

Question 1: Multiple Choice

Choose the correct answer and write only the letter (A-D) in the box at the end of the question.

1.1 The concept used to describe people with different views and beliefs is:

- A. Racism
- B. Diversity
- C. Rebellious
- D. Morals

1.2 An action to enhance your self-image is to ...

- A. Set goals for yourself
- B. Do nothing at all
- C. Starve yourself to lose weight
- D. Buy the latest clothes

1.3 The term used for when you feel you must do something other people expect you to do:

- A. Being a pushover
- B. Avoidance
- C. Constructive
- D. Peer pressure

1.4 Self-concept and self-motivation are influenced by...

- A. the media, friends, and peers
- B. only the printed media and one's friends and peers.
- C. one's religion, but not your community
- D. your community and the electronic media only.

1.5 A person's self-concept ...

- A. reflects the overall evaluation of one's self worth.
- B. stays the same throughout life.
- C. is the idea or image you form about yourself.
- D. only starts developing in the teenage years.

1.6 Values are:

- A. Materialistic things which cost a fortune
- B. Sentimental things your family gave you
- C. A list of things you treasure given by family
- D. A set of principles that helps in goal setting choices

1.7 A person can develop a positive self-concept through:

- A. Not striving to be like their role models.
- B. Not worrying too much about their future after school.
- C. Making sure that they keep fit and their body looks good.
- D. Appreciating their uniqueness.

1.8 Your friend wants you to experiment with drugs with him/her. What will be a good response if you don't want to.

- A. Join in with your friend
- B. Get angry and walk away
- C. Make fun of your friend
- D. Suggest a better idea and move your friend away from the drugs

1.9 Teenagers who have high levels of self-awareness...

- A. are self-conscious about how they look in their clothes.
- B. struggle to build healthy relationships with others.
- C. understand why they behave a certain way in certain situations.
- D. focus on their strengths, ignoring their weaknesses.

1.10 Setting goals:

- A. Is a bad idea because if you do not achieve them, you will feel bad
- B. Is a good idea because it will help to direct and focus your efforts
- C. Should always be done at the beginning of the year and not just adjusted
- D. Is done to make your parents and teachers happy.

Answers:

1.1	1.2	1.3	1.4	1.5
1.6	1.7	1.8	1.9	1.10

(10 marks)

Question 2: Choose the correct answer.

Two possible answers are indicated in each sentence below. Choose the word(s) that best completes the sentences. Write ONLY your choice of word in the space below.

- 2.1. World AIDS day is celebrated on 1 (May / December) every year. (1)
- 2.2. Stigma related to HIV/AIDS leads to (prejudice / acceptance) of people living with HIV/AIDS. (1)
- 2.3. Not discriminating against people living with HIV is a (right / responsibility) of every HIV-positive individual. (1)
- 2.4. To show support for people living with HIV, people wear a (red / green) ribbon. (1)
- 2.5. Having a right to disclosure means that people living with HIV (can / cannot) choose when to tell people they are HIV-positive. (1)

Answers:

2.1
2.2
2.3
2.4
2.5

Question 3: Matching Columns

Match the descriptions in Column A with the correct letter listed in Column B. Write down the correct number with the letter you think matches it only.

Column A	Column B
3.1. Women’s day is celebrated is on the ____.	A Day of Reconciliation
3.2. Heritage Day is celebrated on the ____.	B 9 th August
3.3. Youth Day is celebrated on ____.	C 24 September
3.4. Worker’s day is celebrated on the____.	D 16 June
3.5. 16 th December is a ____.	E 1 st May

(5 marks)

3.1	3.2	3.3	3.4	3.5
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Question 4

Read the following sentences and complete them, filling in the missing blanks with one word or term from the word bank below. Write only the appropriate word or term next to the question number (4.1 – 4.5).

Prioritization	Summarizing	Multi-tasking
Understanding		Skimming
Brainstorming	Procrastination	Striking
Journaling	Scanning	

4.1 _____ involves reading something quickly to get the main idea, without paying attention to the details.

4.2 Extracting only the most important facts from a piece of writing is known as _____

4.3 _____ is writing down a personal record of events, experiences, and reflections on a regular basis.

4.4 _____ involves reading something quickly to find something specific.

4.5 _____ involves solving a problem or making a decision by thinking of many ideas in a short space of time. (5marks)

Answers:

4.1
4.2
4.3
4.4
4.5

END OF SECTION A: 25 MARKS

Section B

Question 5

Study the following illustration alongside and answer the questions that follow.



5.1 Give a definition of the term 'Procrastination' and a provide an example.

(2+2)

5.2 How can procrastination affect your future job opportunities?

(2)

5.3 Suggest ONE strategy an individual can use to manage the demand on their time.

(2)

(8 Marks)

Question 6 - Consider the images below and answer the questions that follow.



Natalie du Toit had her leg amputated after a car accident when she was 17. She achieved a gold medal at both the Paralympic and Commonwealth Games.

Lucas Sithole lost both of his legs and his right arm in a train accident when he was 12. In 2013, he made wheelchair tennis history by becoming the first African to win a Grand Slam event by taking the US Open title.

Ernst van Dyk is a South African wheelchair racer and hand cyclist who was born without legs due to a congenital birth defect. Winning countless medals at the Paralympics, he was also awarded the [Laureus World Sports Award](#) for Sportsman with a Disability of the year for 2006.

6.1. All the athletes depicted above have represented South Africa at the Paralympics.

6.1.1. What are the Paralympics?

 _____ (2)

6.1.2. To what extent do events such as the Paralympics promote and recognize the rights of people living with disabilities? Mention TWO points.

 _____ (2)

6.1.3 What national public holiday commemorates the development of the 'Bill of Rights' in South Africa, and what date do we celebrate this on?

 _____ (3)

6.2. People living with disabilities are often discriminated against because of the perception that they are 'different' to able-bodied citizens.

6.2.1. Provide TWO practical ways how workplaces can adapt to respect and allow disabled persons enjoy their full rights.

(2)

(9 marks)

Question 7

7.1. Explain what a role model is.

(2)

7.2. List two attributes of a positive role model.

(2)

7.3. State one suggestion of how role models can influence you negatively and positively.

(2)

7.4 Explain the term 'local role model' and give one example.

(2)

(8 marks)

END OF SECTION B: 25 MARKS

