

Hillcrest High School

Grade 10

LIFE ORIENTATION

NOVEMBER 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 (10)	Q2 (5)	Q3 (10)	Q4 (5)	Q5 (20)	Q6 (20)
ESSAY 1 (15)	ESSAY 2 (15)			<u>100</u>	

SECTION A (Compulsory) 30 Marks

- *Answer all the questions in this section.*

QUESTION 1 (10 Marks)

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

- 1.1 An example of a raw material is
- A. Corn
 - B. Cardboard
 - C. Petrol
 - D. Pencil
- 1.2 The acronym NQF stands for
- A. National Quality Framework
 - B. National Qualifications Framework
 - C. National Qualifications Federation
 - D. National Quality Federation
- 1.3 Teaching falls in the following sector
- A. Education
 - B. Health
 - C. Law and Order
 - D. Finance
- 1.4 Scarce skills refer to ...
- A. Particular professions or occupations existing in the labour market
 - B. Inadequately experienced person doing critical work for a company
 - C. Much needed skills, very few people have these skills.
 - D. Technical skills that are common in doing a range of activities.
- 1.5 A current trend in the world of work is:
- A. Working in an office environment or workplace only
 - B. Working from 8 am to 5 pm
 - C. Flexi work hours
 - D. Having one career for life.
- 1.6 A physical change during puberty includes:
- A. Wanting to take dangerous risks
 - B. Having mood swings
 - C. Pimples or acne
 - D. Spending more time with peers

- 1.7 Assertiveness means:
- A. Standing up for your rights in a polite and responsible way
 - B. Refusing to compromise under any circumstances
 - C. Physically fighting to get your way
 - D. Saying yes even when you don't want to do something.
- 1.8 Substance abuse:
- A. Ensures that you have a highly developed sense of responsibility
 - B. Does not include the harmful use of alcohol, drugs and other products
 - C. Includes abuse of over-the-counter medication.
 - D. Does not include the abuse of steroids.
- 1.9 Communication includes the following:
- A. To share, transfer or exchange information
 - B. Avoiding misunderstandings by stating clearly what you want in a relationship
 - C. Being honest and expressing your feelings
 - D. All of the above.
- 1.10 If you are emotionally healthy you:
- A. Feel good about who you are
 - B. Battle to cope with stress
 - C. Do not express your feelings
 - D. Do not ask for help if you need it.

QUESTION 2 (5 Marks)

Fill in the missing words:

2.1 _____ refers to the standards, morals and rules that you believe in and follow.

2.2 To correct something that is unfair or wrong is referred to as _____.

2.3 The Baha'i faith believe in _____, _____ and _____ to achieve spiritual growth.

QUESTION 3 (10 Marks)

Match the terms in Column A to the description in Column B. Write your answers in the table below.

<u>A</u>	<u>B</u>
1. Stable career	A. To learn a new skill.
2. SAQA	B. To get a salary and/or rank upgrade or raise.
3. NQF	C. Where people who are looking for employment and those who provide employment interact or communicate.
4. Competency	D. A career that always stays the same or is always in demand.
5. Promotion	E. The ability to do something efficiently/successfully.
6. Retraining	F. Refers to a connected world- throughout the world.
7. Job Market	G. Set of guidelines which register the records of learner achievements.
8. Tertiary sector	H. Makes and implements policies for the registration and implementation of education and training providers.
9. Skill	I. People who work in this sector provide services to people and businesses.
10. Globalisation	J. The ability to do something that comes from training, experience or practice.

1	2	3	4	5	6	7	8	9	10

QUESTION 4 (5 Marks)

Write one word/term in the space provided for EACH of the following descriptions.

4.1 This ceremony marks the coming of age of a Jewish boy.

4.2 This religion developed from the teachings of Siddhartha Gautama.

4.3 In this religion Christmas is celebrated on 25 December to celebrate the birth of Jesus Christ.

4.4 The most important scripture in this religion is the Torah.

4.5 Ways of thinking, behaving or doing something that have been used by the people in a particular group, family or society for a long time.

SECTION B CASE STUDIES (Compulsory) 40 Marks

- *Read both the case studies and answer all the questions that follow in full sentences.*

QUESTION 5 (20 Marks)

Examining the Effect of Adolescent Transition on Career Development and the Adjustment to Adult Roles

Adolescent transition is characterized by significant changes in emotions, psychological wellbeing, social relationships, and physical development, making it a critical period for transformation from childhood to adulthood.

Typically, during late adolescence or the phase in which there is apparent emergence of traits underpinning being adult and that include biological shifts, social and psychological changes, schooling choices, managing and coordinating multiple life roles, finding meaning and purpose in such roles, and carrying out the tasks of emerging adulthood in a climate of uncertainty.

During this period, adolescents face pressure to make important decisions about their education, career paths, and future plans. Soon, they will be taking on the life role of an employee or an employer and must accept the subsequent responsibilities that come with the changes in their life roles. It is important that they research possible career opportunities thoroughly so that they might make their career decisions that are best for them. The weight of these decisions, combined with limited life experience and the stress of the changes they are facing can make it challenging for them to navigate their career development effectively.

Eccles, J., Templeton, J., Barber, B., & Stone, M. (2003). Adolescence and emerging adulthood: The critical passage ways to adulthood. In M. H. Bornstein, L. Davidson, C. L. M. Keyes, & K. A. Moore (Eds.), *Well-being: Positive development across the life course* (pp. 383–406). Lawrence Erlbaum Associates Publishers.

[Adapted from <https://psycnet.apa.org> Accessed on 11th May 2023] Adapted from Teenactiv 28/09/2023

5.1 Explain what is meant by the term “*life roles*” and list TWO life roles adolescents experience at this time. (1+2)

5.2 Define the term “*adolescence*” and discuss why emotional changes during adolescence can be difficult to handle. (1+2)

5.3 Discuss the following **TWO** skills that adolescents could use to make successful decisions about their career paths or future plans. (2X2)

Self-awareness:

Critical thinking:

5.4 Analyse why it is important for adolescents to research opportunities within different career fields during this time. (2)

5.5 Explain ONE negative social challenge that adolescents may experience from their peer group. (2)

5.6 Describe ONE physical change that could negatively impact an adolescent's relationship with others. (2)

5.7 Discuss how a need for peer group acceptance could lead adolescents to behave in ways that could be detrimental to their future careers. (2)

5.8 Assess how a nutritious diet could help adolescents navigate the changes in their body in a healthy manner (2)

QUESTION 6 (20 Marks)

Awareness of trends and demands in the job market

A feasibility study is underway to make way for the new University of Science and Innovation in some parts of South Africa, particularly in Ekurhuleni. In Hammanskraal (northern Gauteng Province), a crime Detection University is envisaged. These two universities shall focus on critical areas of the South African economy. As the economy grows, social challenges are inevitable. Currently, the Science, Technology, Engineering and Mathematics (STEM) streams are gaining popularity and seem to be responding to the needs of the South African economy.

Amidst all these attempts, there seems to be a growing trend amongst the youth that university education does not guarantee employment. Most graduates are unemployed and are tired of looking for jobs/employment, as their attempts do not result in any employment. Those at schools with ambitions for tertiary education find themselves discouraged.

[Adapted from <https://businesstech.co.za/news/government/617185/plans-to-build-2-new-universities-and-more-colleges-in-south-africa/> on 16 August 2022] Adapted from Teenactiv 28/09/2023

6.1 What does the term 'tertiary education' mean and explain ONE benefit of having a tertiary qualification? (1+2)

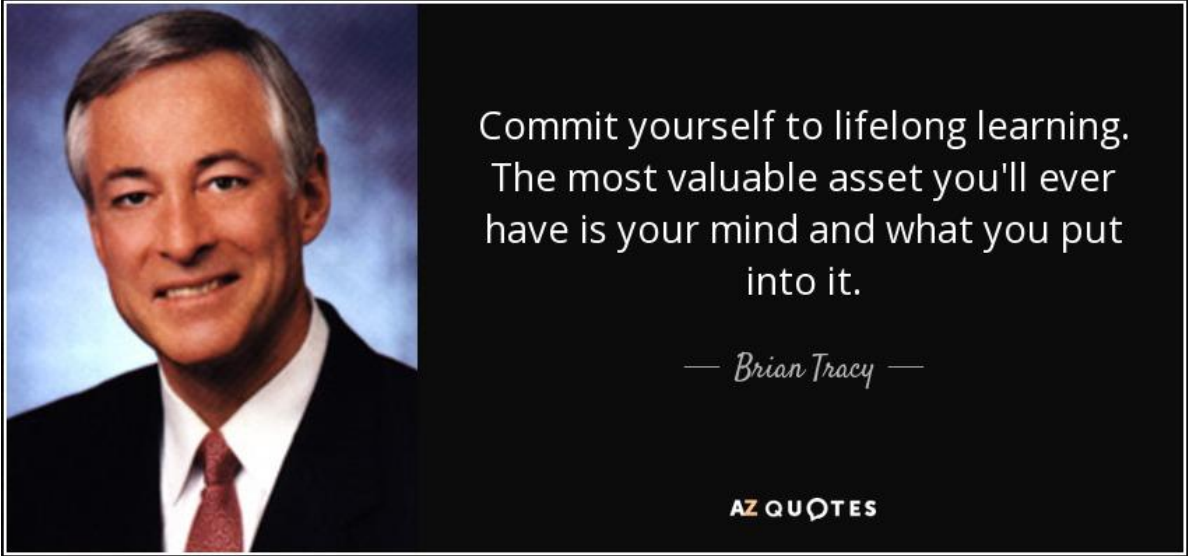
6.5 Define "Niche Job" and discuss one advantage of having a niche job. (2+2)

6.6 List the 2 new types of universities that have been proposed. (2)

SECTION C (ESSAYS) 30 Marks

- Answer any **2 of the following 3 essays**. Clearly indicate which essays you are choosing.
- You will answer your essays on the pages attached at the end of this section.
- Your answers must be in paragraphs. One-word answers/phrases will not be accepted.
- It is not necessary to show any planning.

QUESTION 7 (15 Marks)



Commit yourself to lifelong learning.
The most valuable asset you'll ever
have is your mind and what you put
into it.

— Brian Tracy —

AZ QUOTES

<https://www.azquotes.com/quote/533630?ref=lifelong>. Accessed on 28/02/2023

Consider the above and write paragraphs on:

- The definition of lifelong learning (1) and 2 benefits of lifelong learning(2X2)
- Differentiate between formal, informal and non-formal learning. (3X2)
- Discuss the primary and secondary economic sectors and provide an example of a career/job in each of these sectors. (4)

QUESTION 8 (15 Marks)

UNFAIR PRACTISES IN SPORT



https://www.google.com/search?q=drug+taking+in+sport&tbm=isch&ved=2ahUKEwjh7a6PgM2BAxV1pkwKHcwgCBkQ2-cCegQIABAA&og=QzoGCAAQBRAeOgQIABAEogYIABAIEB5QuwlyrzxgmkBoAXAAeASAAb8DIAH7PZIBCDItMTYuOC4ymAEoAEBgELZ3dUAL_Sa0kFs9UM Accessed on 28/09/2023

Study the image above and write paragraphs as follows:

- Define the terms match fixing and drug-taking in sport(2X2)
- Discuss how schools can shape the attitude of young people to combat unfair practices in sport. (2X2)
- Define the term “bias” and discuss how gender bias in sport can be addressed (1+2)
- Discuss how subjective umpiring can lead to spectator violence (2). Propose a way to address subjective umpiring (2)

QUESTION 9 (15 Marks)

Chapter 2 of the Constitution of South Africa, containing the Bill of Rights, states that **everyone has the right to freedom of religion, belief and opinion.**



Consider the above and write paragraphs on the following:

- Define the term religion (1) and discuss TWO reasons why it is important to have knowledge of the many religions in South Africa. (2X2)
- Discuss 2 beliefs/traditions in Hinduism. (2X2)
- Discuss one of the eight steps to enlightenment according to Buddhism. (2)
- Explain ONE of the 5 Pillars of Islam (2)
- Discuss Initiation in African Traditional religion. (2)

