



Hillcrest High School

Grade 10

LIFE ORIENTATION

NOVEMBER 2025

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. Do not use correction fluid or highlight any answers.*
- *Do not draw or doodle on the exam paper.*
- 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 (11)	Q3 (9)	Q4(20)	Q5 (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/statements. Choose the most correct answer and **circle** the correct letter.

1.1 The acronym SAQA stands for:

- A. South African Qualifications Authority
- B. South African Quality Assurance
- C. South African Qualifications Association
- D. South African Qualifications Assessments

1.2 Teaching falls in the following sector:

- A. Education
- B. Health
- C. Law and Order
- D. Finance

1.3 Transferable skills refer to:

- A. The ability to do something efficiently
- B. Skills that are much needed (very few people have these skills)
- C. Knowledge/skills that can be transferred from one job to another
- D. Specialised skills suitable for one particular job only.

1.4 A current trend in the global market is:

- A. Consumer trend towards health and wellbeing
- B. Use of more unsustainable products
- C. Less demand for plant-based food
- D. Online orders of products are decreasing

1.5 Changing career patterns include:

- A. More than one source of income
- B. Working from 8 to 5 pm
- C. One career for life
- D. Work in an office environment only

- 1.6 Refers to the skill of analysing and evaluating information:
- A. Evaluation
 - B. Critical thinking
 - C. Assertiveness
 - D. Assessing
- 1.7 The ability to read and write:
- A. Literacy
 - B. Numeracy
 - C. Technology
 - D. Communication
- 1.8 Emotional changes during adolescence often include:
- A. An increased intensity of emotions
 - B. Stability in mood and behaviour
 - C. A decreased intensity of mood swings
 - D. A decreased need for peer acceptance
- 1.9 A physical change during puberty includes:
- A. Starting to date
 - B. Having mood swings
 - C. Pimples or acne
 - D. Spending more time with peers
- 1.10 Assertiveness refers to:
- A. Your well-being and ability to cope with life events
 - B. Standing up for your rights in a respectful and responsible way
 - C. The activities you do for enjoyment
 - D. Physical violence to get your way

QUESTION 2 (11 Marks)

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

2.1 To get a salary and/or rank upgrade or raise.

2.2 This skill refers to the ability to work with numbers and do calculations.

2.3 In this sector raw materials are extracted from nature.

2.4 In this sector services are provided to people or businesses.

2.5 In this sector materials are turned into goods that can be sold.

2.6 To share, transfer or exchange information.

2.7 Knowing yourself including strengths and weaknesses.

2.8 Pressure that you must do the same things as other people of your age and social group to be liked or respected by them.

2.9 Refers to a duty or task you are expected or required to do.

2.10 Refers to the part someone has in a family, group or society.

2.11 A process where people get credit for non-formal learning in the past.

QUESTION 3 (9 Marks)

Complete the table below:

DIFFERENT TYPES OF LEARNING

Type of learning	Description (3)	Leads to certification (Yes/No) (3)	Where learning takes place (3)
FORMAL LEARNING			
INFORMAL LEARNING			
NON-FORMAL LEARNING			

SECTION B CASE STUDIES (Compulsory) 40 Marks

Read both the case studies and answer all the questions, in full sentences.

QUESTION 4 (20 Marks)

Communicating Values to Teens

As young people mature, they learn to distinguish between right and wrong, and develop a sense of fairness and justice by observing the world around them and the actions of those they love and trust. At their core, values are the guiding principles that inform our sense of right and wrong. These deeply held beliefs shape our decisions and enable us to think critically about challenging situations.

[Adapted from <https://parentandteen.com> Accessed 23 July 2024
Teenactiv (2024)]

4.1 Provide a definition of "Values" (2)

4.2 Discuss 2 social changes adolescents may experience in their relationship with family members. (2X2)

4.3 Explain why having a strong value system may assist teenagers in making responsible decisions regarding sexual behaviour. (2)

4.4 Discuss how you can avoid being misunderstood when you communicate with others (2X2)

4.5 Explain why critical-thinking skills are important when making lifestyle choices. (2)

4.6 Analyse the role played by peers in developing the value system of adolescents. (2)

4.7 Discuss how participation in recreational activities can improve the relationship between parents and adolescents. (2X2)

QUESTION 5 (20 Marks)

Unfair Practices in Sport.

In recent years, the use of performance-enhancing drugs (PEDs) has become a major issue in professional sports. Some athletes, driven by the pressure to succeed, have resorted to taking drugs to enhance their physical abilities. While these drugs may temporarily improve performance, they carry serious health risks and violate the principles of fair play.

One high-profile case involved a professional sprinter, "John," who was caught using an anabolic steroid. John had always been known for his incredible speed, and many fans considered him to be a natural talent. However, during a routine anti-doping test after a major competition, he tested positive for the steroid. John was subsequently banned from competition for two years, and all his previous race results were stripped.

5.1 Provide definitions for the following four unfair practices in sport (4X2)

Drug taking

Match-fixing

Subjective umpiring

Maladministration in sport

5.2 Analyse whether the sanctions imposed on John are fair. Discuss. (2)

5.3 Discuss 2 reasons why athletes may resort to taking performance enhancing drugs (2X2)

5.4 How could sponsors and coaches help athletes avoid the temptation to use performance enhancing drugs? (2X2)

5.5 List 2 health risks associated with using performance enhancing drugs. (2)

SECTION C (ESSAYS) 30 Marks

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

QUESTION 6 (15 Marks)

“Social media is a big part of daily life for lots of teenagers. A 2022 survey found that 35% of teens use at least one of five social media platforms more than several times a day.

Use of social media is linked with healthy and unhealthy effects on mental health.”

<https://www.mayoclinic.org>. Accessed on 9/09/2025

Consider the above and write paragraphs on:

- A definition of “social media” (1)
- Discuss two healthy effects of social media on the mental health of teenagers. (2X2)
- Discuss two unhealthy effects of social media on the mental health of teenagers. (2X2)
- Describe what measures teenagers can put in place to ensure their safety when communicating on social media. (3X2)

QUESTION 7 (15 Marks)

Religion is a powerful force that shapes the beliefs, values, and actions of many individuals and communities around the world. In studying religion, we gain insight into different worldviews, moral teachings, and cultural practices.

Refer to the above statement and write paragraphs as follows:

- Discuss 2 cultural practices in Judaism. (2X2)
- Define karma (Hinduism). (1)
- Discuss how a belief in karma can help one make moral decisions. (2)
- Describe any two of the five pillars of Islam. (2X2)
- Explain two traditions/beliefs in Christianity. (2X2)

QUESTION 8 (15 Marks)

In a world that is constantly evolving, the ability to keep learning throughout one’s life is more important than ever.

Consider the above and write paragraphs on the following:

- Define the term “lifelong learning”. (1)
- Discuss why lifelong learning is so important in today’s world. (2)
- Discuss how students can develop lifelong learning habits whilst still at school.(2X2)
- Explain how lifelong learning can benefit someone in their career. (2X2)
- Identify 4 characteristics or qualities of a lifelong learner. (4)

