



Hillcrest High School

Grade 10

LIFE ORIENTATION

JUNE 2023

MARKS: 100

EXAMINER: Mrs Kowlesur

TIME: 2 Hours

MODERATOR: Mr White

NAME: _____

LO TEACHER: _____

- Write only in black or blue pen. **Work in pencil or any other colour will not be marked.**
- Remember to write your name and your LO teacher's name in the space above.

THIS TABLE TO BE FILLED IN BY THE TEACHERS ONLY:

Q1 (5)	Q2 (10)	Q3 (5)	Q4 (5)	Q5 (18)	Q6 (17)
ESSAY 1 (15)	ESSAY 2 (15)				<u>90</u>

Instructions

- Read through all the questions and mark allocations carefully and then answer each question in **full sentences**.
 - This exam has three sections, A, B and C. Answer all questions on the exam paper.
 - Write only in **black or blue pen**. Work in pencil or any other colour will not be marked.
 - Remember to write your name and your LO teacher's name on the cover page.
 - Write neatly and legibly!
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SECTION A (Compulsory) 25 Marks

- Answer all the questions in this section.

QUESTION 1 (5 Marks)

Various options are provided as possible answers to the following questions. Choose the most correct answer and **circle** the correct letter.

1.1 Which of the following best describes the conventional personality type:

- a) Likes rules and routines.
- b) Prefers to work with ideas rather than data.
- c) Dislikes working with written records.
- d) Prefers working outdoors.

1.2 Which of the following best describes a human rights violation?

- a) Driving in an unsafe and illegal way on purpose.
- b) Calling people derogatory names based on their gender.
- c) Driving over the speed limit in a dangerous area.
- d) Teasing someone based on something they did in the past.

1.3 A career is:

- a) An occupation that you have for a large part of your life.
- b) A grouping of occupations that have common skills.
- c) Work that only requires basic skills and training.
- d) Work that you do with little expectation of promotion.

1.4 Which of these is NOT a warm up exercise?

- a) Jogging.
- b) Stretching.
- c) Skipping.
- d) Play an official match.

1.5 John has set a goal to lose weight this year. What options does he have?

- a) Physical exercise.
- b) Go on a diet program.
- c) Join a fitness/gym club.
- d) All of the above.

QUESTION 2 (10 Marks)

Provide definitions of the following:

2.1 Self-awareness:

2.2 Environmental justice:

2.3 Mnemonics:

2.4 Scanning:

2.5 Power relations:

QUESTION 3 (5 Marks)

Give one word/term for each of the following descriptions.

3.1 A movement that is coordinated with music that can be broken down (choreographed) into steps.

3.2 To have control or authority over another person or your environment.

3.3 This domain has 3 aspects: practical, leisure and growth.

3.4 These skills enable you to see a need or a problem and want to do something about it and help you to consider the viewpoints and feelings of others.

3.5 The illegal transport of people across national and global borders to benefit from their work or service, usually in the form of forced labour.

QUESTION 4 (5 Marks)

Write down in full what each of these abbreviations stand for:

4.1 STD: _____

4.2 The S in SQ3RW: _____

4.3 The W in SQ3RW: _____

4.4 NSC: _____

4.5 HEI: _____

SECTION B- CASE STUDIES (Compulsory) 35 Marks

- Answer all the questions in this section.
- Read the case studies and answer the questions that follow in full sentences.

QUESTION 5 (18 Marks)

'Young and uninformed': Why South Africa's youth desperately needs career guidance.

A local journal article found that the lack of career advice provided in South Africa is putting a great limitation on the youth, stating that students in less-resourced communities are rarely provided with trained guidance counsellors and do not have the means to seek counselling.

Consequentially, students have low levels of career aspirations and average levels of self-confidence, because they are unaware of their strengths and talents, or are ignorant of the career paths they may excel in.

Not only does a lack of career advice result in higher levels of school dropouts, failure rates, and a lack of interest, but it often leaves the youth choosing career paths that they believe will make them more money or will need the least amount of effort to pursue.

Subject choice and career guidance counsellor, Shirley Brooks, told Parent24: "Sometimes, young people embark on further studies to fulfil their parents' dreams or because they are familiar with the particular direction and do not know what other options are available."

"I have seen that students become disheartened when they find themselves failing their courses because they have bitten off more than they can chew or the chosen course does not interest them at all. This often leads to students discontinuing their tertiary education and harbouring feelings of inadequacy or failure."

<https://www.news24.com/life/archive/young-and-uninformed-why-south-africas-youth-desperately-needs-career-guidance-20210720> Accessed on 20/04/2023

5.1 Explain the term "tertiary education". (2)

5.2 Suggest how else schools in less resourced communities could assist learners in getting career guidance. (2)

5.3 The case study refers to students being “unaware of their strengths and talents”. Discuss how high school students can identify/nurture their strengths and talents. (2)

5.4 Explain how socio-economic factors could influence study and career choices. (2)

5.5 Discuss the following funding options for students in tertiary education. (3X2)

a) Bursary:

b) Bank student Loan:

c) NSFAS:

5.6 Discuss 2 strategies for students to build their self-confidence. (2X2)

a)

b)

QUESTION 6 (17 Marks)

Hunger in South Africa: study shows one in five are at risk

Everyone is vulnerable in some way, whether it's to natural disasters, chronic diseases or hunger. But some are more at risk than others because of what they are exposed to socially, economically and environmentally. This phenomenon is known as social vulnerability. It refers to the attributes of society that make people and places susceptible to natural disasters, adverse health outcomes and social inequalities.

In terms of income distribution, South Africa is one of the most unequal countries in the world. The impact of COVID-19 on the economy has worsened this inequality and increased social vulnerability among poor people. Poverty is inherently associated with food insecurity – a state in which socially vulnerable people can't get enough nutritious and safe food.

Although these social inequalities are well documented in South Africa, not enough is known about the link between social vulnerability and food insecurity for the country as a whole.

Previous studies that investigated the relationship between social vulnerability and food insecurity have been limited to certain places, such as the poor and rural Eastern Cape province or the crowded urban area of Soweto. A better understanding of social inequalities at a national level might help the government provide social relief where it's needed most.

<https://theconversation.com/hunger-in-south-africa-study-shows-one-in-five-are-at-risk-199133>. Accessed on 20/04/2023

6.1 Provide definitions of the following(2X2):

a) Vulnerable:

b) Poverty:

6.2 List 2 areas(as highlighted above) where studies on food insecurity have been done. (2)

a) _____

b) _____

6.3 Discuss how the COVID-19 pandemic increased food insecurity. (2)

6.4 List one type of social relief offered by the government.(1)

6.5 Discuss 1 human right that is violated when people live in a state of poverty(2)

6.6 Discuss 2 “adverse(harmful) health outcomes” that people may experience when they live in a state of poverty. (2X2)

a) _____

b) _____

6.7 List 2 social issues linked to poverty.(2)

QUESTION 8 (15 Marks)

“There is so much more to assessments than delivering an exam or prepping for a standardized test. Assessments help shape the learning process, and give you insight into the learning process”.

Author unknown. 24 September 2021. <https://www.prodigygame.com/main-en/blog/types-of-assessment/>Date accessed 17 /04/2023

Consider the above and write paragraphs based on the following:

- A discussion on informal assessments, formal assessments, and internal assessments. (3X2)
- Discuss how learners can maximise their levels of concentration when studying. (2X2)
- An explanation of active listening (2), and how you would convey to your teacher that you are actively listening. (3)

OR

QUESTION 9 (15 Marks)

“Community service, community projects and volunteering are part of our African philosophy of Ubuntu”.

Consider this statement and write paragraphs using the following as guidelines:

- Discuss the concept “Ubuntu”.(3)
- Provide a definition of volunteerism (2) and elaborate on the benefits of volunteering for the individual volunteering (3X2).
- Discuss 2 human Rights that the philosophy of Ubuntu embraces. (2X2)

