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 2020 (X-paper)
09:00–11:00

This question paper consists of 8 pages.

135Q1S2028

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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 a blue or a black pen.
6. Draw a line through any work you do not want to be marked.
7. Write neatly and legibly.

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SECTION A

QUESTION 1

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

COLUMN A		COLUMN B	
1.1	Mental picture of oneself, one's abilities, appearance and personality	A	self-motivation
1.2	Wrong options likely to ruin one's life	B	confidence
1.3	Small itchy bumps on or around anal area	C	punctuality
1.4	Unpleasantly proud and behaving as if you are more important than other people	D	contingency measures
1.5	Ability to satisfy a desire, expectation or goal without being influenced by another person	E	absenteeism
1.6	Able to complete a task or fulfil an obligation before or on a previously designated time	F	bad choices
1.7	Plan devised for an outcome other than the usual (expected) plan	G	bullying
1.8	Use of force, threats or aggression to dominate others	H	arrogant
1.9	Ability to handle life's challenges and to believe in oneself	I	self-image
1.10	Practice of regularly staying away from college without good reason	J	genital warts
		K	motive
		L	ignorance
		M	HIV

(10 × 1) **[10]**

QUESTION 2

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 (2.1–2.5) in the ANSWER BOOK.

2.1 Which ONE of the following best describes a SWOT analysis?

A Evaluates the priority of certain things
B Evaluates student pass marks
C Evaluates student attendance
D Evaluates student's criteria to get a bursary

2.2 The … plays an important role in our ability to think and learn.

A brain
B heart valve
C occipital lobe
D short term memory

2.3 If your goal is to pass your Level 3 exams at the end of the year, it is called a …goal.

A short term
B yearly term
C long term
D medium term

2.4 One of your class mates are struggling to cope with all the work at college because he reads slower than some of the other students. Which ONE of the following strategies can he use to cope with this challenge?

A Being assertive
B Being resilient
C Being competitive
D Being passive

2.5 You are about to start a relationship with someone that you really like a lot. What is the most important characteristic that you will be looking for in that relationship?

A sympathy
B opinions
C empathy
D money

(5 × 1) **[5]**

QUESTION 3

Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (3.1–3.5) in the ANSWER BOOK. Give one REASON for each answer.

3.1 Littering helps to clean-up the environment.

3.2 The SPCA is a place where people can go to, to get help with substance abuse.

3.3 For you to stay on track with all your responsibilities at college and home you can make use of the principles of time management.

3.4 If you are in a study group, the other students can help you to understand some difficult concepts from class even better.

3.5 When you have a headache, you can use the same prescribed pain medication that the doctor gave your friend.

(5 × 2) **[10]**

QUESTION 4

Choose ONE word from the list below for each of the following descriptions and write it down next to the question number (4.1–4.5) in the ANSWER BOOK.

biological; responsible; AIDS; intellectual; Bill of Rights; social; SMART; code of conduct; SWOT; good; breasts; community; HIV; diversity; organs; justice

4.1 A … project helps to change lives.

4.2 Students need to adhere to the … of the college if they want to stay eligible for bursaries.

4.3 If you are in a risky situation and you do not make responsible choices, you could be dealing with contracting…

4.4 To achieve your goals and to be successful in life, one needs to set … goals.

4.5 Developing bigger … is one of the biological differences between males and females during puberty.

(5 × 1) **[5]**

QUESTION 5

5.1 Identify TWO factors that have a negative influence on your self-esteem. (2)

5.2 Give ways you can deal with the factors named in QUESTION 5.1? (2)

5.3 Define the term *gender roles*. (2)

5.4 From what you have learnt, list TWO of the most common gender roles amongst people. (2)

5.5 Give TWO reasons why students need to persevere at college. (2)

[10]

TOTAL SECTION A: 40

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SECTION B

QUESTION 6

Read the article below and answer the questions.

Yvonne Chaka Chaka goes back to school

The talented singer, entrepreneur, teacher and humanitarian (caring) Yvonne Chaka Chaka is going to school and changing lives. She truly values education. At the age of 53 she has applied at both Harvard and Hopkins universities to study public health.

She has made it her mission to promote human rights and never stop working to protect children everywhere. In 2006 Yvonne established her charity called Princess of Africa. It was influenced by the rising of malaria statistics in Africa.

[Adapted from: *Move,* 8 August 2018]

6.1 Me Chaka Chaka is motivated by certain values to achieve her goals.

6.1.1 Define the term *values*. (2)

6.1.2 State TWO values that Me Chaka Chaka has to achieve her goals. (2)

6.2 Me Chaka Chaka demonstrates a learning style of interpersonal intelligence.

6.2.1 What does *interpersonal intelligence* mean? (2)

6.2.2 Suggest TWO types of jobs that can be done by people who demonstrate interpersonal intelligence. (2)

6.2.3 Based on what you have learned in class, which TWO of the *other intelligences* do you demonstrate? (2)

6.2.4 Explain to me Chaka Chaka why it is necessary for her to get sufficient sleep if she wants to do well with her studies. (2)

6.3 The article states that me Chaka Chaka is a protector of human rights and from what we read she is someone that understands the responsibilities that goes with these rights.

6.3.1 Explain the *right to privacy.* (2)

6.3.2 Explain the *right to freedom of expression.* (2)

6.3.3 Identify ONE appropriate responsibility that will accompany each of the rights in Q 6.3.1 and Q 6.3.2. (2 × 2) (4)

[20]

QUESTION 7

7.1 Devastating fires have become a dangerous reality in South Africa.

7.1.1 List THREE causes of fire that can destroy houses. (3)

7.1.2 How can you improve things around your home to prevent fires from happening? (3 × 1) (3)

7.2 When property is destroyed in a fire there is a chance that remaining possessions may be stolen.

Why do you think stealing is not an attribute of a good South African citizen? (2 × 2) (4)

7.3 Sometimes fires are started by persons under the influence of drugs. You want to start a drug awareness campaign to educate people about drugs. Create a flyer that you can give to people and ensure that the following are included on it:

7.3.1 Relevant title (4 words or less) (2)

7.3.2 What is *addiction* (substance abuse)? (2)

7.3.3 Name TWO effects of drugs on a community (2)

7.3.4 Name TWO drugs bought over the counter to which people can get addicted. (2)

7.4 Name TWO things that drug users do that puts them at risk for getting infected with HIV? (2)

[20]

TOTAL SECTION B: 40

SECTION C

QUESTION 8

8.1 When Peter went to the clinic for his regular check-up, he was told to adopt a healthy lifestyle.

8.1.1 List THREE habits (NOT exercise) that Peter can do to adopt a healthy lifestyle. (3)

8.1.2 Advise Peter on TWO benefits of regular exercise. (2)

8.1.3 Name THREE examples of exercises that Peter can do to maintain his fitness level. (3)

8.2 Peter saw an advert on Facebook about volunteering in the community and what a difference it can make in the lives of other people.

8.2.1 Name TWO community projects he can get involved in. (2)

8.2.2 Peter tells you that he wants to start a community project.

Write a paragraph of THREE ideas to explain the leadership skills needed to start and lead a project in a community. (4)

8.3 Working in a team can lead to members in the group expressing negative emotions.

How can members deal with each of the following emotions constructively?

8.3.1 Disappointment

8.3.2 Sadness

8.3.3 Anger

(3 × 2) (6)
[20]

TOTAL SECTION C: 20
GRAND TOTAL: 100

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