



# **LIFE ORIENTATION**

## **TERM 1**

## **MODULE**

## **GRADE 10**

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# UNIT 1 – STRATEGIES TO DEVELOP SELF-AWARENESS, SELF-ESTEEM AND SELF-DEVELOPMENT.

## Self-awareness

*Self-Awareness means to know yourself.*

To know your:

- Interests
- Skills
- Strengths and weaknesses
- Likes and dislikes
- Goals, wishes and hopes
- Values and beliefs

## Self-esteem

*Self Esteem means how much we love [or hate] ourselves.*

It refers to:

- How much you like, rate and value yourself
- How confident you are
- How much you believe in yourself

**Self-esteem** is the set of opinions you have about yourself and identifying with them. Self-esteem then seems like the most important thing on earth. You struggle to build positive opinions and push down negative ones.

**Self-awareness** is being able to see how these opinions are formed, how they arise, how they fade...in real time. That their lifespan is only within your head, not in reality. Then you are no longer afraid of them.

You do continue to have self-esteem of course. But whether it is good/bad/high/low stops being a life-or-death thing. You are no longer dependent on it. You are free.

## Self-development

The process of improving oneself through such activities as enhancing employment skills, increasing consciousness and building wealth.

*Self- development* means how you:

- Build on your strengths
- Improve on your weaknesses
- Develop your life skills
- Become the best person you can be

## **Islamic perspective on self-development**

Development carries the notion of enhancement of one's capabilities and potentials. It implies a forward movement from a given position to a position of greater achievement, opportunity and benefit. In order to develop, individually or collectively, it is necessary to define the goals one wishes to achieve, factors that influence development, and the process of achieving the desired goals for development. Each human being is born with some basic faculties. How these faculties are moulded depends on inherent capacities, nurturing environment and other external influences.

Islam places a great deal of emphasis on 'self-development' where an individual takes the responsibility for understanding the purpose of human life, and for shaping that life in the best possible manner, for one's own benefit and the benefit of the society at large; Islam also provides comprehensive guidance to achieve this goal.

Human development consists of processes of growth and change that takes place from birth to the end of life. The development process is externally influenced from sensory inputs through the organs, and it is internally self-propelled from things which happen within the human body and mind. Our focus here is the development of the human mind, which takes place through sensory inputs and internal mental processes. This development includes learning through the senses and cognition that occurs when learning is abstracted into knowledge for subsequent use.

Islam identifies two sources which play the roles of nurturing or corrupting human development. Inspiration from divine guidance nurtures human development. Not paying attention to divine guidance and succumbing to conspiracies, arising from within or externally from one's environment, corrupts human development.

# Factors that influence self-awareness and self-esteem

## Childhood

During our childhood our personalities are developing and the people around us have a strong effect on our self-esteem. Did you have parents that gave you praise or were constantly critical of you? Did you have teachers or coaches that supported you? Did your parents role model having healthy self-esteem themselves? Think about all the people in your life growing up and how they might have influenced your self-esteem. If you come up with negative influences take the time to let it go. Put your past in perspective and put it behind you.



## Society

We receive lots of messages from society about how we should be and this can be a major contributing factor to self-esteem. There are societal expectations of what job we should have, that we should be married by a certain age, what kind of clothes we wear, and how much money we make. If you allow other people's rules and expectations to dictate who you are and how you live your life you will never be happy. **Look instead within yourself** to come up with how you should live and who you should be. Make sure your expectations for yourself are realistic and healthy.

## Media

We are constantly being bombarded by advertisements everywhere we go. We are exposed to messages from our televisions, on the radio, in magazines, and pop up ads on our computers and cell phones. Have you ever stopped to think about what these messages are conveying to us? Most advertisements are getting the subliminal message across that you are inadequate and the way to be better or feel better is to purchase the product they are promoting.



A great example is the typical ad for a woman's makeup line that shows a happy attractive woman having a good time with lots of friends. The underlying message is that you must buy this product to be beautiful, to have others like you and accept you, and to be happy.

I love how the company Dove decided to push back against other beauty companies and decided to put real women in their advertisements. Women that were all different shapes, sizes, and from different ethnic backgrounds. Moving forward start looking at advertisements with a different lens. Remind yourself that the people in ads are models, have sat in make up chairs for hours, and have been photoshopped extensively. **Don't compare yourself to a make believe image.**



## People in Your Life

We spend a lot of time with our friends, family, acquaintances and they can heavily influence our self-esteem. Are the people in your life supportive of you? Do they build you up or drag you down? Think about the people you spend your time with and contemplate whether they are contributing to you having a healthy self-image of yourself or whether they are making you feel inadequate. If they are a negative influence, **communicate to them how they could be more supportive and set healthier boundaries**. Let them know that you want to be in supportive relationships with people who uplift you. Make an effort to start seeking friendships and relationships with people that are positive and supportive.



There are multiple factors that can have an effect on your self-esteem. Your childhood, society, the media, and people in your life can all add or take away from how you feel about yourself. Studies have shown that people who have an unhealthy self-esteem are more likely to experience stress, anxiety, and depression. **The most important influential factor to your self-esteem is YOU**. You can decide to take control and make a change to start having a healthy self-esteem. Put the work in to start to truly love and accept yourself.

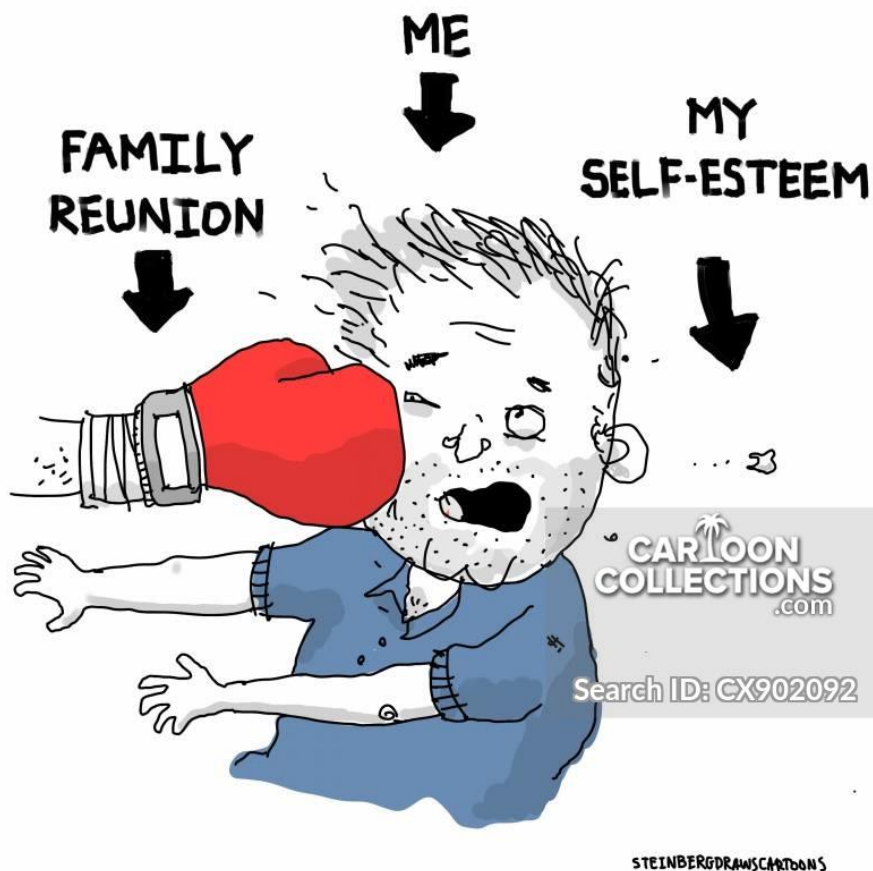
<https://www.essenceofhealingcounseling.com/anxiety/what-factors-influence-your-self-esteem/>

<http://www.businessdictionary.com/definition/personal-development.html>

<https://www.quora.com/What-is-the-difference-between-self-esteem-and-self-awareness>

<https://www.islamreligion.com/articles/5305/viewall/principles-of-self-development-in-islam/>

## **Strategies to build confidence in yourself and others**



### **A few pointers to help you**

- "Practice"
- "Behave as if you are more confident than you are."
- "Be flexible in your behaviour."
- "Learn from your mistakes. The only way to avoid mistakes is to become stagnant."
- "Silence the voice of self-blame, and speak encouragingly to yourself."
- "Be kind to yourself."



## We are all different

- Acknowledge and respect uniqueness and differences
- Every person is unique. Uniqueness means that every person is different in some way and is special.
- People have different looks, culture, beliefs, skills, interests, practices, values ect.
- Race, gender and ability.
- Respect all races
- No race is better or worse than any other race. We are all equal.
- Everybody needs respect irrespective of whom they are.
- Respect people who are differently abled than yourself

<http://sourcesofinsight.com/six-guiding-strategies-to-build-up-your-self-confidence/>

## ACTIVITY 1

1. Define the following terms:
  - a) Self-development
  - b) Self-awareness
  - c) Self-esteem
2. Discuss 5 points on the Islamic perspective of self-development
3. What strategies will help you build confidence in yourself and others?
4. Discuss 3 factors that influence your self-awareness and self-esteem.

## UNIT 2 – POWER AND GENDER



GBV

Someone with **power** has physical strength or they're in control of things.

One of the most persistent patterns in the distribution of power is that of inequalities between women and men. The set of roles, behaviours and attitudes that societies define as appropriate for women and men ('gender') can be the cause, consequence and mechanism of power relations, from the intimate sphere of the household to the highest levels of political decision-making. Wider structures and institutions can also shape the distribution of power by reinforcing and relying on gender roles.

### Masculine and Feminine

When hearing those two words you might immediately think of men and women. I wouldn't blame you, many of us are told that men must be masculine and women must be feminine. Now when searching the definition for masculine, all of the definitions included something to do with men. According to google dictionary, it said that masculinity was traditionally associated with men, while others were more direct and said that the word masculine meant men or the male gender. When searching up the word feminine it came up with similar results. Now like the definitions of masculine, these definitions went straight to associating it with women.

#### Traits that are considered masculine

- Dominant
- Strong
- Independent
- Assertive
- Brave
- Innovative

#### Traits that are considered feminine

- Emotional
- Collaborative
- Nurturing
- Vulnerable
- Caring
- Humble

All of the feminine traits are associated with women, whereas the masculine traits are associated with men. If a woman is seen being dominant or assertive she is bossy, but if a man is dominant or assertive he's a boss and is taking control. We can say the same thing about a man who is seen crying or being caring, he can be considered weak, but if a woman is emotional or caring it is considered good or the way she is supposed to act.

It is time that society realizes that masculinity and femininity are not traits we associate with depending on gender, but instead depending on the character. To be balanced and better people, I believe we need to have both masculine traits and feminine traits.

## Gender

Is a **socially constructed definition of women and men**. It is not the same as **sex (biological characteristics of women and men)** and it is not the same as women. **Gender is determined by the conception of tasks, functions and roles attributed to women and men in society and in public and private life.**

## Gender stereotypes

**Preconceived ideas whereby females and males are arbitrarily assigned characteristics and roles determined and limited by their gender,**

**Gender stereotyping can limit the development of the natural talents and abilities of girls and boys,** women and men, as well as their educational and professional experiences and life opportunities in general. Stereotypes about women both result from, and are the cause of, deeply engrained attitudes, values, norms and prejudices against women.

## Violence against Women – A Problem in South Africa

Violence against women has become a serious problem in South Africa and the world.

Information from different countries indicates that 35% of all women have been physically or sexually abused by an intimate or non-intimate partner.

While women across the globe fall victim to physical or sexual violence every day, African women are particularly vulnerable to this regard. It has been concluded that African countries have some of the highest levels of physical and sexual violence against women in the world. However, the statistics are sometimes considered unreliable due to poor reporting probably as a result of fear. The South African report partly links the low report and conviction rate of violence perpetrators to the post-apartheid public perception of the police force.

However, the statistics are sometimes considered unreliable due to poor reporting probably as a result of fear. The report states that the attitudes and prejudices of the law enforcement agencies and other government officials and the inaccessibility of services that should be made available to the public, especially

in rural areas, are also part of the problem. The information follows a report by the South African Medical Research Council (MRC) in collaboration with the London School of Hygiene and Tropical Medicine and the World Health Organisation (WHO).

According to the report, about 45.6% of women in Africa experienced physical and sexual violence, compared to the 35% worldwide.

Women who experienced violence with their intimate or non-intimate partners were likely to be depressed, have alcohol-related problems, contract HIV or any other sexually transmitted disease, unwanted pregnancy, abortion and lead a disorganized life.

Violence against women takes many forms – physical, sexual, economic, psychological, and emotional – but they all represent a violation of human rights and dignity with lasting effects and consequences both for women themselves and for the communities they live in.

Victims of violence are not effectively supported by public services and this makes it more widespread and discourages the victims from reporting.

This shows that violence against women is firmly established in South Africa, and it does not appear to be changing anytime soon. Rather, violence has become the order of the day and an accepted way to affirm and reaffirm masculinity and dominance by the menfolk.

## Violence against Women Quotes

“If we are to fight discrimination and injustice against women we must start from the home for if a woman cannot be safe in her own house then she cannot be expected to feel safe anywhere.”

“It was much easier to explain the veil than to answer questions about the wounds.”

“But people like the doll guy who sells women and the dog guy who buys women, and other guys who, say, rape women, or maybe don’t go as far as violent rape but treat women like objects instead of people—sure, there’s a difference in the level of crime, but it’s all the same thing, where women become a canvas for throwing emotional baggage.”

# An Islamic Perspective on Violence against Women.



While women in many parts of the world have made advances in areas previously closed to them, the problem of violence against women remains. Unfortunately, this violence takes many forms and occurs across national, cultural, racial, and religious borders.

Islam condemns all forms of violence against women. The basic Islamic premise of equality between women and men cannot be achieved as long as violence against women persists.

In pre-Islamic Arabia violence against women began at birth in the form of female infanticide. Islam prohibited the practice of female infanticide. Not only did the Quran prohibit this practice, it also mocks those who view the birth of a girl child with contempt. ([Quran 16:58-59](#)).

Another common form of violence against women is that committed by husbands on their wives. Islam requires that husbands treat their wives with respect and it prohibits any form of physical or emotional abuse. The Quran requires that spouses treat each other with love and mercy. ([Quran 30:21](#)).



Moreover, the Quran repeatedly warns against the use of injurious statements by a husband against his wife. ([Quran 58:2-4](#)).

Rape, unfortunately, remains a common form of violence against women. In addition, the woman is often blamed for being the victim of rape. Islam views rape as a violent crime against the victim, against society, and against God. The perpetrator has committed a crime and hence is morally and legally responsible.

In addition to the violence that women are subjected to during times of peace, women are particularly vulnerable during times of war. Islam condemns violence against women no matter what the circumstances. War is no exception. Prophet Muhammad (saw) was strict in ensuring that non-combatants, primarily women and children, were not harmed during war time.

Likewise, forced prostitution is another form of violence against women with no basis in Islam and which must be eradicated through the empowerment of women.

Islam's mandate of equality between women and men necessitates that all forms of violence against women be eradicated, for so long as women suffer abuses, women cannot achieve their full potential as free and equal members of society.

## Teenage Pregnancy

This may happen because:

- Peer pressure
- Lack of information
- Poverty
- Rape
- Wishing to have a baby and have somebody to love.

<https://www.voicesofyouth.org/blog/masculinity-and-femininity>

<https://eige.europa.eu/thesaurus/terms/1200>

<https://www.tears.co.za/violence-women-problem-south-africa/>

<https://www.islamicity.org/2645/an-islamic-perspective-on-violence-against-women/>

<https://www.goodreads.com/quotes/tag/violence-against-women>

## ACTIVITY 2

1. Define the following terms:
  - a) Power
  - b) Gender
  - c) Gender stereotypes
2. Identify 2 traits which are considered to be masculine and 2 traits which are considered to be feminine.
3. Why do you think that violence in South Africa is a huge problem?

## UNIT 3 – VALUE OF PARTICIPATION IN EXERCISE

### Value of Physical Fitness



The importance of including physical fitness into your life spans every aspect from weight control to disease prevention to improvements in your physical appearance. It is not just a matter of doing so many pushups or situps. It means following an exercise plan which will enhance your body's ability to respond to stress.

### **What Is Physical Fitness?**

Physical fitness means being in a state of good health. Its simple definition belies the comprehensive nature of fitness. Not only does it involve exercising regularly, it also includes following a good diet, getting enough rest, and being in a good mental state. All of these aspects are interconnected.

### **5 Components of Physical Fitness**

You can do exercise for physical fitness components that will help you to gain optimal health. Being optimally fit involves more than just weightlifting or spin class. There are five components to total fitness and doing exercise for physical fitness components for each will result in optimal health.

#### **1. Cardiovascular & Respiratory Endurance**

How long can you sustain moderate physical activity such as jogging, brisk walking or other sports? This is directly related to your cardiovascular and respiratory endurance. Endurance is important because it allows you to participate in the activities you enjoy without becoming exhausted.

## 2. Muscular Strength

How easily can you lift heavy objects? Can you open jars or do you need someone to do it for you? How about moving furniture when you decide to clean under it or rearrange your living room? These activities are all made easier by maximizing your muscular strength. The good news is that you can gain muscle strength without growing big, bulging muscles. Adding muscle also has an added benefit - increased muscle mass causes a metabolic increase, as well.

## 3. Muscular Endurance

Muscular endurance is different than muscular strength. Endurance allows repetitive motion over sustained amounts of time.

## 4. Flexibility

Can you bend over and tie your shoes or do you get stuck somewhere along the way? How well can you reach that book that fell under the bed? These are both activities affected by your flexibility. Flexibility comes from supple muscle and connective tissue that stretches easily, allowing you to perform motions like bending, reaching and twisting over a full range of motion.

## 5. Body Composition

Your body is made up of lean body mass and fat. Lean body mass is everything in your body that is not fat, such as muscle, skin, organs and bone. A healthy body composition is important for prevention of diseases such as coronary disease, diabetes and high blood pressure.

## Exercise for Physical Fitness Components

There are exercises you can do for each. Some exercises help you hit more than one component at a time. Here are some exercises that will help you to work on each of your components of fitness.

[Interval training](#) is a great form of exercise, because it hits a number of the physical fitness components at once. Interval training improves muscular strength and endurance, cardiorespiratory endurance and body composition. Interval training involves rapid cycling of high intensity exercise - such as weightlifting - and lower intensity aerobic training - such as a stair climber - in cycles.

[Stretching exercises](#) can help improve your flexibility and prevent injury.

[Weight training](#) improves both muscle strength and muscle endurance. If you get a set of simple dumbbells, you can do these types of exercises at home.

[Calisthenics](#) can improve muscle and cardiovascular endurance. If you do them very slowly, using about 20 seconds to go through the entire range of motion for each exercise, you can also improve your muscular strength. Best of all, calisthenics require no special equipment and can be done any time, any place.

Sports, such as tennis, soccer and racquetball are a form of extremely fun interval training. Any sport that intersperses bursts of speed and power with lower levels of running, walking and jogging can help to improve strength, endurance and cardiovascular health. This also has a positive effect on your body composition.

[Aerobic exercise](#) such as jogging, elliptical trainer or spin class increases cardiovascular and respiratory endurance. To some extent, they also improve muscular endurance.

Yoga can improve flexibility and, depending on the type of yoga you do, it can also improve muscular strength, muscular endurance, cardiorespiratory endurance and body composition.

[Pilates](#) is another super exercise that can affect all of the components of physical fitness.

Walking improves cardiorespiratory endurance.



## Connection between Mental and Physical Health

**Mental and physical health is fundamentally linked.** There are multiple associations between mental health and chronic physical conditions that significantly impact people's quality of life, demands on health care and other publicly funded services, and generate consequences to society. The World Health Organization (WHO) defines: *health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.* The WHO states that "there is no health without mental health."<sup>1</sup>

Nowhere is the relationship between mental and physical health more evident than in the area of chronic conditions. The associations between mental and physical health are:

- Poor mental health is a risk factor for chronic physical conditions.
- People with serious mental health conditions are at high risk of experiencing chronic physical conditions.
- People with chronic physical conditions are at risk of developing poor mental health.

<https://ontario.cmha.ca/documents/connection-between-mental-and-physical-health/>

[https://exercise.lovetoknow.com/5 Components of Physical Fitness](https://exercise.lovetoknow.com/5-Components-of-Physical-Fitness)

### ACTIVITY 3

1. Briefly discuss the value of physical activities in our lives.
2. What is the connection between mental and physical health?
3. How does physical fitness help one to lead a better life?
4. What do you do remain healthy?



## UNIT 4 – CAREERS AND CAREER CHOICES



### The importance of self-knowledge

*'Know thyself': it is one of the oldest philosophical recommendations and it is especially true for careers. Self-knowledge will help you to learn which things fit you and which don't. How are you supposed to find the perfect job, if you don't know what you're looking for? Self-knowledge requires an understanding of both of the past and the current self.*

### Skills and Interests

Understanding your skills, interests, values, and personality is the first step toward choosing a career path. Learning what you enjoy, what you're good at, and what you value most in your life or work environment is necessary before you embark on exploring possible careers. View the ideas below which will help

#### Skills, Transferable Skills, Interests, Values, Personality and Competencies

#### Skills

Throughout the course of your life, you have gained competencies in many areas. Think about your accomplishments, and the talents that enabled you to succeed. Common skill areas include: interpersonal, communication, leadership and organizational.

#### Transferable Skills

Transferable skills are areas of strength (personal qualities) you can transfer from one environment to another such as home, school, work, volunteerism, or extra-curricular activities. They can be used in many different environments, across occupations, regardless of the type of work. You may have attained transferable skills from:

- Volunteering, not-for-profit organization, or community service
- School organizations or service learning
- Job shadowing
- Part-time jobs or internships
- Academic courses

According to the National Association of Colleges and Employers, the top 10 personal qualities employers seek are:

**Leadership , Ability to work in a team , Written communication skills  
Problem-solving skills , Strong work ethic Analytical/quantitative  
skills , Technical skills , Verbal communication  
skills , Initiative and Computer skills.**

## Interests

- What interests do you have that could be translated into a career?
- Which projects or accomplishments have been most fulfilling and why?
- What has been your favourite class to date and why?
- What has been your favourite internship/job? Extracurricular activity? Hobby?
- In your previous jobs, what did you like and dislike?

## Values

Values play an integral role in career satisfaction. Do you prefer risk or stability? Variety or routine? Teamwork or autonomy? Competition or collaboration?

These tools can help you identify your values and understand your family and cultural influences.

## Personality

Understanding your personality preferences is an important part of choosing a fulfilling career path. Personality can be defined as a combination of qualities that form an individual's distinctive character, which influence how you see, experience, and interact with the world.

Reflect on the questions below as a first step in thinking about your personal traits:

- How would your friends or family describe you?
- How and with whom do you prefer to spend your time?
- How do you like to approach new projects or activities?
- How do you typically make big decisions?
- How do you prefer to go about your day?

## Strong Interest Inventory

- What do I enjoy most? What don't I enjoy?
- What sort of lifestyle am I aspiring to?
- How do I measure success?
- What do I value in life?
- Which school subjects do I love best and excel at?

This can help you to start narrowing down potential careers and fields of study. For example, if you know that you're strong in mathematics, but don't enjoy school speeches and debates, you may decide you'll be better off studying computer science than law. And if you aspire towards a high salary, chartered accounting could be a better fit than drama or teaching.

## How to Choose a Career That Will Best Use Your Strengths



One of the first things to realize when considering how to choose a career that suits your strengths is that you succeed based on who you are, instead of who you are not. There are certain characteristics about you that will not change.

For example, whether you are an extrovert or an introvert has an immense impact on the career you will excel in. To illustrate, if you are an introvert, you probably would not be suitable for a career which requires you to have intense, personal interaction with customers, such as a sales job.

# Benefits of Choosing a Career Based on Talent



We all have natural talents, some of which can transfer over to a career path. Knowing what your natural talents are is a vital part of choosing the right career path. There are numerous benefits if you choose a career based on what comes easy to you.

## Love What You Do

Your job should be based on what you love to do every day, instead of what you have to do. If work-related tasks are aligned with your talents it makes what you do enjoyable. Everyone is capable of doing other things, but those other tasks usually feel more like work. You need to ask yourself what do you always enjoy doing, and how can those talents be applied to a job?

## Time Flies When You're Having Fun

When we use our natural talents, time moves fast. Instead of staring at the clock all day wishing for 5pm, you should be interested in your job. If you love what you do and it comes easy for you, you'll be left wondering where the time went instead of trying to just make it through the day.

## Get Paid More

Use your talents to your advantage. It is important to recognize your natural talents, and promote them to your employers. If you're great at what you do, have a positive attitude, and love coming to work every day then you'll rise within the company quickly. The better you are at your job, the more leverage you have to negotiate a higher salary.

Don't expect every job to be a perfect fit, but do choose a position that makes use of your strengths. Using the skills that you are proficient in will lead to a happy and successful career. Focus on your natural talents and match them to a job you are interested in.

PERSONALITY TYPE	INTERESTS, STRENGTHS AND ABILITIES
REALISTIC	Prefer work that requires technical, mechanical or physical skill. Enjoy working with hands or tools. Prefer working outdoors.
INVESTIGATIVE	Like to learn, know and analyse. Enjoy science and scientific activities. Like to solve problems. Enjoy Maths and Science.
ARTISTIC	Like to use your imagination and creativity. Enjoy art, craft drama, dance and music. Do not like to follow rules.
SOCIAL	Concerned about others and their needs. Enjoy communicating with and helping people. Like to educate and inform. Helpful and friendly.
ENTERPRISING	Enjoy influencing and leading others. Communicate well and are self-confident. Like new and adventurous things.
CONVENTIONAL	Like routine and rules. Prefer to be a follower rather than a leader. Pay attention to detail.



# What is the difference between career, work, job, occupation and profession?

The basic concept here is "work" - the activity, and I think it has to be large-scale, prolonged activity - that one does because it needs to be done. "The application of effort to some purpose".

**"Job"** can mean a piece of work. Example: "Your job for today is to clean the muck out the stock room". Or it can mean the work that one does, on a long-term basis, for pay. Example: "What's my job? I'm a bus driver."

**"Occupation"** also means the work that one does on a long-term basis, but in this case it may be paid or unpaid. If you spend your days running the local library, because people want you to, but they are unable to pay you, you would describe that as an occupation, but you probably wouldn't describe it as a job.

**"Profession"** is used as a label for jobs that have high status. If you work as a clergyman, or a lawyer, or an army officer, or any of a number of other well-regarded middle-class occupations, you would describe what you do as your "profession". Or you could call it your job, if you preferred.

**"Career"** describes a job that can progress to increasingly elevated levels (in the sense of increasing responsibility, authority, status and pay), over a long period of time. If you become a teaching assistant, and plan that in due course you will become a qualified teacher, a head of department, a deputy head teacher, and a head teacher, you are treating the job as a career.

# UPDATE: What are the NEW matric pass requirements?

*If you're in the dark about what the minimum pass requirements for matric are, and what a bachelor's pass is, here's all you need to know.*



**Don't lose sight of the end goal.**

The pass requirements aren't as simple as you may think. And 2018, the Department made amendments to the pass requirements, allowing students to fail 1 subject. But there are still very specific subjects and marks you need to pass.

Elijah Mhlanga, a spokesman for the Department of Basic Education, explains, "If the learner does not satisfy the minimum subject requirements, he will not be awarded with the [National Senior Certificate], even though he may have attained an exceptionally high mark in one or two of the other subjects."

But let us break it down for you.

**'Consistency was key for me' - Rebecca Haines, top matric mathematics achiever from Rustenburg High School For Girls in Cape Town says her excellent results came down to working consistently.'**

**Firstly, there are 3 pass levels:**

1. Higher certificate
2. Diploma
3. Bachelors pass (previously known as an exemption).

**Here are the matric pass requirements for each of these levels:**

### **Higher certificate pass requirements**

- Must obtain at least 40% in your Home Language,
- Must obtain at least 40% in two other subjects,
- Must obtain at least 30% for four other subjects.
- Must pass at least 6 out of 7 subjects.

### **Diploma pass requirements**

- Must obtain at least 40% for your Home Language,
- Must obtain at least 40% for three other subjects excluding Life Orientation,
- Must obtain at least 30% in the Language of Learning and Teaching (LOLT) of the tertiary institution (Higher Education Institution),
- Must pass at least 6 out of 7 subjects.

With this pass you can apply to study for a diploma at a TVET college or University of Technology.

### **Bachelors Degree pass requirements**

- Must obtain at least 40% for your Home Language (compulsory),
- Must obtain at least 50% for four other subjects excluding Life Orientation,
- Must obtain at least 30% in Language of Learning and Teaching (LOLT) of the tertiary (Higher Education) institution,
- Must obtain at least 30% for one other subject,
- Must pass at least 6 out of 7 subjects.

With a Bachelor's pass you can apply to study towards a degree at a university, university of technology, FET college or any accredited Higher Learning Institution.

## Level system: What the grades mean

Level 7: 80–100% (Outstanding achievement)

Level 6: 70–79% (Meritorious achievement)

Level 5: 60–69% (Substantial achievement)

Level 4: 50–59% (Moderate achievement)

Level 3: 40–49% (Adequate achievement)

Level 2: 30–39% (Elementary achievement)

Level 1: 0–29% (Not achieved: Fail)

Which subjects are compulsory?

- Home Language
- First Additional Language
- Mathematics or Mathematical Literacy
- Life Orientation
- Either English or Afrikaans as one of your languages

## What are the five socioeconomic factors that influence your study choices and your future career?

**Your family:** they can heavily influence your choices, whether academic or even the social circle you move around in. Sometimes you are forced to follow in older siblings footsteps.

**Where you grow up:** how does your environment influence your career? You see role models doing what you aspire to do.

**Quality of education:** teachers and professors have a massive responsibility and can sometimes unwittingly kill off someone's passion with "you will never be good at that." On the other hand, great teachers see potential in everyone and mentor them to rewarding careers and lives.

**Your personality:** I know this isn't socio-economic. If you're someone who is detail oriented and highly analytical, engineering or medicine come more naturally. If you get energy from people and enjoy problem solving, roles in management come naturally. Also what motivates you?

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<https://richardstep.com/self-help/unleash-your-strengths-series/how-to-career-using-strengths/>

<https://www.quora.com/What-is-the-difference-between-career-work-job-occupation-and-profession%EF%BC%9F>

<https://www.parent24.com/Learn/Matric-past-exam-papers/what-is-a-matric-pass-20160106>

<https://www.quora.com/What-are-five-socioeconomic-factors-that-influence-your-study-choices-and-your-future-career>

## What are Life Domains

Our lives are multidimensional. This means that our lives have different aspects to them. These aspects are called Domains. We can divide these life domains into 3 main aspects:

Being - the physical, psychological and spiritual domain.

Becoming – the practical, leisure and growth domain.

Belonging – the physical, social and community domain.

### ❖ Being

- Being means who you are.

<i>Physical being</i>	<i>Psychological being</i>	<i>Spiritual being</i>
Health Nutrition Exercise Hygiene Clothing Physical appearance	Mental health Thinking Feelings Self-awareness Self-control	Values Morals( rules on how to act and behave ) Spiritual/religious beliefs

### ❖ Becoming

- What you do to achieve your goals, hopes and wishes. Becoming who you want to be.

<i>Practical becoming</i>	<i>Leisure becoming</i>	<i>Growth becoming</i>
The everyday actions you take to live : Going to school Chores Paid work Volunteer work	Activities that promote relaxation and lessen stress : Physical exercise Playing games	Activities to promote, improve or keep up your knowledge and skills : Studying Attending workshops



Looking after your health and social needs.	Visiting friends and family Using the social media Spending time on hobbies Going on holidays Watching TV, reading a book	Reading Learning Asking questions
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### ❖ **Community belonging**

- Fitting in with your physical environment and being respected and accepted by your social environment or by the people around you.

<i>Physical belonging</i>	<i>Social belonging</i>	<i>Community belonging</i>
Your link with your physical environment : Home School Workplace Neighbourhood community	Your link with your social environment : Family Friends Teachers Co-workers Neighbourhood community	Your access to resources and services available to community members : Clinics and health services Social services Employment Education Recreational, sport and community activities

## **3. Socio-economic factors in study and career choices**

### **3.1. Finances and affordability**

<i>Financial assistance</i>	<i>Explanation</i>
Bursary	An amount of money given to a needy student to help pay for tertiary studies. You do not pay back a bursary, but may be required to work for the company who awarded you the bursary.
Student loan	Money is borrowed from a financial institution and need to be paid back with interest.
Scholarship	Some companies, businesses and organisations award a once-off monetary grant if a student performs well in sport / studies.
Learnership	Allows you to earn while you learn. You study the theory at college and practise what you have learnt in a real job.

### **3.2. Accessibility**

- You need to ask yourself :
  - How close are you to the nearest tertiary institution?
  - If you have to travel, can you afford the transport cost?
  - Can you perhaps study this course through distance education?

### 3.3. The impact of income tax

- **What is income tax?**
  - It is a tax that an individual and companies pay for what they earn or for their profits.
  - The form of tax that people generally associate with the concept of tax is "normal" income tax. The Act also establishes a few methods of paying income tax - namely SITE, PAYE and provisional tax.
- **What is a tax year?**
  - 1 March up to the end of February the next year.
- **Who pay taxes?**
  - All individuals who earns any form of income in a tax year.
  - The Minister announced "as from September this year SARS will require all those receiving any form of employment income – including those below the tax threshold (R120 000 )
- **Who needs to submit a completed and signed income tax return to SARS?**

Where taxpayers receive remuneration less than R120 000, taxpayers may elect not to submit an income tax return, provided the following criteria are met:

  - Remuneration is from a single employer;
  - Remuneration is for a full year of assessment (1 March – 28/29 February); and no allowance was paid, from which PAYE was not deducted in full with regards to travel allowance.
  - The more you earn the more tax you will have to pay.
- **Why do we need to pay taxes?**
  - The government uses the taxes to run the country and pay for roads, schools, hospitals, pensions and teachers salaries. They pay grants from taxes.
- **What if I don't pay tax?**
  - It is a criminal offence not to pay income tax and if you're court or cheat, you can get a fine or sent to jail.
- **Who collect taxes?**
  - The South African Revenue Services (SARS) collect tax.
- **How much must I pay?**
  - SARS will work out the tax on your total income over a tax year.
- **Is there more than one sort of tax than income tax?**
  - Yes, there are several other taxes like :

<i>Types</i>	<i>Who pays it?</i>
VAT	Everybody pay 14% VAT for all goods they buy. When you pay groceries it is already included in the price. The shop pays it back every month to the government

SITE	Standard income tax on employees. This taxes is paid by employees who earn less than R120 000 a year.
PAYE	Pay as you earn. This tax will get deducted from your salary every month if you earn more than R120 000 per year.
Dirt taxes	Taxes paid on goods like cigarettes and alcohol
Import tax	Paid on all good imported into the country
Provisional tax	It is paid 2 times a year. Tax paid by people who do not have the same income every month and year e.g. sports person earning money from his winnings

#### ACTIVITY 4

1. What aspects would one look at when choosing a career?
2. Why is it important to enjoy the work that one has chosen?
3. What does success mean to you?
4. Differentiate between career, job and occupation.
5. Identify 2 socioeconomic factors that influence your choice of career.
6. Differentiate between compulsory and elective subjects.

## UNIT 5 – DEMOCRACY AND HUMAN RIGHTS

### What are human rights?

Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death.

They apply regardless of where you are from, what you believe or how you choose to live your life.

They can never be taken away, although they can sometimes be restricted – for example if a person breaks the law, or in the interests of national security.

These basic rights are based on shared values like dignity, fairness, equality, respect and independence.

These values are defined and protected by law.

## Islamic Perspective on Human Rights

*Muhammad (saw) the final prophet of Islam, established the very first Islamic society which eliminated the spiritual and social problems rampant in the Arabian Peninsula. Freedom of religion was instituted in Medina; women were honoured and respected as equals; racial discrimination was practically eliminated; tribal warfare was replaced with united ties of brotherhood; drugs and alcohol were completely forbidden. As Karen Armstrong, a renowned author of books on comparative religion, has expressed, "Muhammad ... was a dazzling success, politically as well as spiritually, and Islam went from strength to strength to strength."*

## Top 5 most violated human rights in SA revealed – SAHRC



The South African Human Rights Commission (SAHRC) revealed that most of the complaints of violations that it received were to do with the lack of “equality” followed by unfair labour practices and the lack of access to health care, water, food, and social security.

Between 2015 and 2016, the Commission said it received 9,238 complaints; with Gauteng recording the highest number of complaints (1,110), followed by the Western Cape (670) and KwaZulu-Natal (581).

The Commission outlines statistics and data on human rights violations it received. The data was compiled from cases received from all nine of the Commission’s provincial offices.

The report highlights that inequality remains one of the single biggest obstacles to the attainment of human rights, as envisaged by the Constitution

“The right to equality remains the right most frequently litigated by the Commission in the Equality Courts. Derogatory comments with racial undertones, was a big problem they faced.

The Commission said after race, discrimination based on disability and ethnic origin account for the largest numbers of equality-related complaint.

At least 31 of 54 matters litigated by the provincial offices related to the right to equality and hate speech

Labour related human rights violations account for the second highest human rights violations received by the Commission, after equality. The report indicates that many of these cases relate to unfair dismissals and other unfair labour practices, which the SAHRC said speak to widespread discrimination in the workplace.

Violations of Section 27 rights, which include; healthcare, food, water, and social security, account for the third highest complaints

The report issued by SAHRC spokesperson, Gail Smith, lists the top five most violated human rights in South Africa as:

- Equality (749 complaints)
- Unfair labour practices (440 complaints)
- Ongoing lack of access to health care, water, food, and social security (428 complaints)
- Violations of the right to just administrative action (379 complaints)
- Violations of rights in relations to arrest and detention (409 complaints)

**Fear mounts as slavery and human trafficking are on the rise in SA.**





Only 1% of human trafficking victims are ever rescued.

Cape Town - Only 1% of human trafficking victims are ever rescued. Human trafficking is a \$150billion (R2.3trillion) industry.

Rene Hanekom, the manager at SA National Human Trafficking Resource Line, said that there is a high prevalence of human trafficking in the Western Cape.

"How many are recovered and assisted largely depends on the public identifying victims and even victims self-identifying. The Global Slavery Index of last year estimated that there are 155000 people living in modern slavery in South Africa," said Hanekom.

She said the majority of calls to its hotline were from Gauteng and the Western Cape and had seen a large number of rescues taking place in the province. "To date, our line has assisted 105 victims of trafficking in South Africa over the past three years. Over a period of nine months, we had 18 rescues and of those 18, 11 were in the Western Cape."

Of the 18 rescues it assisted on, 14 were sex-trafficking cases, two were for labour trafficking, one child trafficking, and one forced labour/debt bondage.

"For the 2018 reporting period, the general age at recruitment that we noted were individuals between the age of 21 to 25 and second highest, 31 to 35.

We did, however, also see a small number of young adults between 16 and 20 falling prey to traffickers - this is likely the ages they begin looking to enter the workforce or enter into relationships where they can be vulnerable," said Hanekom.

Human trafficking is a situation of supply and demand. Where there is a demand for cheap labour and commercial sex, someone will try to provide a supply.

"We have seen people trafficked through false job opportunities, sold by family members or by friends. Another common method is being trafficked through false relationships and recruitment methods such as the lover-boy method," she said.

"Lover boys" are human traffickers who operate by trying to make young girls or boys fall in love with them. Sometimes they manipulate young people in other ways. Once they have victims under their influence, they exploit them, for instance, in the sex industry. Other ways people have been trafficked include abduction and false promises of immigration and a better life.

Hanekom said the majority of victims all have one thing in common - vulnerability.

"People who are uneducated, unemployed, homeless, children in care/foster care, people living in poverty who have a poor quality of life, people suffering from economic imbalances, unstable social and political conditions, war, undocumented migrants, people who have cultural and language difficulties, people suffering from substance addictions. Many victims are hidden in plain sight," added Hanekom.

Hawks spokesperson for the Western Cape Captain Philani Nkwalase said there had been a slight increase in human trafficking in recent years.

"Generally, the market for this practice is in urban areas, particularly where there are more intense economic activities, like Cape Town, Johannesburg, to mention few. Victims can be from our neighbouring countries, individuals who come for economic opportunities, others are local victims from rural peripheries of our country to urban areas. Also it's people who want economic opportunities, in general. There are instances where the factors noted above are not relevant, so traffickers use different tactics and operate anywhere and victims can also be from any background," said Nkwalase.

When asked if there is a syndicate operating in South Africa, he said, yes and no, but it was dependent on where you were in the country. He added some syndicates were connected while others operated independently. He stressed that if an offer sounds too good to be true, take a moment and step back.

"Human trafficking occurs year-round and multidisciplinary approaches are employed to fight the scourge. The issue of unemployment makes victims more vulnerable."

He added that most people who are trafficked in South Africa are for sexual exploitation and hard labour.

"We seek to abolish the system of prostitution which supplies the demand for sex trafficking.

International and our own research shows a definite link between prostitution and sex trafficking," said Nozizwe Madlala-Routledge, the executive director and co-founder of Embrace Dignity.

South Africa's anti-trafficking legislation passed in 2015 delinked prostitution and trafficking. Embrace Dignity's view is that because prostitution and sex trafficking are inextricably linked, they should be seen as one and dealt with together.

S-CAPE is a safe home and NPO that brings holistic restoration to women coming out of human trafficking and exploitation said that 90% of residents which they have had at the safe house were South African and trafficked from within the country to other provinces.

“Nearly all trafficking cases do not include kidnapping. Instead, it happens in the form of coercion, a lot of times by someone close to the victim. They are kept in slavery by being forced to become addicted to drugs and by serious violence, abuse and threats,” said Juanita van Heerden.

## What is Discrimination?

Discrimination is to show favour, prejudice or bias for or against a person on any arbitrary grounds, for example on the basis of race, gender, sex, pregnancy, marital status, family responsibility, ethnic or social origin, colour, sexual orientation, age disability, religion, HIV status, conscience, belief, political opinion, culture, language and birth by an employer.

## South Africa's Diverse Culture

South Africa, called by some people the 'Rainbow Nation', a title that captures its diversity and 11 official languages. September is since 1994 officially heritage month, when the histories and cultural practices of all its peoples are celebrated and due recognition given to the men and women who have contributed to the heritage and culture of the nation. Freedom of cultural, religious and linguistic expression is enshrined in the **Constitution of the Republic of South Africa**. South Africa is a country where creative expression flourishes and its cultural diversity are embodied in its arts and culture.

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## Here is a list of some of the Rights in the Bill of Rights.

**Equality:** All people are equal and must be treated equally.

**Life:** Everyone has the right to life. No-one can be sentenced to death by the courts.

**Human dignity:** The government must respect all people. People must respect each other.

**Freedom and security:** No-one can be put in prison without good reason. No-one can be held in jail without a court trial. No-one can be tortured. Everyone has the right to be free from all forms of violence.

**Slavery, servitude and forced labour:** No-one can be forced to work for someone else. Everyone has the right to choose who to work for, and what work you do. Everyone must be paid for their work.

**Personal privacy:** No-one can be searched or have their home or possessions searched. The government cannot take anyone's things, open people's mail or listen to their phone calls.

**Freedom of religion, belief and opinion:** Everyone can believe in whatever they want and can follow the religion of their choice. This includes not believing in any god.

**Freedom of speech and expression:** Everyone, including the press, may write, say or print photographs or show film of whatever they want, as long as they do not break the law. But no-one is allowed to encourage violence and cause harm with 'hate speech' such as racist or sexist language.

**Assembly of demonstration:** All people are free to organise and take part in public meetings and demonstrations and to present petitions, as long as it is done peacefully.

**Freedom of association:** Everyone can meet with or be friends with whomever they like.

**Political rights:** All citizens of South Africa can start or join a political party and vote in secret if they are over 18 years old. They can put themselves forward for election in a municipality, or for national government.

**Access to information:** People have the right to get all information the government and anyone else has, if they need that information to protect their rights.

**Citizenship:** No-one's South African citizenship can ever be taken away from them.

**Freedom of movement and residence:** Anyone can go or live anywhere they want in South Africa. All citizens can leave the country and come back again at any time.

**Freedom of business, occupation and profession:** Everyone has the right to do whatever legal work they want so long as they have the skills, experience or qualification needed for the job.

**Labour relations:** Everyone has the right to be treated fairly at work. Anyone can join a workers' union and go on strike.

**Environment:** All people have the right to a healthy environment.

**Property:** Everyone has the right to own and sell property. The only time your property can be taken away from you by the government is if they are going to use it for a public purpose, such as building a dam or railway line. If this happens, the property owner must be paid a fair price for it.

**Housing:** No-one can stop you from getting a house, but the government does not have to give everyone a house. Rather, government must help people to get their own homes. If you have a house the government cannot take your house away from you. You cannot be evicted from your home if you own it.

**Healthcare, food, water and social security:** Some people cannot support themselves and their dependants. The government must do things to make sure that those people can get access to healthcare services, food and water, and financial help (social grants).

**Children:** All children have the right to parental care, shelter and healthy food. Children may not be neglected or abused, or forced to work. They have the right to get legal help if they are charged with a crime.

**Education:** Everyone has the right to a basic education in the language of their choice, where this is possible.

**Religion, language and culture:** Everyone can use the language and follow the culture or the religion that they choose. (This includes the right to not follow any religion.) But all people must respect everyone else's human rights when they do so.

**Arrested, detained and accused persons:** If you are arrested, you have the right to a lawyer and visits from family members. You may not to be kept in jail without good reason. You must be kept in proper living conditions and may not be forced to speak or to make a confession.

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## **ACTIVITY 5**

1. What are Human Rights?
2. Why is there such a high number of human trafficking and slavery victims in South Africa?
3. How can we prevent these numbers from increasing?
4. Briefly discuss the Islamic perspective on Human Rights.
5. Why South Africa is called a "rainbow nation"?