



HILLCREST HIGH SCHOOL

Grade 11

ENGLISH HOME LANGUAGE P1

NOVEMBER 2025

MARKS: 70

TIME: 2 Hours

EXAMINER: Miss S. Boyce

MODERATOR: Mrs N. Atkinson

This paper consists of 11 pages.

INSTRUCTIONS AND INFORMATION

1. Read and follow ALL instructions carefully.
2. This paper consists of THREE sections:
 - SECTION A: Comprehension (30 marks)
 - SECTION B: Summary (10 marks)
 - SECTION C: Language (30 marks)You are required to answer questions from all three sections.
3. Use your time carefully. Suggested time management:
 - Section A: approximately 50 minutes
 - Section B: approximately 30 minutes
 - Section C: approximately 40 minutes
4. Draw a 2cm wide margin on the right-hand side of each page of your answer booklet.
5. Leave a line after each answer.
6. Answer ALL questions.
7. Rule off after each section.
8. Number each answer exactly as the question paper is numbered.
9. Pay special attention to spelling and sentence construction.
10. It is in your own interests to write and present your work neatly.

SECTION A: COMPREHENSION

QUESTION 1:

Read the passage below and answer the questions that follow

TEXT A

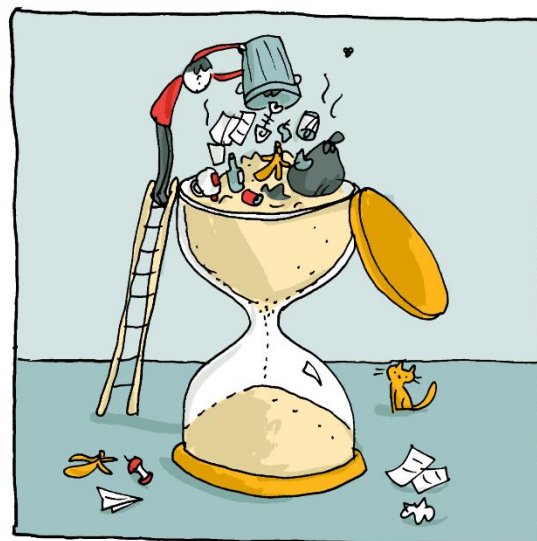
Do We Need More Boredom in Our Lives?

- 1 In a world where every dull moment is filled with scrolling, swiping, or streaming, the mere idea of boredom feels... obsolete. But what if our constant chase for stimulation is exactly what's making us feel burnt out, anxious, and creatively blocked?
- 2 I used to think that the state of being bored was the worst possible fate. Now, I wonder if boredom is the last piece I've been missing in my life. Between TikTok videos constantly keeping us busy and Spotify's soft melodies always humming in the background, I wonder when I last actually sat in silence with my thoughts and didn't despise every second of it.
- 3 Before iPads and TikTok and YouTube shorts, there was imagination, dirt, and childhood wonder. And long car rides, where you had no headphones yet, and the only entertainment was staring out the window, imagining that the drops of rain were racing.
- 4 The days of climbing a tree for entertainment are long gone, and have been replaced by endless staring at screens, wondering why life feels so dull and dissociated. We've traded scraped knees for blue light, and spontaneous adventures with friends for algorithmically curated content designed to keep us scrolling, clicking, and consuming, because boredom, apparently, is the enemy of engagement and the biggest enemy of profits.
- 5 But in trying so hard to avoid boredom, we've created a culture that's exhausted, distracted, and oddly more bored than ever.
- 6 Let's say your goal is to be the next Steve Jobs, or the next breakout film director. The only way to start is to find an idea and then simply act on it. But is thinking of an idea even possible when our brain is constantly entertained?
- 7 No robot, no endless doomscrolling, no Canva templates, and definitely no AI, is going to give you something truly creative, original and authentically you. That comes from staring at a ceiling until you're almost on the verge of dissociation. It comes from spending time in silence without any external noise.
- 8 It comes from going on a walk without a podcast. Because how can you produce a deeply authentic idea when your entire mental bandwidth is spent surfing surface-level content? Depth requires boredom. Insight demands space.
- 9 You can never create something meaningful if you never give your brain the room to improvise.
- 10 With your phone close to you at all times, every chance of you being bored ends in you scrolling or mindlessly looking at pictures of people you don't know. This isn't boredom, it is overstimulation disguised as laziness. We're not zoning out we are rotting our brains with irrelevant data, all while convincing ourselves we're "relaxing." Meanwhile, your brain is filling with every headline, every microtrend, every half-read thought piece until you feel mentally blocked and emotionally exhausted. And by now your brain might be just full of meaningless clutter.
- 11 And yet, when faced with real boredom, actual silence, unfiltered time, uncurated moments, we panic. We go back to the feed, because it's predictable. It's often comforting, it numbs.
- 12 Being bored doesn't mean you need to throw your phone in a river, buy a cow and start churning butter. You don't need to become a full-on caveman to feel bored and reclaim your brain. Boredom today can look like a walk without a podcast.

- 13 Doing your makeup without music. A coffee without checking emails. A lunch without a YouTube video or sitting on a bench and people-watching like it's your favourite show. It's about resisting the urge to fill every second with something more than just silence and stillness, not rejecting technology entirely, but using it with intention instead of addiction. Give your brain the awkward silence it's craving. Let your mind wander, fantasize, connect dots like you're solving a mystery, daydream, and even spiral a little. That's where creativity brews. You are not going backwards, quite the opposite, you're growing because you're choosing to live in the pause sometimes instead of drowning in the constant feed.
- 14 Maybe we've gotten so tangled in the distractions of the modern world that we've forgotten what it actually means to let our minds roam freely. To just sit with a thought and follow it somewhere weird, somewhere real, and somewhere deep. Maybe we feel so disconnected from ourselves because we never give ourselves the chance to meet our real selves. The constant input leaves zero room for introspection, and if we never sit in and cherish the silence, how can we ever truly hear what's going on inside?
- 15 We've all already mastered the art of being "bored" while being surrounded by oceans of instant gratification and a buffet of distractions. Boredom these days isn't the silence of nothingness; it's the noise of 27 tabs open, 3 apps running, and still somehow whining about having "nothing to do."
- 16 This modern boredom comes with a trigger warning: Do not attempt actual boredom. Side effects may include self-awareness, facing your own thoughts, realization, and heaven forbid, being alone with yourself and your raw unfiltered thoughts.
- 17 And yet, ironically, this manufactured boredom is the perfect backdrop for stress, anxiety, and the spiral into doomscrolling. So really, has "I'm so bored" become a code for "I'm overwhelmed but don't want to admit it?"
- 18 So next time you catch yourself "bored," ask yourself: Are you truly bored... or just too busy pretending to be?
Adapted from an article posted online at: <https://www.theteenmagazine.com/do-we-need-more-boredom-in-our-lives>

TEXT B

HOW ARE YOU FILLING YOUR TIME?



Source: <https://incidentalcomics.substack.com/p/no-time-for-burnout>

Questions:

REFER TO TEXT A

REFER TO PARAGRAPH 1

- 1.1 Explain, in your own words, the writer’s main idea in this paragraph. (1)

REFER TO PARAGRAPH 3 and 4

- 1.2 Explain how the writer contrasts childhood experiences with current digital habits. (3)

- 1.3 What reason does the writer give in this paragraph for needing to keep us “scrolling, clicking, and consuming”. (1)

REFER TO PARAGRAPH 6

- 1.4 Why did the writer make use of a rhetorical question at the end of this paragraph? (2)

REFER TO PARAGRAPH 7

- 1.5 Discuss what the writer believes about creativity in this paragraph. (2)

REFER TO PARAGRAPH 8 and 9

- 1.6 Do you agree with the writer that you need to allow yourself to be bored in order to be creative in an “authentic” way? (3)

REFER TO PARAGRAPH 10

- 1.7 Discuss the mental effects of constant content consumption. (2)

- 1.8 Identify and explain the writer’s attitude towards technology in this paragraph. (3)

REFER TO PARAGRAPH 12 and 13

- 1.9 Discuss two ways the writer says we can embrace being “bored” without throwing our phones away. (2)

REFER TO PARAGRAPH 16

- 1.10.1 Identify the writer’s tone in this paragraph. (1)

- 1.10.2 Explain your answer with reference to the diction used. (2)

REFER TO PARAGRAPH 18

- 1.11 Is this paragraph an effective conclusion to the article? Justify your response. (3)

REFER TO TEXT B

- 1.12 What is the purpose of this cartoon? (2)

REFER TO BOTH TEXTS A AND B

- 1.13 To what extent does TEXT B reinforce the message of paragraph 10 of TEXT A? Be sure to refer to both texts in your response. (3)

TOTAL SECTION A: 30 MARKS

SECTION B: SUMMARY

QUESTION 2: SUMMARISING IN YOUR OWN WORDS

Text C provides insight into the importance of including a digital detox in the lives of students. Summarise, in your own words, **the benefits of a digital detox for students.**

Instructions:

1. You must write a fluent paragraph.
2. Your summary should include 7 points.
3. Your summary should be no longer than 90 words in length.
4. Use YOUR OWN WORDS as far as possible.
5. Indicate your word count accurately at the end of the summary.

TEXT C:

Why Students Need a Digital Detox

In a world dominated by smartphones, social media and constant connectivity, students spend more time than ever in front of screens. While technology offers benefits – from quick access to information to online learning tools – excessive use can harm mental health, academic focus and well-being. This is where a “digital detox” becomes essential.

A digital detox is a set period when a person reduces or avoids electronic devices, especially phones, computers and tablets. For students, this break from the digital world provides both physical and mental relief. Constant notifications and the pressure to respond instantly increase stress levels. Without regular breaks, the brain struggles to concentrate, reducing productivity and academic performance.

One major benefit of a detox is improved concentration. Without the temptation to check social media, students can focus more deeply on studies, retain information better and solve problems more effectively.

A detox also encourages healthier sleep. Blue light from screens disrupts the body’s sleep cycle, making it harder to fall asleep. Switching off devices an hour before bed improves rest and recovery.

Mental health also improves. Social media often creates unrealistic comparisons, causing feelings of inadequacy or anxiety. Stepping away allows students to engage more with real-life relationships and confidence-building activities.

Physically, less screen time means more opportunities for exercise, outdoor activities and hobbies that refresh the body and mind.

A digital detox doesn’t mean giving up technology entirely – it can be as simple as setting screen-free hours, avoiding devices during meals or having one tech-free day a week. These small steps restore balance, boost academic performance and protect health.

In a society where being “always online” feels normal, stepping away is an act of self-care. For students, it might not just be beneficial – it could be essential.

Adapted from: <https://www.narayanaschools.in/blog/digital-detox-why-unplugging-is-essential-for-students-well-being/>

TOTAL SECTION B: 10 MARKS

SECTION C: TEXTUAL INTERPRETATION

QUESTION 3: ADVERTISING

TEXT D

WARNING:
SCREEN TIME IS BREAKING UP YOUR FAMILY 

Less screen time, more family time.

On average, children spend more than **7 hours** on devices per day. This behavior is not caused by instinct but rather influence made by others. Everytime you pick up your devices, think about the impact it would have done to you and others.

Track, be aware, and try to reduce your screen time to improve your life quality.

ccfc
Campaign for a Commercial-Free Childhood

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Track, be aware, and try to reduce your screen time to improve your life quality.

Source: <https://jaredbuchun.com/ccfc-campaign-beware-of-the-screen-time>

QUESTIONS – TEXT D:

- 3.1 Explain how the visual supports the headline of the advertisement:
“Warning: Screen time is breaking up your family”. (3)
- 3.2 Refer to the written text: ‘On average ... life quality.’
With reference to ONE technique and ONE example, comment on how the advertiser promotes the campaign. (2)

3.3 Comment on the effectiveness of the advertisement. (3)

3.4 Refer to the text: “Track, be aware, and try to reduce your screen time to improve your life quality.”

Rewrite the underlined word as a noun. (1)

3.5 Refer to the text: “Children spend more than 7 hours on devices per day.”

Rewrite this sentence into the passive voice. (1)

[10]

SECTION C: CARTOON ANALYSIS

QUESTION 4:

TEXT E

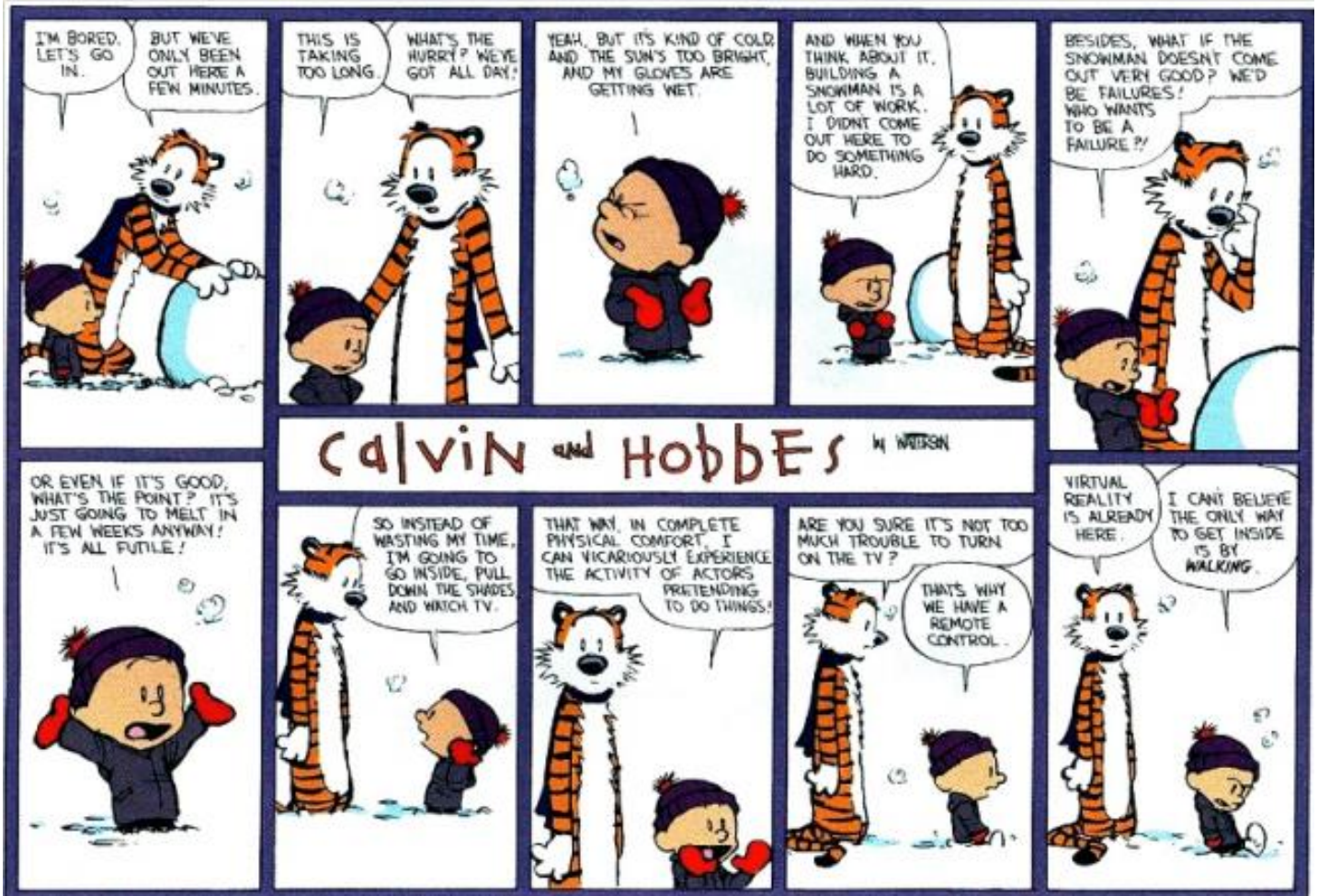
Frame 1

Frame 2

Frame 3

Frame 4

Frame 5



Frame 6

Frame 7

Frame 8

Frame 9

Frame 10

Source: <https://larrydixon.wordpress.com/2015/11/11/time-for-a-great-cartoon-boredom/>

Characters:

Young boy: Calvin

Tiger: Hobbes

QUESTIONS TEXT E:

4.1 Refer to FRAME 1-3.

Discuss the contrast in attitude evident between Calvin and Hobbes about being outside to build a snowman. Be sure to refer to the visuals and the text in your response. (3)

4.2 Refer to FRAME 5

Rewrite Calvin's statement "Besides what if the snowman doesn't come out very good" so that it is grammatically correct. (1)

4.3 Refer to FRAME 6

Provide a synonym for the word "futile" in the context of Frame 6. (1)

4.4 Refer to FRAME 7

Discuss the irony of Calvin's response in Frame 7 in the context of the cartoon as a whole. (3)

4.5 Refer to FRAME 9

Identify and explain Hobbes' tone in this frame. (2)

[10]

SECTION C: EDITING SKILLS

QUESTION 5:

The following text may contain deliberate errors.

TEXT F

The Importance of Mindfulness for Teenagers

1 In today's fast-paced world, teenagers face increasing pressure - from academic demands to social expectations and digital distractions. Amid this whirlwind, mindfulness offers a powerful tool to help young people stay grounded, focused, and emotionally balanced.

2 Mindfulness is the practice of paying attention to the present moment without judgment. It encourages individuals to become aware of their thoughts, feelings, and surroundings, fostering a sense of calm and clarity. For teenagers, this can be especially valuable. Studies have shown that regular mindlessness practice can reduce stress, improve concentration, and enhance emotional regulation.

3 Teenagers often struggle with anxiety, mood swings, and self-esteem issues. Mindfulness help them pause and reflect, rather than react impulsively. It teaches them to observe their emotions and thoughts without being overwhelmed by them. This can lead to better decision-making and healthier relationships.

4 Moreover, mindfulness can improve academic performance. By training the mind to focus, students may find it easier to concentrate during lessons and retain information. It also promotes resilience, helping teens cope with setbacks and challenges more effectively.

5 Incorporating mindfulness into daily routines doesn't require hours of meditation. Simple and easy practices like deep breathing, mindful walking, or journaling can make a meaningful difference. Schools and parents can support teens by creating environments that encourage reflection and self-awareness.

6 Ultimately, mindfulness empowers teenagers to navigate life with greater confidence, compassion, and clarity - skills that will serve themselves well beyond the classroom.

Adapted from: <https://www.mhs-dbt.com/blog/mindfulness-teens-important-mental-health/>

QUESTIONS TEXT F:

- 5.1. Correct the punctuation error in line 1. (1)
- 5.2. Correct the spelling error in paragraph 2. (1)
- 5.3. Identify and correct the malapropism in paragraph 2 by rewriting the sentence. (1)
- 5.4. Identify the function of the commas in the opening line of paragraph 3. (1)
- 5.5. Identify and correct the concord error in paragraph 3 by rewriting the entire sentence. (1)

- 5.6 What part of speech is “impulsively” (paragraph 3)? (1)
- 5.7 Provide the superlative form of “easier” (paragraph 4). (1)
- 5.8 Identify and correct the redundancy in paragraph 5 by rewriting the sentence. (1)
- 5.9 Identify and correct the pronoun error in paragraph 6. (1)
- 5.10 Rewrite paragraph 6 without the dash. The original meaning should remain the same. (1)

SUB-TOTAL SECTION C: 10 MARKS

TOTAL SECTION C: 30 MARKS

GRAND TOTAL: 70 MARKS