higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE ORIENTATION
(First paper)

NQF LEVEL 2

28 February 2020

This marking guideline consists of 9 pages.

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SECTION A

QUESTION 1

1.1 I
1.2 F
1.3 J
1.4 H
1.5 A
1.6 C
1.7 D
1.8 G
1.9 B
1.10 E

(10 × 1) **[10]**

QUESTION 2

2.1 D
2.2 A
2.3 D
2.4 B
2.5 C

(5 × 1) **[5]**

QUESTION 3

3.1 False

- Littering causes a threat to our health.
- It is when papers, plastic and glass holders are thrown everywhere, and not in bins.
- It dirties the environment and can cause pollution.
- It wastes our natural resources. (Any ONE reason)

3.2 False

- SPCA is an animal shelter where rejected/disowned animals (dogs) go to. *OR,*
- People with substance abuse can go to *hospitals* for help.

If the student name any of the following places where people can go that struggle with substance abuse, the mark can be awarded for the answer:

- Clinics
- Churches
- Lifeline
- AA
- Narcotics Anonymous (NA) (Any ONE reason)

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3.3 True

- Time management principles help you to complete tasks in a shorter period.
- It helps you to prioritise all the tasks you are responsible for.
- It will help you to achieve goals/plans on time.
- Time management principles help you to focus on the tasks at hand and eliminate any time wasters. (Any ONE reason)

3.4 True

- One of the advantages of being in a study group is the help that the other members can provide you with.
- If you do not understand some of the work in class and you are too shy to ask the teacher, the members of the study group can help you understand it.
- Being part of a study group has a number of advantages, and besides explaining work, members can also divide up the work to summarise.

(Any ONE reason)

3.5 False

- It is dangerous to drink someone else's medication since you can be allergic to it.
- An allergic reaction can cause you to experience problems with breathing and heart palpitations.
- The consequence of drinking someone else's medication can even cause your death.
- It is dangerous as your body might react different to the medication if you are drinking other tablets as well. (Any ONE reason)

ONE mark for TRUE/FALSE, ONE mark for the reason. Student cannot just rewrite the original question. If TRUE/FALSE is wrong, ZERO marks are awarded for that question.

(5 × 2) **[10]**

QUESTION 4

4.1 community
4.2 code of conduct
4.3 HIV
4.4 SMART
4.5 breasts

(5 × 1) **[5]**

QUESTION 5

5.1

- Fear of failure
- Negative thoughts/Negative attitude
- Lack of self-confidence
- Stress
- Lack of self-motivation
- Peer pressure (Any 2 × 1) (2)

5.2 Fear of failure

- Acknowledge fears and handle them.
- If you are too scared to speak in public, practice and force yourself to do so.

Negative thoughts/Negative attitude

- You have to like yourself before anyone else will like you.
- Learn to think positively.
- Change the way you think about yourself.

Lack of self-confidence

- Learn from your mistakes and do things better.
- Use each failure as stepping stone to do better/Believe in yourself

Stress

- Identify stress and learn positive ways of managing it.
- Talk to someone you can trust to help you.

Lack of self-motivation

- Find out what you are passionate about and focus on that.
- Break big tasks into smaller goals and celebrate your completion thereof.

(Any TWO reasons suited to answer in 5.1) (Any 2 × 1) (2)

5.3

- Gender roles are the behaviour that is expected from men and women in our society.
- Certain functions and jobs are anticipated from men and women in a relationship/marriage. (Any 1 × 2) (2)

5.4

- Women are expected to stay home and look after the kids, while men go and work.
- A receptionist/tea lady are expected to be female as this is not a job for a man.
- Men are expected to be the protectors of their family, while the women are the carers.

In the example provided by the student, the gender role for male and female must be given to award ONE mark. (Any 2 × 1) (2)

5.5

- Helps them to set and to commit to goals
- Helps them not to give into frustration/hopelessness
- Helps them to think positively
- Will help them not to give into peer pressure (Any 2 ×1) (2)

[10]

TOTAL SECTION A: 40

SECTION B

QUESTION 6

6.1 6.1.1

- Values are things that are important to a person and what guides his/her behaviour in whatever they do.
- Values are beliefs about good behaviour and the important things in life.
- Values are standards or principles that guide moral behaviour.

(Any 1 × 2) (2)

6.1.2

- Ambition
- Determination
- Hard working
- Caring
- Responsibility
- Understanding ubuntu
- Empathy (Any 2 × 1) (2)

6.2 6.2.1

- Understanding of and relating to other people
- Interaction with others
- Friendly and getting along well with other people
- Enjoying the company of other people (Any 1 × 2) (2)

6.2.2

- Nurse
- Administrator
- Teacher
- Counsellor

Any JOB where the person works with people can be accepted.

(Any applicable 2 × 1) (2)

6.2.3

- Naturalistic
- Intrapersonal
- Linguistic
- Logical
- Musical
- Kinaesthetic

Any TWO of the above intelligences (Any 2 × 1) (2)

6.2.4

- If she does not sleep enough, she will not be able to concentrate and focus on her work in class.
- Sufficient sleep will improve her memory and the ability to recall what she has studied.
- If she does not sleep enough she will be tired and can fall asleep in class and miss out on important work. (Any 1 × 2) (2)

6.3 6.3.1

- A person may not be searched or have possessions searched without a warrant.
- The state may not dispose of a person's possessions without a legal claim.
- Nobody can open a person's private mail or listen to telephone conversations without that person's permission (Any 1 × 2) (2)

6.3.2 Everyone may say, write or print photographs of whatever they want as long as they do not violate or harm the rights of others. (1 × 2) (2)

6.3.3

- Right to privacy
  -Respect the privacy of other people, by not reading their mail or messages on their phone;
  - Do not go and gossip about other peoples' business, like their HIV status, etc.

AND

- Right to freedom of expression
  -You cannot say something that is discriminatory against someone else's culture, race, etc.
  - You cannot protest and burn things down to get your way.

(Any 2 × 2) (4)

[20]

QUESTION 7

7.1 7.1.1

- Overheating of pans and pots
- Faulty electrical equipment
- Faulty wiring/Electrical shortage
- Unattended candles
- Carpets that are thrown over electrical cables
- Overloaded plugs/outlets
- Heaters that are covered with clothes
- People falling asleep with the cigarette (Any 3 × 1) (3)

7.1.2

- Never leave food unattended on a stove.
- Do not store flammable items in enclosed areas or near heat sources.
- Use heaters in well ventilated rooms.
- Never throw paraffin or petrol on a fire to make it bigger.
- Replace electrical wiring if it is cracked or worn out.
- Do not light cigarettes near flammable liquids such as petrol, diesel, paraffin or nail polish.
- Keep matches away from children. (Any 3 × 1) (3)

7.2
- A good citizen is somebody that respects and abides by the laws of the country
- Somebody that steals does not respect the rights of other people, and a good citizen will think of other people.
- A good citizen will care about other people and would want to do good, whereas stealing causes hardship to others
- Stealing is an economic crime and a good citizen will report it instead of committing the crime (Any 2 × 2) (4)

7.3 7.3.1
- Drugs destroy lives
- Drugs = death
- Is it worth it?

Title of the Flyer
(ONE mark for relevance, ONE mark for 4 words or less) (2)

7.3.2
- Compulsive usage of a substance even though it has negative effects on the body.
- Addiction is a disease leading to a person being unable to stop using a substance or to stop a certain pattern of behaviour.
- The fact or condition of being dependent to a particular substance or activity. (Any 1 × 2) (2)

7.3.3
- Violent drug abusers can pose a threat and harm to the community.
- The community also tends to feel emotional stress and shame.
- People lose their jobs because of addiction which causes crime to increase
- It may cause poverty in families. (Any 2 × 1) (2)

7.3.4
- Pain killers
- Sleeping pills
- Allergy drugs
- Cold and flu medicines (Any 2 × 1) (2)

7.4
- Sharing infected needles with other drug users.
- Being not themselves, drug users can engage in risky sexual behaviour

Can only be the above two answers. (2 × 1) (2)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

8.1 8.1.1

- Get enough sleep
- Maintain good hygiene
- Deal with stress in a healthy way
- Eat healthy food/Have a balanced diet
- Do not use any stimulants/drugs/cigarettes
- Make smart choices about sex (Any 3 × 1) (3)

8.1.2

- Lowers blood pressure
- Strengthens heart and improves blood circulation
- Keeps energy levels high
- Gives a feeling of wellbeing/Fit and healthy
- Helps with weight loss (Any 2 × 1) (2)

8.1.3

- Zumba
- Running
- Yoga (need to do stretches as well to maintain fitness)
- Swimming
- Cycling
- Skipping
- Walking

Not anaerobic or aerobic or cardiovascular as answers. (Any 3 × 1) (3)

8.2 8.2.1

- Cleaning old-age homes
- Donating food and clothing
- Creating drug awareness
- Helping out at a crèche
- Volunteering at an animal shelter
- Helping with small business development (Any 2 × 1) (2)

8.2.2 When you are the leader of a project in the community you need to be able to communicate effectively with the members in your team. As soon as things do not go according to plan, the leader needs to be able to motivate his team to continue their work. As the leader you need to lead by example and give it your all.

- Team members need to be able to trust you.
- Adjust your leadership style to what the situation requires of you.
- Need to be able to deal with conflict situations (Any 3 × 1) (1) (4)

The answer must be in a paragraph format. THREE marks for THREE facts and ONE mark for paragraph format.

8.3 8.3.1
- Think positively.
- Manage your emotions.
- Do not take anything personally.
- Draw or paint. (Any 1 × 2) (2)

8.3.2
- Write a journal.
- Get help.
- Cry.
- Listen to your favourite music. (Any 1 × 2) (2)

8.3.3
- Accept that you are angry
- Identify why you are angry
- Talk to the person or resolve the situation as soon as possible
- Do exercise / Do yoga (Any 1 × 2) (2)

Student is not allowed to use the same answer at all three questions. The answers provided need to be of such nature that it is something constructive in dealing with the emotion.

[20]

TOTAL SECTION C: 20
GRAND TOTAL: 100

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