the exercises. (3 × 1) (3)

8.1.2 Name THREE things that James can be wasting his time on instead of focusing on his fitness programme. (3 × 1) (3)

8.2 James decided to present an awareness workshop on the dangers of participating in risky sexual behaviour.

Design a POSTER that James can use to educate his fellow students about risky sexual behaviour.

8.2.1 It should have a powerful heading. (Not more than FOUR words.) (2)

8.2.2 State TWO situations that may lead to risky sexual behaviour. (2)

8.2.3 State TWO consequences of risky sexual behaviour. (2)

8.2.4 Poster should be creative and informative. (2)

8.3 Give James THREE ideas on how to deal with bullying at the university. (3)

8.4 Based on what you have learned, write a paragraph on how James can protect himself from becoming HIV infected. (3)

[20]

TOTAL SECTION C: 20
GRAND TOTAL: 100

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