higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

LIFE ORIENTATION
(First Paper)
NQF LEVEL 3

(7601023)

28 February 2018 (Y-Paper)
13:00–15:30

This question paper consists of 7 pages.

Copyright reserved

TIME: 2½ HOURS
MARKS: 120

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. Use a BLACK or BLUE pen.
5. Leave at least THREE lines after each question.
6. Start each section on a NEW page.
7. Write neatly and legibly.

Copyright reserved

SECTION A

QUESTION 1

Choose the term from COLUMN B that best matches a description in COLUMN A. Write only the letter (A–H) next to the question number (1.1–1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
1.1	Listening more during learning	A	networking
1.2	Spreading rumours in the office	B	mnemonic techniques
1.3	Keeping professional contacts	C	visual learner
1.4	Increasing recall of information	D	unproductive behaviour
1.5	Using mind maps during learning	E	ethics
		F	work shadowing
		G	auditory learner
		H	tactic leaner

(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.

2.1 When someone's immune system is weakened, the chance of developing TB decreases.

2.2 *Corruption* means morally acceptable behaviour.

2.3 A victim of near drowning or a distressed swimmer needs immediate help.

2.4 Staying up all night before an examination helps you remember much better.

2.5 Tuberculosis affects the lungs only.

(5 × 1) **[5]**

QUESTION 3

Complete the following sentences by filling in the missing word(s). Write only the word or words next to the question number (1.1-1.5) in the ANSWER BOOK.

3.1 A … is an easy way to connect ideas by creating a visual overview of different connections.

3.2 Being … means you are able to get your point across without upsetting others or upsetting yourself.

3.3 The word CPR stands for …

3.4 … is the way of life of a specific group of people.

3.5 Judging people without knowing them is called being …

(5 × 1) **[5]**

QUESTION 4

Give ONE word or a term for each of the following descriptions. Write only the word or term next to the question number (4.1-4.5) in the ANSWER BOOK.

4.1 Disliking others because of ethnicity

4.2 Discriminating against someone because of race

4.3 Strength and power to get through hardships and difficult times

4.4 Deliberate killing of a large group of people

4.5 Dislike of people from other countries

(5 × 1) **[5]**

QUESTION 5

Everyone has the right to refuse when someone is pressuring them to do anything that is not right or good for them.

5.1 5.1.1 Explain why people find it hard to deal with peer pressure. (5)

5.1.2 Risky behaviour can endanger someone's life.

State FIVE situations that can lead to the risk of date rape. (5)

5.2 List FOUR warning signs of sexual harassment at the workplace. (4)

5.3 State THREE measures you will take to counter sexual harassment at work. (6)

[20]

TOTAL SECTION A: 40

Copyright reserved

SECTION B

QUESTION 6

Mental health is a level of psychological well-being, or an absence of mental illness. It is the psychological state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment.

6.1 Provide THREE examples of mental wellness. (3)

6.2 Give FOUR ways in which mental well-being impacts on work productivity. (4)

6.3 Explain TWO benefits of an employee wellness programme. (4)

6.4 List FOUR criteria of an employee wellness programme. (4)

6.5 Workplace bullying happens without people sometimes realising that they are being bullied.

6.5.1 Describe the term "*bullying*" (2)

6.5.2 Explain how bullying can take place in the workplace. (4)

6.6 State FOUR measures you can take to stop bullying at work. (4)

[25]

QUESTION 7

HIV/AIDS is a serious health issue.

7.1 7.1.1 Discuss how does knowing your status help you prevent the spreading of HIV and AIDS infection.

Discuss THREE points. (6)

7.1.2 Name FOUR steps you can take to build your immune system in order to fight against HIV and AIDS. (4)

7.1.3 List THREE examples of sexually transmitted diseases. (3)

7.2 Explain what is meant by the term *conflic*t. (2)

7.3 Describe the following conflict resolution strategies:

7.3.1 Mediation

7.3.2 Negotiation

7.3.3 Arbitration

7.3.4 Problem solving

7.3.5 Listening

(5 × 2) (10)
[25]

TOTAL SECTION B: 50

SECTION C

QUESTION 8

Study the statement below and answer the questions that follow.

One of my core values is diversity of everything – Brad Feld.

8.1 Explain the concept *diversity*. (2)

8.2 Discuss FIVE benefits of respecting diversity in the workplace. (5)

8.3 Give FOUR examples of how you can show respect to colleagues from diverse cultures. (4)

8.4 Explain why discrimination is regarded as a human rights violation. (2)

8.5 Mention THREE measures to oppose discrimination in the workplace. (6)

8.6 List THREE support structures available against the violation of human rights. (3)

8.7 Hope was learning about prevention of water accidents. One of the topics was how CPR is used to save lives.

8.7.1 State FOUR basic first aid steps to assist a victim of a near-drowning accident. (4)

8.7.2 Name TWO measures you can take to avoid water accidents. (2 × 2) (4)

TOTAL SECTION C: 30
GRAND TOTAL: 120

Copyright reserved