



Hillcrest High School

GRADE 8 LIFE ORIENTATION

JUNE 2024

MARKS: 70

EXAMINER: Mrs M. MCLAUGHLIN

TIME: 1 HOUR

MODERATOR: Mrs E. NAIDOO

The below table is for the marker. Please do not write in it.

Q1-Q3	5+5+5		
Q4	26		
Q5	9		
Q6	14		
Q7	6		
Total (70)			
%			

NAME AND SURNAME: _____

REG CLASS: _____

QUESTION 1

Choose the correct answer and write down the letter only in the table below.

1.1. "I understand how you are feeling because I have also been through that" is an example of:

- A. Sympathy
 - B. Empathy
 - C. Apathy
 - D. Kindness
- (1)

1.2. "Sexual orientation" refers to:

- A. the way we dress everyday
 - B. whether we are attracted to people of the same or opposite sex
 - C. whether we are born as a male or female
 - D. when we go out with someone.
- (1)

1.3. The company that deals with Tax in South Africa is called

- A. VAT
 - B. SARS
 - C. INCL
 - D. MUNICIPALITY
- (1)

1.4. Intentionally writing rude comments on someone's social media page is considered to be:

- A. socially acceptable
 - B. cyberbullying
 - C. emotional bullying
 - D. part of friendship
- (1)

1.5. Which one of the following is NOT an example of external motivation:

- A. telling yourself 'you can do it'
 - B. your teacher saying you will get a sweet if you get 80% on the test
 - C. your friend saying you can come and swim at their house if you win the race
 - D. parents offering you money for doing well at school
- (1)

<u>1.1</u>	<u>1.2</u>	<u>1.3</u>	<u>1.4</u>	<u>1.5</u>

QUESTION 2

Fill in the missing words in the following sentences, in the space provided.

2.1 People who enjoy movement when they study are referred to as _____ learners.

2.2 _____ learning style likes to listen to the instructions given.

2.3 _____ career category likes to be creative and think out of the box.

2.4 _____ learners will use a variety of colours in their study notes.

2.5 An electrician is an example of a _____ career type. (5)

Question 3:

Match the concepts in COLUMN A that best matches each statement in Column B. Write only the appropriate letter (A - G) in the table below.

Column A	Column B
3.1. Self concept	A. Things we say to ourselves, either out loud or in our thoughts.
3.2. Self motivation	B. What we want to achieve in a certain time frame.
3.3. Self talk	C. How you feel about yourself.
3.4. Potential	D. How you see yourself and how you think others see you.
3.5. Goals	E. When you want to do or achieve something without being told to do so.
	F. An ability we have not fully developed.
	G. Being motivated to achieve something via reward

[5]

3.1	3.2	3.3	3.4	3.5
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QUESTION 4:

Examine the extract below and answer the questions that follow:

I thought it was just poor people who were drug addicts...

It took me a long time to go to a rehabilitation clinic because I thought that was for people who lived on the streets and had a real drug problem. Not me in my suburban home... little did I know it affects all walks of life. When I went to rehab, I found out that they were just like me. Some experimented out of curiosity or to ease their problems. I also thought it was only for people who had a serious drug problem like cocaine and TIK. But there were also those addicted to prescription drugs and alcohol.

Source: Anonymous

4.1) Define “*substance abuse*”. (2)

4.2) State 3 ways in which drugs can affect you physically. (3)

4.3) Describe 2 things that would happen in a rehabilitation centre. (2x2)

4.4) What is meant by “prescription drugs” ? (2)

4.5) Suggest TWO practical strategies that can be implemented at schools to promote substance use avoidance. (2x2)

4.6) Give an example of an inhalant substance that can be abused. (1)

4.7) Explain two reasons why someone may become addicted to drugs. (2x2)

4.8) Explain what group therapy is. (2)

4.9) Explain two reasons why it is not “only poor people” who get addicted to drugs. (2x2)

QUESTION 5

5.1) What does FAS stand for? (1) _____

5.2) Describe what causes a baby to be born with FAS. (2)

5.3) Describe two reasons why teenagers consume large amounts of alcohol, even before they are of legal age? (2x2)

5.4) Explain how consuming alcohol or drugs can make people more likely to be involved in risky behaviours. (2)

QUESTION 6

Read the extract below and answer the questions that follow.

“I have no friends,” said a recent high school learner during an emotional therapy session. She’s not alone.

Adults often scoff and wonder how this could be. But the truth is, teenagers today feel isolated and more alone than ever. Even in the age of social media, with constant digital connection, a lack of deep friendships is creating a void.

[Adapted from <https://www.goodtherapy.org/blog/why-do-so-many-teenagers-struggle-to-form-friendships-0120184>, Accessed on 14 January 2023]

6.1) Discuss 2 reasons why teenagers feel more isolated during adolescence, despite having constant digital connections. (2x2)

6.2) State 1 characteristic that you feel is very important in a friendship, and explain why. (1+2)

6.3) Many friendships nowadays are formed through social media, however this comes with its own dangers. Mention 2 dangers that can arise from social media platforms and what you must do to protect yourself from the danger. (2x2)

6.4) Give 3 suggestions of what a teenager could do to initiate new friendships. (3)

QUESTION 7

7.1) What does VAT stand for? (1) _____

7.2) What does “incl. tax” mean when stated at the bottom of a quote or till slip? (2)

7.3) What should the government be doing with the tax money in South Africa? State 3 things. (3)

THE END OF THE EXAM

TOTAL: 70 MARKS